

# Sha Tin Junior School - 2017 Jun Menu

# Deli Fresh

Date	A	B	C	D - Vegetarian	Fruit
1 Thu	薯仔免治雞肉飯 Rice with Chicken & Potato	羅宋汁燴肉片扁意粉 Butter Noodle with Braised Pork Sliced in Borsch Sauce	白汁燴雞絲飯 Rice with Shredded Chicken in Cream Sauce	甜咖喱紅腰豆什菜飯 Rice with Kidney Bean & Vegetables in Japanese Curry	Honeydew Melon Cube
2 Fri	福建燴飯 Rice with Fukkien-style Braised Shrimp, Ham & Chicken Cube	鮮茄菠蘿雞絲意粉 Spaghetti with Braised chicken & Pineapple in Tomato Sauce	糖醋燒魚粒飯 Rice with Grilled Fish in Sweet and Sour Sauce	白汁什蔬飯 Rice with Assorted Mushroom in White Cream Sauce	
5 Mon	英倫燴肉粒螺絲粉 Fusilli with Diced Pork in Tomato Sauce	羅蘭燴雞飯 Rice with Braised Shredded Chicken & Turnip	粟米雞柳飯 Rice with Chicken in Sweet Corn Sauce	洋蔥汁薯仔什菜飯 Rice with Potatoes & Assorted Vegetables in Onion Sauce	
6 Tue	甜酸汁雞球飯 Rice with Chicken in Thai Style	芝士火腿三文治 Ham & cheese sandwiches	香菇肉碎蒸蛋粟米飯 Rice with Steamed Egg with Mushroom & Minced Pork	茄汁豆什菜飯 Rice with Baked Tomato Beans and Assorted Veg.	Watermelon Cube
7 Wed	日式甜咖喱雞球飯 Rice with Chicken in Japanese Curry	# 燒汁洋蔥豬扒包+茄汁扭扭粉 #Pork Chop Bun with Onion + Twisty Pasta in Tomato Sauce	茄子肉丁飯 Rice with Eggplant & Diced Pork	粟米汁什蔬飯 Rice with Assorted Mushroom in Sweet Corn Sauce	
8 Thu	泰式燒雞球菠蘿提子乾飯 Grilled Chicken in Thai Style + Fried Rice with Dried Grape & Pineapple	意式海鮮螺絲粉 Fusilli with Seafood in Italian Style	洋蔥肉絲蛋飯 Rice with Onion, Sliced Pork and egg	南瓜蔬菜燴什蔬飯 Rice with Pumpkin, Vegetables & Assorted Mushrooms	Hami Melon Cube
9 Fri	蘑菇什菜汁豬扒飯 Rice with Pork Chop & Mushroom in Mixed Vegetable Sauce	# 千島雞包+蘑菇汁粟米通粉 # Thousand Island Sauce Chicken Bun + Macaroni with Corns in Mushroom Sauce	洋蔥汁雞絲飯 Rice with Shredded Chicken in Onion Sauce	茄汁豆薯仔飯 Rice with Baked beans & Tomato	
12 Mon	鮮茄蘑菇燴肉片飯 Rice with Sliced Pork, Tomato & Mushroom	薯仔雞球飯 Rice with Chicken in Fresh Potato Sauce	白汁火腿燴雞絲意粉 Spaghetti with Shredded Chicken & Ham in White Cream Sauce	健康葡汁四蔬飯 Rice with Assorted Vegetables in Healthy Portuguese Sauce	
13 Tue	# 什果雞丁薄餅+茄汁粟米薯蓉 Pizza w/ Chicken & Mixed Fruits + Mashed Potato Filled w/ Corn in Tomato Sauce	法式蘑菇雞肉長通粉 Penne with Chicken & Mushroom in Creamy Sauce	粟米肉碎蒸蛋飯 Rice with Steamed Egg with Corns & Minced Pork	白汁紅腰豆椰菜飯 Rice with Kidney Bean & Veg. in Cream Sauce	Hami Melon Cube
14 Wed	茄汁雞扒飯 Rice with Chicken Steak in Tomato Sauce	# 熱狗包+雞翼棍+茄汁雞菜螺絲粉 # Hot Dog + Chicken Drumstick + Fusilli with Assorted Vegetables in Tomato Sauce	滑蛋肉片紅米飯 Red Rice with Sliced Pork & Scrambled Egg	芝士汁什菜什蔬飯 Rice with Mixed Mushroom & Vegetables in Cheese Sauce	
15 Thu	鮮茄雞絲飯 Rice with Braised Shredded Chicken in Fresh Tomato Sauce	粟米魚粒飯 Rice with Fish in Sweet Corn Sauce	蓮藕蒸肉餅飯 Rice with Steamed Lotus Root and Pork Patty	健康葡汁時蔬長通粉 Penne with Mixed Veg. in Portuguese Sauce	Watermelon Cube
16 Fri	菠蘿燴雞絲飯 Rice with Shredded Chicken & Pineapple	# BBQ汁雞肉醬包+白汁蘑菇火腿絲通粉 # Minced Chicken Bun with Steak Sauce + Macaroni with Ham & Mushroom in Creamy White Sauce	雞醬薯仔肉粒飯 Rice with Pork Dice and Potato in Shiro Miso Sauce	甜咖喱蒜蓉南瓜紅腰豆飯(少辣) Rice with Taro Pumpkin and Red Kidney Beans Sweet Curry (Mild Spicy)	
19 Mon	香草燒汁魚粒飯 Rice with Fish in Herbs & Cream Sauce	羅宋汁肉片飯 Rice with Sliced Pork in Borsch Sauce	白汁雞皇意粉 Spaghetti with chicken a la king	意式什菌撈珍珠飯 Pearl Rice with Mixed Mushrooms	
20 Tue	洋蔥汁雞扒通粉 Macaroni with Chicken Steak in Onion Sauce	鮮茄肉絲飯 Rice with Pork Slice in Fresh Tomato Sauce	什錦海鮮蒸蛋白飯 Rice with Steamed Egg White, Seafood	甜咖喱什菜飯 Rice with Vegetables in Japanese Curry	Honeydew Melon Cube
21 Wed	粟米雞粒飯 Rice with Chicken Dice in Sweet Corn Sauce	# 雞漢堡包+七彩銀針粉 # Chicken Hamburger + Stirred Silver Pin Noodle with Shredded Pork	八寶豆肉粒飯 Rice with Mixed Beans and Pork Dice	法式芝士鮮蔬飯 Rice with Vegetables in French Cheese Sauce	
22 Thu	蛋沙律三文治 Egg Mayonnaise Sandwich	日式甜咖喱雞扒意粉 Spaghetti with Chicken Steak in Japanese Curry	粟米火腿蛋飯 Rice with Sweet Corn, Ham and egg	茄汁燴蘑菇, 茄瓜, 蕃茄飯 Rice with Mushroom, Eggplant & Tomato in Tomato Sauce	Watermelon Cube
23 Fri	茄子雞球飯 Rice with Chicken & Eggplant	# 芝士火腿長扒包+白汁螺絲粉 # Ham & Cheese Bun + Fusilli with Veg. in White Creamy Sauce	三絲燴飯 Rice with Braised Ham, Mushroom & Vegetables	甘菊汁南瓜飯 Rice with Pumpkin in Carrot Sauce	
26 Mon	黑椒汁雞扒意粉(少辣) Spaghetti with Chicken Steak in Black Pepper Sauce (Mild Spicy)	古法蒸魚粒飯 Rice with Steamed Fish in Light Soya Sauce	鮮枝竹冬菇珠肉片飯 Rice with Sliced Pork, Carrot Wedge, Mushrooms & Fresh Bean Curd Sheet in Oyster Sauce	什菜炒飯 Fried Rice with Mixed Vegetables	
27 Tue	京醬肉絲飯 Rice with Braised Shredded Pork in Tomato Sauce	冬菇雞球飯 Rice with Chicken & Mushroom	鮮蝦肉碎蒸蛋飯 Rice with Steamed Egg with Minced Pork & Shrimps	洋蔥汁粟米什蔬螺絲粉 Fusilli with Mixed Mushrooms and Sweet Corn in Onion Sauce	Watermelon Cube
28 Wed	南瓜薯蓉雞絲飯 Rice with Shredded Chicken, Pumpkin and Mashed Potato	# 日式燒汁雞肉醬包+廈門炒米 # Japanese Style Minced Chicken Bun + Stirred Vermicelli with Shrimps, Ham & Egg	洋蔥肉片飯 Rice with Braised Pork Slice and Onion	鮮茄燴什豆飯 Rice with Braised Tomatoes & Mixed Beans	
29 Thu	# 夏威夷菜蔬火腿薄餅+火腿煙肉炒薯角 # Hawaiian Pizza w/ Ham & Pineapple + Potato Wedges w/ Ham & Bacon	鮮茄蛋魚粒燴飯 Rice with Fish & Egg in Fresh Tomato Sauce	燕麥蒸肉餅飯 Rice with Steamed Pork Meat & Oat Patty	健康葡汁時蔬什蔬飯 Rice with Mixed Veg. and Mushroom in Portuguese Sauce	Hami Melon Cube

Sha Tin Junior School	
Jun 2017 Lunch Order Reply Slip	
Please select your choice A/B/C/D	
1	Thu
2	Fri
5	Mon
6	Tue
7	Wed
8	Thu
9	Fri
12	Mon
13	Tue
14	Wed
15	Thu
16	Fri
19	Mon
20	Tue
21	Wed
22	Thu
23	Fri
26	Mon
27	Tue
28	Wed
29	Thu

Our menu uses boneless fish, but it is encouraged to be cautious when eating.



餐單採用去骨魚肉，但以防有殘留魚骨，同學亦應小心進食。

Food may contain egg. Students with egg allergy should not choose the menu.



此款式食物含有蛋類成份，若對蛋類有敏感人士請勿選擇此款

Caution: Food are produced on shared equipment that processes cereals containing gluten, crustacean, fish, eggs, peanuts, soy, milk, nut or traces of nut. For the sake of safety, students with food allergy are recommended not to order our lunchboxes.

注意：生產廠房將處理致敏食品(如：含有麩質的穀類，甲殼類動物製品，魚，蛋，花生，大豆，奶類，木堅果及堅果類製成品)，為保障同學健康，我們建議患有任何食物過敏的同學自備午餐

Food may contain pork.



此款式食物含有豬肉

Food may contain beef.



此款式食物含有牛肉

# Smaller Portion

### Jun 2017 Payment:

By Crossed Cheque payable to "Deli Fresh Limited": 21 days x [HK\$23 (meal price) + HK\$2 (PTA administration charge)] = HK\$525.00

- Please deposit the cheque together with your order reply slip into the collection box of General Office by **17/5/2017**.

- Late order will not be accepted.

- Any illegibly marked choice will be deemed as "C".

Enquiry Hotline: 2116 2207 / 2116 2350

Fax: 2116 2675

E-mail Address: [feedback@delifresh.com.hk](mailto:feedback@delifresh.com.hk)

\*For any order cancellation, please email to [feedback@delifresh.com.hk](mailto:feedback@delifresh.com.hk) or call 2116 2207/ 2116 2350 before 9:30am.

Student Full Name: \_\_\_\_\_

Class: \_\_\_\_\_

Contact: \_\_\_\_\_

**Submission Deadline: 17/5/2017**

付款方法 Payment Method :

HK\$25 x \_\_\_\_\_ days = HK\$ \_\_\_\_\_  
 Cheque (Check No: \_\_\_\_\_)  
 Circle K / Vango / CRV  
 PPS (Ref. No: \_\_\_\_\_) + \$2.5