



**Sha Tin Junior School**  
**Delicious Chef King Catering Ltd.**  
**(2018 March Menu)**



**Food with egg**  
 此款含有蛋類成份  
**(P.4-P.6 Only)**



**Food with fish**  
 此款含有魚類



**Western style food**  
 此款為西式餐款

Date	Week	A	B	C	D (Vergtarian)	Fruit	Meal Code
1/3	Thu	俄國牛柳絲燕麥飯 Shredded beef in tomato sauce with oat rice	馬來咖喱肉粒飯(微辣) Diced pork in Malaysian curry with rice (Hot)	烤德國腸芥芥薯薯角 Roasted sausage with potato wedges in mustard sauce	甜咖喱磨菇紅腰豆飯 Mushroom and red kidney beans in sweet curry with rice		
2/3	Fri	薯仔雞腩糙米飯 Chicken leg and potato with brown rice	香濃粟米肉片飯 Sliced pork in corn and cream sauce with rice	低脂芝士汁魚塊長通粉 Fish fillet in light cheese sauce with penne	冬菇有機豆腐飯 Dried mushroom and organic tofu with rice		
5/3	Mon	蒜香雞球紅米飯 Chicken fillet in garlic sauce with red rice	京都汁豬柳飯 Pork fillet in sweet and sour sauce with rice	日式甜薯醬海鮮烏冬 Seafood in sweet potato sauce with udon	蓮藕黃豆腐竹飯 Lotus, soy beans and bean curd with rice	✓	
6/3	Tue	香菇蒸肉餅菜飯 Steamed minced pork and mushrooms with vegetable rice	和風金菇雞柳飯 Chicken fillet and enoki mushroom in soya sauce with rice	鮮茄牛肉醬意粉 Minced beef in tomato sauce with spaghetti	南瓜腐竹木耳雜菌飯 Pumpkin, bean curd, tree fungus and mushroom with rice		
7/3	Wed	甜酸菠蘿魚塊燕麥飯 Fish fillet and pineapple in sweet and sour sauce with oat rice	低脂白汁磨菇雞球飯 Chicken and mushrooms in light cream sauce with rice	夏威夷薄餅配香味薯角+車厘茄 Hawaii (Ham, pineapple, cheese) Pizza + potato wedges + cherry tomato	甜咖喱雜菌百頁豆腐飯 Mushroom and tofu in sweet curry with rice	✓	
8/3	Thu	淡黑椒雞中翼糙米飯(微辣) Chicken wings in light black pepper sauce with brown rice (Hot)	南瓜汁魚塊飯 Fish fillet in pumpkin sauce with rice	拿破崙茄蓉肉醬焗意粉 Minced pork in tomato sauce with spaghetti	低脂白汁磨菇有機豆腐飯 Mushroom and organic tofu in light cream sauce with rice		
9/3	Fri	日式金菇一口牛粟米飯 Beef and mushroom in soya sauce with corn rice	甜咖喱雞球飯 Chicken in sweet curry with rice	豬柳漢堡包+茄汁螺絲粉+田園蔬菜 Pork fillet bun + fusilli in tomato sauce + Mixed vegetables	時菜雜豆腐竹飯 Seasonal Vegetables, mixed beans and bean curd with rice		
12/3	Mon	咖喱薯仔雞中翼燕麥飯(微辣) Chicken wings, potato in curry sauce with oat rice (Hot)	金粟南瓜海鮮飯 Seafood in corn and pumpkin sauce with rice	巴馬臣芝士磨菇豚肉焗螺絲粉 Mushroom and sliced pork in Parmesan cheese sauce with fusilli	羅宋汁鮑魚菇紅腰豆飯 Abalnoe mushroom and red kidney beans in tomato sauce with rice	✓	
13/3	Tue	南瓜汁肉片藜麥飯 Sliced pork in pumpkin sauce with quinoa rice	香菇絲雞球飯 Shredded dried mushroom and chicken with rice	珍珠雞配乾蒸牛肉+魚肉燒賣 Glutinous rice in lotus leaf with beef and fish siu mai	鮮茄腰豆磨菇飯 Kidney bean and fresh mushroom in tomato sauce with rice		
14/3	Wed	黑椒雞腩紅米飯(微辣) Chicken leg in black pepper sauce with red rice (Hot)	黃菘汁魚塊飯 Fish fillet in ginger sauce with rice	鮮茄磨菇豬肉醬意粉 Mushroom and minced pork in tomato sauce with spaghetti	低脂白汁南瓜黃豆雜菌飯 Pumpkin, soy beans, mixed mushroom in light cream sauce with rice	✓	
15/3	Thu	茄子牛肉鬆糙米飯 Minced beef and eggplants with brown rice	鮮淮山杞子蒸雞飯 Fresh yam, wolfberry and steamed chicken with rice	魚柳漢堡包+粟米+番薯粒 Fish fillet hamburger + corns + diced sweet potato	甜咖喱時瓜雜菌腐竹飯 Seasonal melon, mixed mushroom and bean curd in sweet curry with rice		
16/3	Fri	香菇雞球有機豆腐菜飯 Mushroom, chicken and organic tofu with vegetable rice	茄茸魚塊飯 Fish fillet in tomato sauce with rice	香草烤雞薄餅配香味薯角+粟米 Herbs and chicken pizza + potato wedges + corns	鮮茄紅腰豆雜菜雞腩飯 Mixed vegetables, red kidney beans and eryngii in tomato sauce with rice		
19/3	Mon	鮮茄豬柳紅米飯 Pork fillet in tomato sauce with red rice	日式咖喱雞中翼飯(微辣) Chicken wings in curry sauce with rice (Hot)	磨菇吞拿魚肉碎意粉 Minced pork, tuna fish and mushroom with spaghetti	低脂芝士雙菇素豆飯 Double mushroom and veggie beans in light cheese sauce with rice	✓	
20/3	Tue	香濃粟米魚塊燕麥飯 Fish fillet in corn and cream sauce with oat rice	吉野洋蔥牛肉片飯 Sliced beef in onion sauce with rice	鮮茄肉醬意粉 Spaghetti Bolognaise	羅漢上素焗飯 Mixed mushrooms with rice		
21/3	Wed	淡黑椒海鮮粟米飯(微辣) Seafood in light black pepper sauce with corn rice	黃薑汁雙菇雞絲飯 Double mushrooms and shredded chicken in ginger sauce with rice	豬柳漢堡包+蕃薯角+粟米 Pork fillet bun + sweet potato + corns	薯仔冬菇有機豆腐飯 Potato, dried mushroom and organic tofu with rice	✓	
22/3	Thu	和風金菇肉片糙米飯 Sliced pork and mushroom in soya sauce with brown rice	低脂芝士汁雞球飯 Chicken in light cheese sauce with rice	香草菌園田園牛肉醬焗意粉 Herbs, mushroom and minced beef with spaghetti	甜咖喱野菌薯仔豆乾飯 Mushroom, potato and dried bean in sweet curry with rice		
23/3	Fri	香草低脂白汁肉粒燕麥飯 Diced pork in light cream sauce with oat rice	鮮茄魚塊飯 Fish fillet in fresh tomato sauce with rice	夏威夷薄餅配香味薯角+車厘茄 Hawaii (Ham, pineapple, cheese) Pizza + potato wedges + cherry tomato	雜菌腐竹紅腰豆飯 Mixed mushroom, bean curd and red kidney beans with rice		
26/3	Mon	日式照燒雞腩燕麥飯 Chicken leg in Teriyaki with oat rice	黃薑汁肉片飯 Sliced pork in ginger sauce with rice	瑞士龍蝦汁海鮮意粉 Seafood in lobster sauce with spaghetti	雙菇蘿蔔素豆飯 Double mushroom, radish and veggie bean with rice	✓	
27/3	Tue	香濃磨菇粟米魚塊紅米飯 Fish fillet and corns in mushroom sauce with red rice	鮮茄雞球飯 Chicken in tomato sauce with rice	低脂淡咖喱牛肉醬通粉 Minced beef in light curry sauce with macaroni	鮮淮山雜菌腐竹飯 Fresh yam, mixed mushroom and bean curd with rice		
28/3	Wed	鮮茄牛肉片藜麥飯 Sliced beef in tomato sauce with quinoa rice	甜咖喱豬柳飯 Pork fillet in sweet curry with rice	烤德國腸芥芥薯薯角 Roasted sausage with potato wedges in mustard sauce	茄瓜鮮菌紅腰豆飯 Eggplant, fresh mushroom and red kidney bean with rice	✓	
29/3	Thu	和風金菇魚塊糙米飯 Fish fillet and mushroom in soya sauce with brown rice	粟米雞球飯 Chicken in corn and cream sauce with rice	鮮茄肉醬意粉 Spaghetti Bolognaise	薯仔甘筍素豆飯 Potato, carrot and veggie bean with rice		

# Lunch Order Form - March 2018

**Field Trip Cancellations or Absent Cancellations** (\*NOT applicable during Inclement Weather Cancellations\*)

- \*Please call DCK at 2464-1838 before 8:30 a.m. to cancel meals to qualify for a refund / credit.
- \*No refunds / credits will be made for meals cancelled after 8:30 a.m.

**Inclement Weather Cancellations**

- \* No refund (i.e. EDB announcement, Black Rainstorm or No. 8 Typhoon Signal)

**Important Notices**

- \*Please submit the **original receipt / cheque with the order form by 14 February. Late orders will not be accepted.**  
*(with student's name, class, and parent's contact numbers at the back)*
- \*Any illegibly marked choice will be deemed as "A".
- \*DCK menu uses boneless fish, but it is encouraged to be cautious when eating.
- \*Food may contain egg. Students with egg allergy should not choose the menu.
- \*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.

**Payment methods** *(original receipt / cheque with student's name, class, parent's contact numbers)*

- \* Crossed Cheque payable to "Delicious Chef King Catering Ltd"
- \* PPS
  - Bill payment by 18031 > merchant code 9833 > PPS a/c number (P.2 right top) > amount  
 > mark down the payment reference number on (P.2 right bottom)

**Student's Name :** \_\_\_\_\_

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

**Contact number :** \_\_\_\_\_

**PPS Account number :** \_\_\_\_\_

Payment Method (Whole Month)	
Meal expenses :	\$ 29.00
The number of days in March :	21 days
Deducting Meals in January:	0 days
<b>TOTAL AMOUNT : HK\$ 609.0</b>	

Payment Method (Non-whole Month)	
Meal expenses :	\$ 29.00
The number of days in March :	_____ days
Deducting Meals in January:	0 days
<b>TOTAL AMOUNT : HK\$ _____</b>	

Payment Methods	Company Stamp
<input type="checkbox"/> Cheque <input type="checkbox"/> PPS Confirm Code : _____	
	<b>Date</b>