



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



Food with egg
 此款式含有蛋類成份



Food with fish
 此款式含有魚類



Western style food
 此款式為西式餐款

Date	Week	A	B	C	D (Vergtarian)	Fruit	Meal Code
3/9	Mon	鮮茄魚塊紅米飯 Fish fillet in fresh tomato sauce with red rice	蘑菇吞拿魚肉碎意粉 Tuna mushrooms with minced pork spaghetti	烤德國腸(豬)伴芥末醬薯角 Roasted Germany sausage (pork) with mustard sauce and potato wedges	低脂白汁雜菌有機豆腐飯 Mushrooms, organic tofu in light cream sauce with rice	✓	
4/9	Tue	粟米磨菇牛肉片燕麥飯 Sliced beef and mushroom in corn sauce with oat rice	白菌肉片烏冬 Sliced pork in mushroom sauce with udon	日式餃子配台式肉燥烏冬 Japanese dumpling and Minced pork in soya sauce with udon	鮮淮山百頁豆腐飯 Fresh Yam and tofu with rice		
5/9	Wed	冬菇南瓜蒸鷄粟米飯 Mushrooms, pumpkin steamed chicken with corn rice	俄國肉片螺絲粉 Sliced pork in tomato sauce with fusilli	火雞腸漢堡包配香味薯角+車厘茄 Tuckey sausage hamburger + potato wedges + cherry tomato	野菌薯仔磨菇飯 Mushrooms and potatoes with rice	✓	
6/9	Thu	低脂白汁魚塊紅米飯 Fish fillet in light cream sauce with red rice	鮮茄肉片意粉 Sliced pork in tomato sauce with spaghetti	蔥花卷+台式肉燥+粟米粒 Twisted Roll + Minced pork in soya sauce + sweet corns	香芋菇絲腐竹飯 Shredded mushrooms, bean curd and taro with rice		
7/9	Fri	香菇肉粒有機豆腐藜麥飯 Mushroom, diced pork and organic tofu with quinoa rice	茄茸蜜桃魚塊螺絲粉 Fish fillet in tomato and peach sauce with fusilli	蜜汁雞腩配紫薯薯段配粟米粒 Chicken leg in honey sauce with sweet potato and sweet corns	紅腰豆雪耳鮮菇飯 Red kidney beans, snow fungus and mushrooms with rice		
10/9	Mon	京都汁雞球飯 Chicken in sweet and sour sauce with ric	黑椒肉片扭扭粉(微辣) Sliced pork in black pepper sauce with twisty pasta (Hot)	他他醬魚柳包伴南瓜扭扭粉+什菜 Fish fillet bun in tata sauce + twisty pasta in pumpkin sauce + mixed vegetables	低脂白汁磨菇素豆飯 Mushrooms and veggie beans in light cream sauce with rice	✓	
11/9	Tue	低脂白汁磨菇免治牛肉紅米飯 Minced beef & Mushroom in cream sauce with red rice	甜咖喱雞扒意粉 Chicken fillet in sweet curry with spaghetti	豬柳扒漢堡包+蕃薯角+粟米 Pork fillet hamburger + potato wedges + sweet corns	素珍蛋白有機豆腐飯 Mixed mushrooms, egg white and organic tofu with rice		
12/9	Wed	意大利啡菌汁雞球菜飯 Chicken in Italian mushroom sauce with vegetable rice	茄茸雜菜豬柳意粉 Pork fillet in tomato and mixed fruit sauce with spaghetti	叉燒包+燒賣+迷你珍珠雞 Char siu bun + fish siu mai + Glutinous rice in lotus leaf	鮮茄銀耳雜菌飯 Mixed mushrooms in tomato sauce with rice	✓	
13/9	Thu	鹵水汁雞翼飯 Chicken wings with rice	香草低脂白汁魚粒通粉 Diced fish in light cream sauce with macaroni	菜肉包配牛肉燥通粉配什菜 Vegetable and pork bun + Macaroni with minced beef + mixed vegetables	甜咖喱雞腩素豆飯 Sweet curry with rice		
14/9	Fri	沙薑雞腩(去皮)粟米飯 Chicken leg in ginger sauce with corn rice	低脂白汁粟米肉粒意粉 Diced pork in light corn & cream sauce with spaghetti	千島醬伴菠蘿魚柳漢堡包+粟米+番薯粒 Fish fillet and pineapple hamburger in thousand island sauce + corns + diced sweet potato	粟米磨菇雪耳有機豆腐飯 Organic tofu in corn and mushrooms sauce with rice		
17/9	Mon	蜜桃汁魚塊紅米飯 Fish fillet in peach sauce with red rice	四川担担米線(微辣) Minced pork in chili sauce with rice noodles (Hot)	香蔥雞扒包配白魚蛋配粟米粒 Chicken fillet bun in onion sauce + Chaozhou fishball + sweet corns	鮮茄薯仔磨菇飯 Potato and mushrooms in fresh tomato sauce with rice	✓	
18/9	Tue	和風金菇有機豆腐雞粒糙米飯 Mushroom, organic tofu and chicken with red rice	低脂白汁海鮮通粉 Seafood in light cream sauce with macaroni	金粟磨菇通粉+魚柳包+什菜 Macaroni in corn and mushroom sauce + fish fillet bun + mixed vegetables	黃薑汁豆乾秀珍菇飯 Dried bean and oyster mushroom in ginger sauce with rice		
19/9	Wed	甜酸菠蘿雞球燕麥飯 Chicken in sweet and sour sauce with oat rice	香濃粟米肉粒意粉 Diced pork in corn sauce with spaghetti	洋蔥牛肉包+紫薯段+田園蔬菜 Onion and beef bun + sweet potato + mixed vegetables	珍珠筍菠蘿汁雞菌飯 Mixed mushrooms, mini carrots in pineapple sauce with rice	✓	
20/9	Thu	黑椒洋蔥雞中翼紅米飯(微辣) Chicken wings in black pepper sauce with red rice (Hot)	低脂芝士汁魚塊通粉 Fish fillet in light cheese sauce with macaroni	磨菇雞肉飯團+南瓜磨菇通粉+什菜 Mushroom & Chicken Rice Roll + macaroni in pumpkin and mushroom sauce + mixed vegetables	薯仔百頁豆腐竹飯 Bean curd and potato with rice		
21/9	Fri	School Closed					
24/9	Mon	蒜香豬柳紅米飯 Pork fillet in garlic sauce with red rice	欖油香草烤車厘茄伴拿破崙牛肉醬意粉 Roasted cherry tomato with Spaghetti bolognese	珍珠雞配魚肉燒賣配粟米粒 Glutinous rice in lotus leaf + fish siu mai + sweet corns	茄子雙菇紅腰豆飯 Eggplants, mushrooms and red kidney beans with rice	✓	
25/9	Tue						
26/9	Wed	滑蛋草菇牛肉片菜飯 Scramble eggs, mushroom and chicken with vegetable rice	低脂芝士汁肉醬意粉 Spaghetti Bolognese	土耳其紅腰豆雞醬伴三色蔬菜烤餅 Chicken and red kidney beans in tomato sauce with tortilla wrap	低脂白汁荔芋南瓜紅腰豆飯 Taro, pumpkin and red kidney beans in light cream sauce with rice	✓	
27/9	Thu	台式牛肉燥紅米飯 Minced beef in red rice with Taiwanese style	鮮茄雞球意粉 Chicken in tomato sauce with spaghetti	蜜糖芥末法蘭克福腸熱狗伴粟米配薯角 Sausage hot dog in mustard sauce with sweet corns and potato wedges	黃豆腐竹雪耳飯 Soy beans, bean curd and snow fungus with rice		
28/9	Fri	意式茄茸肉片紅米飯 Sliced pork in Italian tomato sauce with red rice	和風金菇牛肉片米線 Sliced beef and enoki mushroom in soya sauce with rice noodles	他他醬魚柳包+瑞士龍蝦汁米線+粟米粒 Fish fillet bun in tata sauce + rice noodles in lobster sauce + sweet corns	木耳豆乾雜菌飯 Tree fungus, dried beans and mixed mushrooms with rice		

Lunch Order Form - September 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 29 June. 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 (Start in October)

Student's Name : _____
Class : _____
Contact number : _____

Payment Method (Whole Month)	
Meal expenses :	\$ 30.00
The number of days in September :	18 days
TOTAL AMOUNT : HK\$ 540.0	

Payment Method (Non-whole Month)	
Meal expenses :	\$ 30.00
The number of days in September :	_____ days
TOTAL AMOUNT : HK\$ _____	

Payment Methods	Company Stamp
<input type="checkbox"/> Cheque	
	Date