



Sha Tin Junior School
Delicious Chef King Catering Ltd.
(2018 October 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 (Vegitarian)	Fruit	Meal Code
2/10	Tue	鮮茄雞球糙米飯 Chicken in tomato sause with brown rice	四川担担烏冬 Pork with udon	蜜糖芥菜醬豬柳漢堡包伴蕃薯角+粟米粒 Pork bun with honey and mustard sauce + potato wedges+ sweet corn	木耳雜菌豆腐飯 Mixed mushrooms, soy bean with rice		
3/10	Wed	南瓜汁魚塊糙米飯 Fish fillet in pumpkin sauce with brown rice	鮮茄雞絲螺絲粉 Chicken in tomato sauce with fusilli	烤德國腸(豬)熟狗包伴蕃薯角+雜菜 Roasted pork sausage with mustard sauce and potato wedges+ hot dog	甜黑椒蘑菇紅腰豆飯(微辣) Mixed vegetables and red kidney beans in black pepper sauce with rice (Hot)	✓	
4/10	Thu	京都汁豬柳紅米飯 Pork in tomato sauce with red rice	意式茄茸紅腰豆免治牛肉意粉 Minced beef with spaghetti	魚塊漢堡包+菠蘿+蜜糖薯粒 Fish fillet bun + pineapples + diced potato with honey sauce	香芋絲腐竹飯 Mushroom & taro & bean curd with rice		
5/10	Fri	鮮茄魚塊粟米飯 Fish fillet in tomato sauce with corn rice	金粟肉醬通粉 Minced pork with macaroni	洋蔥牛肉包+紫薯段+雜菜 Beef & onion bun + potato	雜菌黃豆百頁豆腐飯 Mixed mushrooms, soy bean and bean curd with rice		
8/10	Mon	鮮淮山南瓜杞子蒸雞菜飯 Steam chicken with vegetable rice	鮮茄肉醬意粉 Spaghetti Bolognaise	珍珠雞+魚肉燒賣+粟米粒 fish siu mai + Glutinous Rice in Lotus Leaf + sweet corn	低脂白汁百頁結紅腰豆飯 Bean curd & red kidney beans in cream sauce with rice	✓	
9/10	Tue	香芋薯仔肉片藜麥飯 Pork and taro with quinoa rice	蜜汁雞腩長通粉 Chicken leg with penne	魚塊包+甜粟米+牛肉粒 Fish fillet bun +Beef ball + sweet corn	粟米雜菌腐竹飯 Bean curd ,mixed vegetable & corn with rice		
10/10	Wed	日式牛肉燕麥飯 Beef with oat rice	拿破崙茄蓉肉醬意粉 Spaghetti Bolognaise	香蔥雞扒包+粟米粒+雜菜 Chicken fillet bun + sweet corn	茄子雜菌炆豆乾飯 Corn, mixed mushrooms and bean curd with rice	✓	
11/10	Thu	低脂芝士汁雞球燕麥飯 Chicken in light cream sauce with oat rice	和風金菇肉片通粉 Pork & mushroom with macaroni	菠菜芝士酥+雜菜 Butter spinach & ricotta lattice with mixed vegetables	甜咖哩薯仔甘筍素豉飯(微辣) Potato, carrot and veggio beans in sweet curry with rice (Hot)		
12/10	Fri	蘑菇汁雞扒糙米飯 Chicken fillet in mushroom sauce with brown rice	鮮茄菠蘿肉片意粉 Pork in tomato sauce with spaghetti	肉醬意粉配蜜糖粟米粒 Spaghetti Bolognaise + Honey corns	脆肉瓜鮮菌腐竹飯 Bean curd, vegetables and mixed mushrooms with rice		
22/10	Mon	鮮茄魚塊粟米飯 Fish fillet in tomato sauce with corn rice	低脂白汁薯仔磨菇肉醬通粉 Minced pork in cream sauce with macaroni	雞扒包+蕃薯段+雜菜 Chicken fillet bun + potato wedges + mixed vegetables	腐竹野菜雜菌飯 Bean curd, vegetables and mixed mushrooms with rice	✓	
23/10	Tue	洋蔥汁牛肉片紅米飯 Beef in onion sauce with red rice	鮮茄肉醬意粉 Spaghetti Bolognaise	叉燒包+燒賣+迷你珍珠雞 Char siu bun + fish siu mai + Glutinous Rice in Lotus Leaf	鮮茄薯仔雜菌飯 Mixed mushroom & potato in tomato sauce with rice		
24/10	Wed	低脂白汁雞球燕麥飯 Chicken in cream sauce with oat rice	櫻油香草烤車厘茄牛肉醬意粉 Roasted cherry tomato with Spaghetti bolognese	土耳其紅腰豆雞肉醬伴三色蔬菜烤餅 Chicken & red kidney beans in tomato sauce with tortilla wrap	甜咖哩薯仔甘筍雜豆飯 Potato, carrot and veggio beans in sweet curry with rice	✓	
25/10	Thu	意式茄茸魚塊紅米飯 Fish fillet in tomato sauce with red rice	金粟磨菇雞球意粉 Chicken in corn sauce with spaghetti	洋蔥牛肉包+紫薯段+粟米粒 Beef & onion bun + potato	雜菌豆腐飯 Mixed mushrooms and tofu with rice		
26/10	Fri	低脂白汁雞扒藜麥飯 Chicken fillet in cream sauce with quinoa rice	瑞士龍蝦汁伴海鮮燴意式長通粉 Seafood in lobster sauce with penne	豬柳包+鮮菠蘿片+雜菜 Pork fillet bun + pineapple +mixed vegetables	低脂芝士雜菌長通粉 Mixed mushrooms in light cheese sauce with penne		
29/10	Mon	蜜桃汁肉絲紅米飯 Pork in peach sauce with red rice	洋蔥雞腩長通粉 Chicken leg in onion sauce with penne	葡汁野菌雞肉醬配三色蔬菜烤餅 Chicken & mushroom in portuguese sauce with tortilla wrap	雜菌腐竹紅腰豆飯 Mixed mushrooms & bean curd with rice	✓	
30/10	Tue	甜咖哩薯仔雞球糙米飯 Chicken in curry sauce with red rice	白菌肉片螺絲粉 Pork in mushroom sauce with fusilli	叉燒包+燒賣+迷你珍珠雞 Char siu bun + fish siu mai + Glutinous Rice in Lotus Leaf	低脂白汁薯仔磨菇飯 Potato and mushroom in lighth cream sauce with rice		
31/10	Wed	凡立貝拼鮮蝦焗飯 Baked rice with scallop and shrimp	台式肉燥烏冬 Minced pork with udon	洋蔥雞扒包+粟米粒+雜菜 Chicken & onion bun + sweet corn + mixed vegetables	茄子雙菇有機豆腐飯 Eggplants, mixed mushrooms and tofu with rice		

Lunch Order Form - October 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.
 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 October :	17 days
TOTAL AMOUNT : HK\$ 510.0	

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

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