



**Sha Tin Junior School**  
**Delicious Chef King Catering Ltd.**  
**(2019 August 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

**P.2-P.6**  
**ONLY**

Date	Week	A	B	C	D (Vegitarian)	Fruit	Meal Code
14/8	Wed	麵醬蒸肉片燕麥飯 Steamed sliced pork with miso sauce with oat rice	滑蛋草菇雞柳米線 Chicken fillet, mushroom and scramble egg with rice noodles	烤德國腸(豬)伴熱狗包伴蕃薯角 Roasted sausage (Pork) with hotdog and sweet potato	鮮茄薯仔紅腰豆飯 Potato and red kidney beans in tomato sauce with rice	✓	
15/8	Thu	薯仔蒸雞紅米飯 Steamed chicken and potato with red rice	鮮茄肉片螺絲粉 Sliced pork in tomato sauce with fusilli	洋蔥牛肉包配蕃薯段 Onion & beef bun + sweet bun	鮮淮山雞菌腐竹飯 Bean curd, chinese yam and mushroom with rice		
16/8	Fri	瑞士雞翼糙米飯 Chicken wings in soya sauce with brown rice	低脂白汁肉片長通粉 Sliced pork in light cream sauce with penne	蔥花卷配台式肉燥配粟米粒 Twisted Roll + Mined pork + sweet corns	低脂芝士雞菌黃豆飯 Mushroom and soy beans in light cheese sauce with rice		
19/8	Mon	淡黑椒牛柳絲藜麥飯(微辣) Shredded beef in light black pepper sauce with quinoa rice (Hot)	鮮茄肉醬意粉 Spaghetti Bolognaise	磨菇雞肉飯糰配雞下腩配紫薯段 Chicken Drumstick & Mushroom & Chicken Rice Roll & sweet potato	茄子雙菇紅腰豆飯 Red kidney beans, eggplants and mushrooms with rice	✓	
20/8	Tue	蘿蔔蒸牛肉燕麥飯 Steamed beef and radish with oat rice	南瓜汁吞拿魚肉碎扭扭粉 Tuna and minced pork in pumpkin sauce with twisty pasta	豬柳漢堡包配蕃薯角 Pork fillet bun + sweet potato	低脂白汁雞心豆腐竹飯 Chick pea and bean curd in light cream sauce with rice		
21/8	Wed	雲耳蒸雞紅米飯 Steamed chicken with red rice	粟米肉粒通粉 Diced pork in corn sauce with macaroni	魚柳包配蕃薯粟米粒 Fish fillet bun + Diced sweet potato and corns	咖哩雞菌百頁豆腐飯(微辣) Tofu and mushroom in curry sauce with rice (Hot)	✓	
22/8	Thu	冬菇甘笋蒸肉絲糙米飯 Steamed sliced pork, mushroom and carrot with brown rice	鮮茄牛肉醬意粉 Minced beef in tomato sauce with spaghetti	雞扒包配蕃薯角 Chicken fillet bun + sweet potato	薯仔木耳腐竹飯 Potato and bean curd with rice		
23/8	Fri	京都汁豬柳燕麥飯 Pork fillet in sweet and sour sauce with oat rice	茄茸雜果雞球扭扭粉 Chicken and mixed fruit in tomato sauce with twisty pasta	珍珠雞配乾蒸牛肉配粟米粒 Beef Siu Mai + Glutinous Rice in Lotus Leaf + sweet corns	低脂白汁磨菇素豆飯 Mushroom and dried bean in light cream sauce with rice		
26/8	Mon	昆布白麵醬蒸肉片燕麥飯 Steamed pork in white miso sauce with oat rice	鮮茄雞絲通粉 Shredded chicken in tomato sauce with macaroni	洋蔥牛肉包配蕃薯粟米粒 Onion & beef bun + Diced sweet potato and corns	低脂白汁南瓜芋頭腐竹飯 Bean curd, pumpkin and taro in light cream sauce with rice	✓	
27/8	Tue	咖哩肉片紅米飯(微辣) Sliced pork in curry sauce with red rice (Hot)	鮮茄牛肉長通粉 Beef in tomato sauce with penne	蜜汁雞腩配紫薯段配粟米粒 Honey chicken leg + sweet potato + sweet corns	茄子雙菇紅腰豆飯 Eggplant, mixed mushroom and red kidney beans with rice		
28/8	Wed	黑椒蒸蘿蔔牛柳絲糙米飯(微辣) Steamed shredded beef and radish in black pepper sauce with brown rice (Hot)	鮮茄紅腰豆肉醬扭扭粉 Twisty pasta Bolognaise with red kidney beans	雞扒包配蕃薯角 Chicken fillet bun + sweet potato	低脂白汁薯仔雞菌腐竹飯 Bean curd, potato and mixed mushrooms in light cream sauce with rice	✓	
29/8	Thu	低脂白汁魚塊紅米飯 Fish fillet in light cream sauce with red rice	淡咖哩海鮮烏冬(微辣) Seafood in light curry with udon (Hot)	瑞士雞肉飯糰配雞下腩配紫薯段 Chicken Drumstick & Swiss Sauce Chicken Rice Roll & sweet potato	木耳豆乾雞菌飯 Dried bean and mushrooms with rice		
30/8	Fri	蟲草花蒸雞燕麥飯 Steamed chicken with oat rice	匈牙利免治牛肉通粉 Minced beef in tomato sauce with macaroni	烤德國腸(豬)配甜餐包伴蕃薯粟米粒 Roasted sausage (Pork) with sweet bun and sweet potato	甜咖哩紅腰豆百頁豆腐飯 Red kidney beans and tofu in sweet curry with rice		



# Lunch Order Form - August 2019

**P.2-P.6  
ONLY**

**Absent Cancellations** (\*NOT applicable during Inclement Weather Cancellations\*)

- Please send E-mail to DCK (tommy@deliciousck.com) 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 20 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 :** \_\_\_\_\_  
**PPS Account number :** \_\_\_\_\_

<b>Payment Method (Whole Month)</b>	
<b>Meal expenses :</b>	<b>\$ 31.00</b>
<b>The number of days in August :</b>	<b>13 days</b>
<b>TOTAL AMOUNT : HK\$ 403.0</b>	

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



Date	Week	A	B	C	D (Vergtarian)	Fruit	Meal Code
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15/8	Thu						
16/8	Fri						
19/8	Mon	淡黑椒牛柳絲藜麥飯(微辣) Shredded beef in light black pepper sauce with quinoa rice (Hot)	鮮茄肉醬意粉 Spaghetti Bolognaise	🦋 磨菇雞肉飯糰配雞下腩配紫薯段 Chicken Drumstick & Mushroom & Chicken Rice Roll & sweet potato	茄子雙菇紅腰豆飯 Red kidney beans, eggplants and mushrooms with rice	✓	
20/8	Tue	蘿蔔蒸牛肉燕麥飯 Steamed beef and radish with oat rice	南瓜汁吞拿魚肉碎扭扭粉 Tuna and minced pork in pumpkin sauce with twisty pasta	🦋 🐟 豬柳漢堡包配蕃薯角 Pork fillet bun + sweet potato	🦋 低脂白汁雞心豆腐竹飯 Chick pea and bean curd in light cream sauce with rice		
21/8	Wed	雲耳蒸雞紅米飯 Steamed chicken with red rice	粟米肉粒通粉 Diced pork in corn sauce with macaroni	🦋 🐟 魚柳包配蕃薯粟米粒 Fish fillet bun + Diced sweet potato and corns	🦋 咖哩雜菌百頁豆腐飯(微辣) Tofu and mushroom in curry sauce with rice (Hot)	✓	
22/8	Thu	冬菇甘笋蒸肉絲糙米飯 Steamed sliced pork, mushroom and carrot with brown rice	鮮茄牛肉醬意粉 Minced beef in tomato sauce with spaghetti	🦋 雞扒包配蕃薯角 Chicken fillet bun + sweet potato	🦋 薯仔木耳腐竹飯 Potato and bean curd with rice		
23/8	Fri	京都汁豬柳燕麥飯 Pork fillet in sweet and sour sauce with oat rice	茄茸雜果雞球扭扭粉 Chicken and mixed fruit in tomato sauce with twisty pasta	🦋 珍珠雞配乾蒸牛肉配粟米粒 Beef Siu Mai + Glutinous Rice in Lotus Leaf + sweet corns	🦋 低脂白汁磨菇素豆飯 Mushroom and dried bean in light cream sauce with rice		
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27/8	Tue	咖哩肉片紅米飯(微辣) Sliced pork in curry sauce with red rice (Hot)	鮮茄牛肉長通粉 Beef in tomato sauce with penne	🦋 蜜汁雞腩配紫薯段配粟米粒 Honey chicken leg + sweet potato + sweet corns	🦋 茄子雙菇紅腰豆飯 Eggplant, mixed mushroom and red kidney beans with rice		
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29/8	Thu	低脂白汁魚塊紅米飯 Fish fillet in light cream sauce with red rice	🦋 🐟 淡咖哩海鮮烏冬(微辣) Seafood in light curry with udon (Hot)	🐟 瑞士雞肉飯糰配雞下腩配紫薯段 Chicken Drumstick & Swiss Sauce Chicken Rice Roll & sweet potato	木耳豆乾雜菌飯 Dried bean and mushrooms with rice		
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**Student's Name :** \_\_\_\_\_  
**Class :** \_\_\_\_\_  
**Contact number :** \_\_\_\_\_  
**PPS Account number :** \_\_\_\_\_

<b>Payment Method (Whole Month)</b>	
<b>Meal expenses :</b>	<b>\$ 31.00</b>
<b>The number of days in August :</b>	<b>10 days</b>
<b>TOTAL AMOUNT : HK\$ 310.0</b>	

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