



**Sha Tin Junior School**  
**Delicious Chef King Catering Ltd.**  
**(2019 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 (Vegitarian)	Fruit	Meal Code
2/9	Mon	鮮茄雞球糙米飯 Chicken in tomato sauce with brown rice	磨菇吞拿魚肉碎長通粉 Minced pork, mushroom and tuna sauce with penne	土耳其紅腰豆肉醬配烤餅 Minced pork and red kidney bean in tomato sauce with roasted bread	低脂白汁雜菌紅腰豆飯 Red kidney beans and mushroom in light cream sauce with rice	✓	
3/9	Tue	蘿蔔蒸牛柳粒燕麥飯 Steamed diced beef and radish with oat rice	白菌肉片烏冬 Sliced pork and mushroom with udon	蜜汁雞脾配紫薯段+粟米粒 Honey chicken leg + sweet potato + sweet corns	白菌百頁豆腐飯 Tofu and mushroom with rice		
4/9	Wed	南瓜蒸雞粟米飯 Steamed chicken and pumpkin with corn rice	俄國肉片螺絲粉 Sliced pork in tomato sauce with fusilli	洋葱牛肉包+蕃薯角 Onion & beef bun +sweet potato	野菌薯仔腐竹飯 Bean curd, mushroom and potato with rice	✓	
5/9	Thu	粟米肉粒糙米飯 Diced pork in corn sauce with brown rice	鮮茄牛肉片通粉 Sliced beef in tomato sauce with macaroni	磨菇雞肉飯糰+雞下脾+紫薯段 Chicken Drumstick & Mushroom & Chicken Rice Roll & sweet potato	香芋菇絲三色豆飯 Tricolor beans, taro and shredded mushrooms with rice		
6/9	Fri	香菇肉粒有機豆腐藜麥飯 Diced pork, mushroom and organic tofu with quinoa rice	茄茸蜜桃雞柳螺絲粉 Chicken fillet in tomato and peach sauce with fusilli	魚柳包+蕃薯粟米粒 Fish fillet bun + Diced sweet potato and corns	紅腰豆雪耳鮮菇飯 Red kidney beans and mushroom with rice		
9/9	Mon	淮山蒸雞球燕麥飯 Steamed chicken and chinese yam with oat rice	黑椒肉片扭扭粉(微辣) Sliced pork in black pepper sauce with twisty pasta (Hot)	烤德國腸(豬)熱狗包伴蕃薯角 Hotdog with Roasted sausage (Pork) and sweet potato	低脂白汁磨菇素豆飯 Veggie beans and mushroom in light cream sauce with rice	✓	
10/9	Tue	白麵豉昆布蒸肉片紅米飯 Steamed pork in white miso sauce with red rice	啡菌雞球通粉 Chicken fillet in mushroom sauce with macaroni	洋葱牛肉包+蕃薯粟米粒 Onion & beef bun + Diced sweet potato and corns	素珍蛋白有機豆腐飯 Organic tofu, mushroom and eggwhite with rice		
11/9	Wed	意大利啡菌汁雞球菜飯 Chicken in mushroom sauce with vegetable rice	茄茸雜菓肉片長通粉 Sliced pork and mixed fruits in tomato sauce with penne	豬柳包+蕃薯角 Pork fillet bun + sweet potato	鮮茄銀耳腰豆雜菌飯 Kidney beans, mushroom in tomato sauce with rice	✓	
12/9	Thu	京都汁豬柳燕麥飯 Pork fillet in sweet and sour sauce with oat rice	日式雞球米線 Chicken in soya sauce with rice noodles	燒賣+迷你珍珠雞+粟米粒 Fish siu mai + Glutinous Rice in Lotus Leaf + Corns	甜咖哩雞脾菇素豆飯 Abalone mushroom and veggie beans in sweet curry with rice		
13/9	Fri	淡黑椒牛柳絲糙米飯(微辣) Shredded beef in light black pepper sauce with brown rice (Hot)	低脂白汁粟米肉粒通粉 Diced pork in light corn and cream sauce with macaroni	雞扒包+紫薯段 Chicken fillet bun + sweet potato	粟米磨菇雪耳有機豆腐飯 Organic tofu, mushroom in corn sauce with rice		
16/9	Mon	薯仔蒸雞紅米飯 Steamed chicken and potato with red rice	四川担担米線(微辣) Minced pork in chili sauce with rice noodles (Hot)	魚柳包+蕃薯粟米粒 Fish fillet bun + Diced sweet potato and corns	鮮茄薯仔磨菇腰豆飯 Kidney beans, mushroom and potato in tomato sauce with rice	✓	
17/9	Tue	茄子牛肉鬆糙米飯 Minced beef and eggplant with brown rice	巴馬臣芝士蘑菇豚肉螺絲粉 Sliced pork and mushroom in cheese sauce with fusilli	瑞士汁雞肉飯糰+雞下脾+紫薯段 Chicken Drumstick & Swiss Sauce Chicken Rice Roll & sweet potato	黃薑汁豆乾秀珍菇飯 Dried bean and oyster mushroom in ginger sauce with rice		
18/9	Wed	香芋蒸雞球燕麥飯 Steamed chicken and taro with oat rice	香濃粟米肉粒意粉 Diced pork in corn sauce with spaghetti	洋葱牛肉包+紫薯段 Onion & beef bun +sweet potato	珍珠筍菠蘿汁雜菌豆乾粒飯 Diced dried bean, babycorn and mushroom in pineapple sauce with rice	✓	
19/9	Thu	粉絲肉碎蒸蛋紅米飯 Steamed egg and minced pork with red rice	和風金菇牛肉通粉 Sliced beef in soya sauce with macaroni	魚肉燒賣+珍珠雞+粟米粒 Fish siu mai + Glutinous Rice in Lotus Leaf + Corns	薯仔百頁豆腐飯 Tofu and potato with rice		
20/9	Fri	鮮茄牛肉片粟米飯 Sliced beef in tomato sauce with corn rice	南瓜牛肉粒扭扭粉 Diced pork in pumpkin sauce with twisty pasta	葡汁野菌雞醬配烤餅 Chicken & mushroom sauce with roasted bread	低脂芝士磨菇紅蘿蔔飯 Carrot and mushroom in light cheese sauce with rice		
23/9	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 Minced beef and roasted cherry tomato with spaghetti	磨菇雞肉飯糰+雞下脾+紫薯段 Chicken Drumstick & Mushroom & Chicken Rice Roll & sweet potato	茄子雙菇紅腰豆飯 Red kidney beans, mushroom and eggplants with rice	✓	
24/9	Tue	雲耳蒸雞燕麥飯 Steamed chicken and snow fungus with oat rice	鮮茄肉絲通粉 Shredded pork in tomato sauce with macaroni	洋葱牛肉包+蕃薯角 Onion & beef bun +sweet potato	粟米雜菌腐竹飯 Bean curd, mushroom and corns with rice		
25/9	Wed	滑蛋草菇牛肉片糙米飯 Sliced beef, mushroom and scramble egg with brown rice	低脂芝士汁雞球螺絲粉 Chicken in light cheese sauce with fusilli	豬柳包+蕃薯段 Pork fillet bun + sweet potato	低脂白汁荔芋南瓜紅腰豆飯 Red kidney beans, taro and pumpkin in light cream sauce with rice	✓	
26/9	Thu	台式牛肉燥紅米飯 Minced beef in soya sauce with red rice	鮮茄肉片通粉 Sliced pork in tomato sauce with macaroni	瑞士雞脾配紫薯配粟米粒 Swiss chicken leg + sweet potato + sweet corns	黃豆腐竹雪耳飯 Bean curd, soy beans with rice		
27/9	Fri	鮮茄肉絲紅米飯 Shredded pork in tomato sauce with red rice	和風金菇牛肉片米線 Sliced beef in soya sauce with rice noodles	魚柳包+蕃薯粟米粒 Fish fillet bun + Diced sweet potato and corns	木耳豆乾雜菌飯 Dried bean and mushroom with rice		

# Lunch Order Form - September 2019



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

<b>Payment Method (Whole Month)</b>	
Meal expenses :	\$ 31.00
The number of days in September :	20 days
<b>TOTAL AMOUNT : HK\$ 620.0</b>	

<b>Payment Method (Non-whole Month)</b>	
Meal expenses :	\$ 31.00
The number of days in September :	_____ days
<b>TOTAL AMOUNT : HK\$ _____</b>	

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