

匡智張玉瓊晨輝學校
2025 年10月份午膳訂購表格

全校適用

請選擇餐款，將英文字母填在下面空格內。如欠選擇餐款，則當作全部選擇『C』餐，不另行通知。

日期	星期	選擇	A	B	C	D	附送
2	四		照燒素魚扒配白飯(椰菜)	夏威夷汁肉片配糙米飯(木瓜)	黑椒蘑菇雞皇拼芝士腸飯(木瓜)	台式肉燥(豬)魚肉卷米線(粟米)	生果
3	五		濃茄百頁豆腐飯(合掌瓜)	菠蘿汁肉片配紅米飯(紹菜)	四式芝士雞皇配白飯(合掌瓜)	粟米汁菜肉餃(豬)配扭扭粉(合掌瓜)	
6	一		蒜蜜野菜百頁配白飯(南瓜)	中式蜜汁肉片配糙米飯(南瓜)	日式雞皇飯(粟米)	焗肉醬(牛)意粉(粟米)	
8	三		羅漢上素枝竹配白飯(合掌瓜)	香草汁烤雞配紅米飯(合掌瓜)	蒜香蜜汁厚豬柳飯(粟米)	番茄豬肉碎野菜魚餅配扭扭粉(粟米)	
9	四		意式素肉丸飯(粟米)	粟米汁肉片配紅米飯(紹菜)	蜜糖黑椒雞皇拼煙腸飯(紹菜)	(小食餐)意式熱狗配薑豚肉飯糰拼燒賣(粟米)	生果
10	五		甜酸素東坡肉配白飯(南瓜)	四式芝士烤魚柳(可能含微骨)配糙米飯(粟米)	日式薑燒雞下腩配白飯(南瓜)	濃茄火腿扒意粉配蒜蓉包(粟米)	
13	一		拿坡里汁素菜餃配意粉(椰菜)	香草白汁肉片配燕麥飯(紹菜)	西茄汁烤粟米雞肉餅配白飯(紹菜)	番茄肉醬(牛)配意粉(椰菜)	
14	二		日式昆布素肉片配白飯(椰菜)	中式蜜汁雞肉配紅米飯(椰菜)	糯米雞(豬及雞)	雪菜肉絲(豬)獅子狗配米線(椰菜)	
15	三		素Pizza摺包配什菌雞心豆通心米粉(粟米)	野菌汁肉片配藜麥飯(合掌瓜)	拿坡里雞球配白飯(合掌瓜)	濃茄汁配菜肉餃(豬)扭扭粉(合掌瓜)	
16	四		蜜汁豆皮結配燕麥飯(粟米)	蜜桃汁魚柳(可能含微骨)配白飯(南瓜)	葡汁薯仔雞皇配白飯(南瓜)	原盅鯉魚雞肉餅蒸飯(粟米)	生果
17	五		意式素雞扒配糙米飯(粟米)	鮮茄洋蔥肉片配白飯(粟米)	咖喱雞翼撻拼魚肉卷配白飯(紹菜)	BBQ漢堡扒包配芝麻腿絲意粉(粟米)	
21	二		粟米汁配素菜餃米線(粟米)	西班牙肉片配糙米飯(南瓜)	(新推介)日式咖喱(自製)雞胸肉漢堡扒飯(南瓜)	卡邦尼野菜魚餅意粉配提子餐包(粟米)	
22	三		茄汁素魚扒配紅米飯(南瓜)	拿坡里肉片配白飯(南瓜)	照燒雞拼漢堡扒飯(粟米)	千島粟米腸片Pizza 配 白汁火腿意粉(粟米)	
23	四		葡式素枝竹配白飯(椰菜)	香濃蘑菇魚柳(可能含微骨)配糙米飯(合掌瓜)	蜜椒洋蔥雞球配白飯(合掌瓜)	粟米汁菜肉餃(豬)配扭扭粉(合掌瓜)	生果
24	五		薑燒素三絲意粉配植物肉素燒賣(粟米)	鮮茄肉片配紅米飯(南瓜)	卡邦尼火腿扒拼雞皇飯(粟米)	珍珠雞配雪菜肉絲(豬)米線(粟米)	
27	一		香濃蘑菇野菜百頁配白飯(合掌瓜)	中式薯仔牛肉配紅米飯(合掌瓜)	葡汁洋葱雞皇配白飯(合掌瓜)	番茄豬肉碎野菜魚餅配扭扭粉(粟米)	
28	二		菠蘿素雞扒配糙米飯(木瓜)	蒜香蜜汁雞皇配白飯(木瓜)	糯米雞(豬及雞)	照燒雞翼撻拼獅子狗配白飯(紹菜)	
30	四		拿坡里素什錦意粉配香蒜餐包(粟米)	粟米汁魚柳(可能含微骨)配糙米飯(粟米)	鮮茄雞皇配白飯(椰菜)	燒汁雞肉飯糰配肉醬(牛)意粉(粟米)	生果
31	五		日式昆布素肉片配白飯(椰菜)	卡邦尼肉片配粟米飯(椰菜)	瑞士汁雞下腩配白飯(粟米)	炸醬(豬)通心米粉配叉燒包(粟米)	

請將此表格連同**收據** 於 9 月 22 日之前交回活力午餐職員
飯盒價錢每天\$ 26 本月費用: \$26 X 19 日 = \$494
注意事項:
[1] 本月份缺席款項將於隔月餐單扣回
[2] 退飯安排: 學生如因病假或因事缺席, 而需要取消當天之午膳服務, 家長請於當天早上 09:30 之前致電學校登記。

成份及其製品提示 🍄: 甲殼類動物 🥚: 蛋類 🥛: 奶類 🌰: 木本堅果
🍫: 芝麻 🍅: 蕃茄 🍄: 菇菌類 🌶️: 辣 🚫🔥: 非油炸
🥜: 此款式食物含花生, 若對花生有敏感人士請勿選擇此款

所有餐款的汁醬均不含椰汁、椰漿、忌廉、淡奶、全脂奶和全脂芝士, 而選用低脂奶類製品製成。



Hong Chi Winifred Mary Cheung Morninghope School

Menu Form of October 2025

Day	Week	Choice	A	B	C	D	Free
2	Thu		Imitated Fish in Teriyaki Sauce w/ Rice (Cabbage) 🍄	Sliced Pork in Hawaii Sauce w/ Brown Rice (Papaya) 🍅	Chicken & Mini Cheese Sausages in Black Pepper Mushroom Sauce w/ Rice (Papaya) 🍅🌶️🍄🥛	Rice Noodle w/ Fish Paste Roll & Pork Stew(Corn)	Fruit
3	Fri		Louwer Bean Curd in Tomato Sauce w/ Rice (Chayote) 🍅🍄	Pork Slices in Pineapple Sauce w/ Red Brown Rice(Tientsin Cabbage) 🍅	Chicken in Four Typed Cheese Sauce w/ Rice (Chayote) 🥛	Twisty Pasta w/ Pak Choi Pork Dumplings in Corn Sauce(Chayote) 🥛	
6	Mon		Vegan Tofu Slices in Honey Garlic Sauce w/ Rice (Pumpkin) 🍅🍄	Pork Slices in Chinese Honey Sauce w/ Brown Rice (Pumpkin) 🍅	Chicken in Japanese Sauce w/ Rice (Corn) 🍌	Baked Spaghetti w/ Bolognese (Beef)(Corn) 🍅	
8	Wed		Bean Curd Stick in Lo Hon Style w/ Rice(Chayote) 🍄	Chicken in Herb Sauce w/ Red Brown Rice (Chayote) 🥛	Pork Fillet in Honey Gralic Sauce w/ Rice(Corn) 🍅	Twisty Pasta w/ Fish Cake & Tomato Minced Pork(corn) 🍅	
9	Thu		Imitated Meatball in Italian Sauce w/ Rice (Corn) 🍅🌶️🥛	Pork Slices in Corn Sauce w/ Red Brown Rice (Tientsin Cabbage) 🥛	Chicken & Sausage in Honey Pepper Sauce w/ Rice (Tientsin Cabbage) 🍅🌶️	(Snack Meal)Italian Hot Dog & Teriyaki Ginger Pork Rice Ball & Dim Sum (Siu-Mai)(Corn) 🍅	Fruit
10	Fri		Imitated Pork Belly in Sweet & Sour Sauce w/ Rice (Pumpkin) 🍅🍄	Fish Fillet (may have traces of bones) in Four Typed Cheese Sauce w/ Brown Rice (Corn) 🥛🥛	Chicken Drumstick in Teriyaki Ginger Sauce w/ Rice(Pumpkin)	Spaghetti w/ Ham Steak in Tomato Sauce + Garlic Bun(Corn) 🍅🥛🥛	
13	Mon		Spaghetti w/ Veg Dumplings in Napoleon Sauce (Cabbage) 🍅🍄	Pork Slices in White Herb Sauce w/ Oat Rice (Tientsin Cabbage) 🥛	Corn & Chicken Patty in Tomato Sauce w/ Rice(Tientsin Cabbage) 🍅🥛	Spaghetti w/ Bolognese (Beef) (Cabbage) 🍅	
14	Tue		Imitated Meat & Seaweed in Teriyaki Sauce w/ Rice (Cabbage) 🍄	Chicken in Chinese Honey Sauce w/ Red Brown Rice (Cabbage) 🍅	Stuffed Glutinous Rice in Lotus Leaf (Pork & Chicken) 🍄🍄	Rice Noodle w/ Preserved Meat & Veg + Japanese Style Fishball Roll (Cabbage)	
15	Wed		Veg Folded Pizza + Rice Macaroni w/ Chickpea & Assorted Mushroom (Corn) 🍄🥛🥛	Pork Slices in Mushroom Herb Sauce w/ Quinoa Rice(Chayote) 🍄🥛	Chicken in Napoleon Sauce w/ Rice(Chayote) 🍅	Twisty Pasta w/ Pak Choi Pork Dumplings in Tomato Sauce(Chayote) 🍅	
16	Thu		Bean Curd Node in Honey Sauce w/ Oat Rice (Corn) 🍄🍅	Fish Fillet (may have traces of bones) in Peach Sauce w/ Rice (Pumpkin) 🍅🥛	Chicken & Potato in Portuguese Sauce w/ Rice (Pumpkin) 🥛	Steamed Rice w/ Chicken & Octopus Patty(Corn)	Fruit
17	Fri		Italian Style Imitated Chicken Steak w/ Brown Rice (Corn) 🥛🍅🍄	Sliced Pork & Onion in Tomato Sauce w/ Rice (Corn) 🍅	Chicken Wing Drumette & Fish Paste Roll in Curry Sauce w/ Rice(Tientsin Cabbage) 🌶️🍄🥛	BBQ Pork Patty Burger + Spaghetti w/ Shredded Ham in Cheese Sauce(Corn) 🍅🥛	
21	Tue		Rice Noodle w/ Veg Dumplings in Corn Sauce (Corn) 🍄🥛	Pork Slices in Spanish Sauce w/ Brown Rice (Pumpkin) 🍅	Homemade Chicken Breast Patty in Japanese Curry Sauce w/ Rice(Pumpkin) 🍅🌶️🥛	Spaghetti w/ Fish Cake in Carbonara Sauce + Raisins Bun(Corn) 🥛🥛	
22	Wed		Imitated Fish in Tomato Sauce w/ Red Brown Rice(Pumpkin) 🍅🍄	Pork Slices in Napoleon Sauce w/ Rice (Pumpkin) 🍅	Teriyaki Chicken & Pork Patty w/ Rice(Corn)	Pizza w/ Corn & Sausage in Thousand Island Dressing + Spaghetti w/ Ham in White 🍅🍄🥛🥛	
23	Thu		Bean Curd Stick in Portuguese Sauce w/ Rice (Cabbage) 🍄🥛	Fish Fillet (may have traces of bones) in ushroom Brown Sauce w/ Brown Rice (Chayote) 🍄🍄🥛	Chicken & Onion in Honey Pepper Sauce w/ Rice (Chayote) 🌶️🍅	Twisty Pasta w/ Pak Choi Pork Dumplings in Corn Sauce(Chayote) 🥛	Fruit
24	Fri		Teriyaki Ginger Spaghetti w/ Assorted Veg. + Imitated Siu Mai(PLANT-BASED MEAT) (Corn) 🍄	Pork Slices in Tomato Sauce w/ Red Brown Rice (Pumpkin) 🍅	Chicken & Ham Steak in Carbonara Sauce w/ Rice(Corn) 🥛🥛	Mini Steamed Stuffed Glutinous Rice + Rice Noodle w/ Preserved Meat & Veg(Corn) 🍄	
27	Mon		Vegan Tofu Slices in Mushroom Brown Sauce w/ Rice (Chayote) 🍅🍄🥛	Beef & Potato in Chinese Sauce w/ Red Brown Rice(Chayote) 🌶️🍄🍄	Chicken & Onion in Portuguese Sauce w/ Rice (Chayote) 🥛	Twisty Pasta w/ Fish Cake & Tomato Minced Pork(corn) 🍅	
28	Tue		Imitated Chicken Steak & Pineapple w/ Brown Rice (Papaya) 🍌🍄🥛	Chicken in Honey Garlic Sauce w/ Rice (Papaya) 🍅	Stuffed Glutinous Rice in Lotus Leaf (Pork & Chicken) 🍄🍄	Teriyaki Chicken Wing Drumette & Japanese Fish Paste Roll w/ Rice(Tientsin Cabbage)	
30	Thu		Spaghetti w/ Assorted Veg in Napoleon Sauce + Garlic Bun(Corn) 🍅🍄🥛🥛	Fish Fillet (may have traces of bones) in Corn Sauce w/ Brown Rice (Corn) 🍄🥛🥛	Chicken in Tomato Sauce w/ Rice (Cabbage) 🍅	Teriyaki Chicken Rice Ball + Spaghetti w/ Bolognese (Beef)(Corn) 🍅🍄	Fruit
31	Fri		Imitated Meat & Seaweed in Teriyaki Sauce w/ Rice (Cabbage) 🍄	Pork Slices in Carbonara Sauce w/ Corn Rice(Cabbage) 🥛🥛	Chicken Leg in Swiss Sauce w/ Rice (Corn)	Rice Macaroni w/ Spicy & Sour Minced Pork + Steamed Char Siu Bun(Corn) 🍅🌶️	

Please return this menu form and receipt to class teacher on or before 22/9/2025 .

Price : \$ 26 per day (Total: 19 days) Total : \$ 494

Notice :

(1) This month's absent refund will be deducted in the menu fee every other month.

(2) Cancel order arrangement : If the students or teachers want to cancel the order, please contact us between 8:30am - 9:30am on that day or before.

Luncheon Star Hotline : 21475722 *Office Hour : 9:00 – 17:00

Ingredients symbol 🍄 : crustacean 🥛 : eggs 🥛 : milk 🍌 : tree nuts

🍅 : Tomato 🍄 : Mushrooms 🌶️ : Spicy 🍌 : Non-deep fried

🍌 : The meal contains peanuts & peanuts products. People who are allergic to peanuts & peanuts products should avoid choosing this meal

請選擇餐款，將英文字母填在下面空格內。如欠選擇餐款，則當作全部選擇『C』餐，不另行通知。

			每個飯盒(A-D餐)定價:\$26				每個飯盒(E-F餐)定價:\$38		附送
日期	星期	選擇	A	B	C	D	E	F	
2	四		照燒素魚扒配白飯(椰菜)	夏威夷汁肉片配糙米飯(木瓜)	黑椒蘑菇雞皇拼芝士腸飯(木瓜)	台式肉燥(豬)魚肉卷米線(粟米)	糖醋菠蘿豬扒飯	香濃咖喱雞腩飯(粟米)(中辣)	生果
3	五		濃茄百頁豆腐飯(合掌瓜)	菠蘿汁肉片配紅米飯(紹菜)	四式芝士雞皇配白飯(合掌瓜)	粟米汁菜肉餃(豬)配扭扭粉(合掌瓜)	芝士肉醬(牛)漢堡扒焗長通粉	四式芝士原條魚柳拼仿蟹棒焗飯	
6	一		蒜蜜野菜百頁配白飯(南瓜)	中式蜜汁肉片配糙米飯(南瓜)	日式雞皇飯(粟米)	焗肉醬(牛)意粉(粟米)	鮮茄大雞扒焗飯	椒鹽豬扒炒飯	
8	三		羅漢上素枝竹配白飯(合掌瓜)	香草汁烤雞配紅米飯(合掌瓜)	蒜香蜜汁厚豬柳飯(粟米)	番茄豬肉碎野菜魚餅配扭扭粉(粟米)	芝士大雞扒飯	意茄黑椒牛扒火腿扒飯	
9	四		意式素肉丸飯(粟米)	粟米汁肉片配紅米飯(紹菜)	蜜糖黑椒雞皇拼煙腸飯(紹菜)	(小食餐)意式熱狗配薑燒豚肉飯糰拼燒賣(粟米)	紅咖喱豬扒焗飯	乾炒叉燒意粉	生果
10	五		甜酸素東坡肉配白飯(南瓜)	四式芝士烤魚柳(可能含微骨)配糙米飯(粟米)	日式薑燒雞下腩配白飯(南瓜)	濃茄火腿扒意粉配蒜蓉包(粟米)	西西里蕃茄焗豬扒長通粉	芝士肉醬(牛)熱狗皇、蜜汁雞脾、蜜糖粟米粒(粟米)	
13	一		拿玻里汁素菜餃配意粉(椰菜)	香草白汁肉片配燕麥飯(紹菜)	西茄汁烤粟米雞肉餅配白飯(紹菜)	香茄肉醬(牛)配意粉(椰菜)	黑椒蘑菇雞扒煙腸焗飯	甜酸菠蘿排骨飯	
14	二		日式昆布素肉片配白飯(椰菜)	中式蜜汁雞肉配紅米飯(椰菜)	糯米雞(豬及雞)	雪菜肉絲(豬)獅子狗配米線(椰菜)	豉油王炒麵 配 瑞士汁雞脾、魚蛋	煙肉腸仔什錦炒飯	
15	三		素Pizza摺包配什菌雞心豆通心米粉(粟米)	野菌汁肉片配藜麥飯(合掌瓜)	拿玻里雞球配白飯(合掌瓜)	濃茄汁配菜肉餃(豬)扭扭粉(合掌瓜)	卡邦尼汁海鮮焗飯	泰燒香茅雞扒黃薑飯	
16	四		蜜汁豆皮結配燕麥飯(粟米)	蜜桃汁魚柳(可能含微骨)配白飯(南瓜)	葡汁薯仔雞皇配白飯(南瓜)	原盅鯉魚雞肉餅蒸飯(粟米)	黑松露芝士汁雞扒煙腸意粉	香煎蓮藕肉餅菜飯拼台式肉燥豆腐	生果
17	五		意式素雞扒配糙米飯(粟米)	鮮茄洋葱肉片配白飯(粟米)	咖喱雞翼撻拼魚肉卷配白飯(紹菜)	BBQ漢堡扒包配芝麻腿絲意粉(粟米)	墨西哥辣肉腸肉醬(牛)意粉	皇牌焗菠蘿鮮茄豬扒飯	
21	一		粟米汁配素菜餃米線(粟米)	西班牙肉片配糙米飯(南瓜)	(新推介)日式咖喱(自製)雞胸肉漢堡扒飯(南瓜)	卡邦尼野菜魚餅意粉配提子餐包(粟米)	意茄魚柳火腿扒飯	沙爹豬扒飯	
22	三		茄汁素魚扒配紅米飯(南瓜)	拿玻里肉片配白飯(南瓜)	照燒雞拼漢堡扒飯(粟米)	千島粟米腸片Pizza 配白汁火腿意粉(粟米)	西西里蕃茄焗豬扒意粉	叉燒拼豉油雞翼飯	
23	四		葡式素枝竹配白飯(椰菜)	香濃蘑菇魚柳(可能含微骨)配糙米飯(合掌瓜)	蜜椒洋葱雞球配白飯(合掌瓜)	粟米汁菜肉餃(豬)配扭扭粉(合掌瓜)	意式海鮮焗飯	菠蘿雞粒炒飯	生果
24	五		薑燒素三絲意粉配植物肉素燒賣(粟米)	鮮茄肉片配紅米飯(南瓜)	卡邦尼火腿扒拼雞皇飯(粟米)	珍珠雞配雪菜肉絲(豬)米線(粟米)	美式扒餐(燒汁大雞扒、煙腸、焗薯角、粟米)	焗四式芝士肉醬(牛)漢堡扒意粉	
27	一		香濃蘑菇野菜百頁配白飯(合掌瓜)	中式薯仔牛肉配紅米飯(合掌瓜)	葡汁洋葱雞皇配白飯(合掌瓜)	番茄豬肉碎野菜魚餅配扭扭粉(粟米)	日式雞肉漢堡飯配炭燒雞肉丸	原盅蒸梅菜肉餅拼北菇蒸雞飯	
28	二		菠蘿素雞扒配糙米飯(木瓜)	蒜香蜜汁雞皇配白飯(木瓜)	糯米雞(豬及雞)	照燒雞翼撻拼獅子狗配白飯(紹菜)	黑椒蘑菇汁牛扒火腿扒飯	特式芝士雞肉卷包 配焗四式芝士肉醬(牛)意粉	
30	四		拿玻里素什錦意粉配香蒜餐包(粟米)	粟米汁魚柳(可能含微骨)配糙米飯(粟米)	鮮茄雞皇配白飯(椰菜)	燒汁雞肉飯糰配肉醬(牛)意粉(粟米)	燒汁大雞扒井飯	皇牌焗菠蘿鮮茄豬扒飯	生果
31	五		日式昆布素肉片配白飯(椰菜)	卡邦尼肉片配粟米飯(椰菜)	瑞士汁雞下腩配白飯(粟米)	炸醬(豬)通心米粉配叉燒包(粟米)	日式三寶炒烏冬(炭燒雞肉丸, 仿蟹棒,獅子狗)	香濃咖喱大雞扒飯	

請將此表格連同收據 於 9月22日之前交回活力午餐職員

A-D 飯盒價錢每天\$ 26 ,E-F 飯盒價錢每天\$ 38

注意事項:

[1] 本月份缺席款項將於隔月餐單扣回

[2] 退飯安排：學生如因病假或因事缺席，而需要取消當天之午膳服務，家長請於當天早上 09：30之前致電學校登記。

成份及其製品提示

:甲殼類動物

:蛋類

:奶類

:木本堅果

:芝麻

:蕃茄

:菇菌類

:辣

:非油炸

:此款式食物含花生，若對花生有敏感人士請勿選擇此款

所有餐款的汁醬均不含椰汁、椰漿、忌廉、淡奶、全脂奶和全脂芝士，而選用低脂奶類製品製成。