



匡智張玉瓊晨輝學校

2024 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	三		西班牙野菜百頁飯(南瓜)	蜜桃汁肉片配紅米飯(南瓜)	蜜糖黑椒雞扒配白飯(粟米)	粟米汁火腿扒通心米粉配菜肉包(粟米)	生果
3	四		葡式素枝竹配白飯(椰菜)	四式芝士魚柳(可能含微骨)配粟米飯(椰菜)	和風茄汁雞球配白飯(合掌瓜)	意式肉醬(牛)配意粉(椰菜)	
4	五		糖醋素肉丸配白飯(紹菜)	香濃蘑菇汁肉片配紅米飯(紹菜)	薑燒雞翼拼獅子狗配白飯(紹菜)	雪菜肉絲(豬)米線配燒賣(粟米)	
7	一		日式薑汁豆皮結配燕麥飯(合掌瓜)	葡汁雞皇配白飯(合掌瓜)	中式醬皇蒸肉排配白飯(椰菜)	茄汁芝士腸意粉配叉燒飯糰(粟米)	
8	二		蜜汁素雞扒配白飯(南瓜)	拿破里雞球配糙米飯(南瓜)	糯米雞(豬及雞)	和風肉燥(豬)雞翼撻配白飯(粟米)	
9	三		番茄紅腰豆扭扭粉配蒜蓉餐包(粟米)	中式香草牛肉配粟米飯(紹菜)	濃茄汁配菜肉餃(豬)扭扭粉(合掌瓜)	滑雞海南味飯(合掌瓜)	生果
10	四		體育活動日				(小食餐)漢堡扒包、照燒雞扒1件、魚蛋2粒(粟米)
14	一		薑燒野菜百頁配白飯(南瓜)	夏威夷汁肉粒配粟米飯(南瓜)	野菌雞皇配白飯(南瓜)	台式肉燥(豬)配通心米粉(紹菜)	
15	二		素八寶枝竹配糙米飯(合掌瓜)	蒜香蜜汁牛肉配白飯(合掌瓜)	卡邦尼雞皇配白飯(椰菜)	番茄豬肉碎香草肉丸配扭扭粉(合掌瓜)	
16	三		甜酸素肉配白飯(粟米)	香草汁烤雞配紅米飯(合掌瓜)	濃茄豬柳煙腸焗飯(粟米)	沙嗲牛丸米線配叉燒包(粟米)	
17	四		濃茄紅腰豆意粉配素菜餃(粟米)	香濃蘑菇魚柳(可能含微骨)配燕麥飯(紹菜)	四式芝士肉片配白飯(紹菜)	意式肉醬(牛)配意粉(紹菜)	生果
18	五		醬燒素東坡肉配白飯(椰菜)	鮮茄洋蔥肉片配糙米飯(椰菜)	日式薑燒雞下腩配白飯(南瓜)	芝士烤咖喱雞扒配茄汁火腿意粉(粟米)	
22	二		意式素肉丸茄汁意粉(粟米)	中式薯仔雞皇配紅米飯(蘿蔔)	糯米雞(豬及雞)	蕃茄魚肉卷通心米粉配燒賣(粟米)	
23	三		冬菇炆豆皮結配白飯(椰菜)	香茄豬肉碎野菜魚餅配紅米飯(木瓜)	葡式雞球配白飯(椰菜)	拿破里豬柳意粉配蒜蓉餐包(椰菜)	
24	四		日式百頁豆腐配白飯(紹菜)	鮮茄汁烤魚柳(可能含微骨)配糙米飯(紹菜)	日式薑汁雞皇配白飯(紹菜)	粟米汁菜肉餃(豬)配扭扭粉(合掌瓜)	生果
25	五		茄汁素魚扒配紅米飯(南瓜)	蜜糖黑椒肉片配白飯(紹菜)	肉醬(牛)漢堡扒飯(南瓜)	香濃蘑菇汁雞翼撻拼雞尾腸配白飯(紹菜)	
28	一		香濃蘑菇汁野菜百頁配白飯(椰菜)	拿破里牛肉配粟米飯(木瓜)	四式芝士雞球配白飯(木瓜)	蒸冬菇雞絲粉卷配肉燥(豬)米線(椰菜)	
29	二		素PIZZA摺包配什菌紅腰豆意粉(粟米)	卡邦尼汁雞球配糙米飯(合掌瓜)	粟米汁肉片配白飯(合掌瓜)	焗芝士肉醬(牛)意粉(粟米)	
30	三		蜜味素肉片配紅米飯(木瓜)	鮮茄洋蔥肉片配白飯(粟米)	黑椒蘑菇仿蟹棒拼雞皇飯(木瓜)	(小食餐)BBQ熱狗配燒汁雞肉飯糰拼燒賣(粟米)	生果
31	四		羅漢上素枝竹配燕麥飯(紹菜)	西茄雞皇配白飯(南瓜)	日式厚豬柳飯(粟米)	咖喱野菜魚餅烏冬配提子餐包(粟米)	

請將此表格連同收據 於 9月20日之前交回活力午餐職員

飯盒價錢每天\$ 26 本月費用: \$26 X 20日 = \$520

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 2024

Day	Week	Choice	A	B	C	D	Free
2	Wed		Rice w/ Vegan Tofu Slices in Spanish Sauce (Pumpkin) 🍅🍄	Pork Slices in Peach Sauce w/ Red Brown Rice (Pumpkin) 🍅	Chicken Steak in Honey Pepper Sauce w/ Rice(Corn) 🍅🍄	Rice Macaroni w/ Ham Steak in Corn Sauce + Steamed Pork & Veg Bun (Corn) 🍄	Fruit
3	Thu		Bean Curd Stick in Portuguese Sauce w/ Rice (Cabbage) 🍄🍅	Fish Fillet (may have traces of bones) in Four Typed Cheese Sauce w/ Corn Rice (Cabbage) 🍄🍅🍄	Chicken in Teriyaki Tomato Sauce w/ Rice (Chayote) 🍅	Spaghetti w/ Bolognese (Beef)(Cabbage) 🍅	
4	Fri		Imitated Meatball in Sweet & Sour Sauce w/ Rice(Tientsin Cabbage) 🍅🍄🍅	Pork Slices in Mushroom Brown Sauce w/ Red Brown Rice(Tientsin Cabbage) 🍅🍄🍅	Chicken Wings & Japanese Style Fish Roll in Teriyaki Sauce w/ Rice(Tientsin Cabbage) 🍅	Rice Noodle w/ Preserved Meat & Veg. + Siu-Mai (Dim Sum)(Corn) 🍅	
7	Mon		Bean Curd Node in Teriyaki Ginger Sauce w/ Oat Rice (Chayote) 🍅🍄🍅	Chicken in Portuguese Sauce w/ Rice (Chayote) 🍄	Steamed Sparerib in Chinese Honey Sauce w/ Rice (Cabbage) 🍅	Spaghetti w/ Cheese Sausage in Tomato Sauce + Char Siu Rice Ball (Corn) 🍅🍄	
8	Tue		Imitated Chicken Steak in Honey Sauce w/ Rice(Pumpkin) 🍅🍄🍅	Chicken in Napoleon Sauce w/ Brown Rice (Pumpkin) 🍅	Stuffed Glutinous Rice in Lotus Leaf (Pork & Chicken) 🍅🍄	Chicken Wing Drumette & Teriyaki Pork Stew w/ Rice(Corn) 🍅	
9	Wed		Twisty Pasta w/ Red Kidney Bean in Tomato Sauce + Garlic Bun(Corn) 🍅🍄🍅	Beef in Chinese Herb Sauce w/ Corn Rice (Tientsin Cabbage) 🍅	Twisty Pasta w/ Pak Choi Pork Dumplings in Tomato Sauce(Chayote) 🍅	Chicken Hainanese Rice(Chayote) 🍅	Fruit
10	Thu		Sports Day				Pork Patty Burger, Terryaki Chicken Steak (1pc) & Fish Ball (2pcs)(Corn) 🍅
14	Mon		Vegan Tofu Slices in Teriyaki Ginger Sauce w/ Rice (Pumpkin) 🍅	Diced Pork in Hawaii Sauce w/ Corn Rice (Pumpkin) 🍅	Assorted Mushroom & Chicken w/ Rice (Pumpkin) 🍄🍅	Rice Macaroni w/ Pork Stew(Tientsin Cabbage) 🍅	
15	Tue		Bean Curd Stick & Assorted Veg w/ Brown Rice (Chayote) 🍅🍄	Beef in Honey Garlic Sauce w/ Rice(Chayote) 🍅	Chicken in Carbonara Sauce w/ Rice (Cabbage) 🍄🍅	Twisty Pasta w/ Herb Pork Meatballs & Minced Pork in Tomato Sauce (Chayote) 🍅	
16	Wed		Imitated Meat in Sweet & Sour Sauce w/ Rice(Corn) 🍅🍄	Chicken in Herb Sauce w/ Red Brown Rice (Chayote) 🍄	Baked Rice w/ Pork Fillet & Sausage in Tomato Sauce(Corn) 🍅🍄🍅	Rice Noodle w/ Beef Ball in Satay Sauce + Steamed Char Siu Bun(Corn) 🍅🍄🍅	Fruit
17	Thu		Spaghetti w/ Red Kidney Bean in Tomato Sauce + Veg. Dumplings (Corn) 🍅🍄	Grilled Fish Fillet (may have traces of bones) in Mushroom Brown Sauce w/ Oat Rice(Tientsin Cabbage) 🍅🍄🍅	Pork Slices in Four Typed Cheese Sauce w/ Rice (Tientsin Cabbage) 🍄	Spaghetti w/ Bolognese (Beef)(Tientsin Cabbage) 🍅	
18	Fri		Imitated Pork Belly in Teriyaki Sauce w/ Rice(Cabbage) 🍅	Pork Slices & Onion in Tomato Sauce w/ Brown Rice (Cabbage) 🍅	Chicken Drumstick in Teriyaki Ginger Sauce w/ Rice(Pumpkin) 🍅	Curry Chicken Steak Bun w/ Cheese + Spaghetti w/ Ham in Tomato Sauce (Corn) 🍅🍄🍅	
22	Tue		Spaghetti w/ Imitated Meatball in Italian Sauce(Corn) 🍅🍄🍅	Chicken & Potato in Chinese Sauce w/ Red Brown Rice (White Turnip) 🍅🍄🍅	Stuffed Glutinous Rice in Lotus Leaf (Pork & Chicken) 🍅🍄	Rice Macaroni w/ Fish Paste Roll in Tomato Sauce + Dim Sum (Siu-Mai) (Corn) 🍅	
23	Wed		Bean Curd Node & Shiitake Mushroom w/ Rice (Cabbage) 🍅🍄🍅	Fish Cake & Tomato Minced Pork w/ Red Brown Rice(Papaya) 🍅	Chicken in Portuguese Sauce w/ Rice (Cabbage) 🍄	Spaghetti w/ Pork Fillet in Tomato Sauce + Garlic Bun (Cabbage) 🍅🍄🍅	Fruit
24	Thu		Louver Bean Curd in Terryaki Sauce w/ Rice (Tientsin Cabbage) 🍅	Grilled Fish Fillet (may have traces of bones) in Tomato Sauce w/ Brown Rice (Tientsin Cabbage) 🍅🍄🍅	Chicken in Japanese Ginger Sauce w/ Rice (Tientsin Cabbage) 🍅	Twisty Pasta w/ Pak Choi Pork Dumplings in Corn Sauce(Chayote) 🍄	
25	Fri		Imitated Fish in Tomato Sauce w/ Red Brown Rice(Pumpkin) 🍅🍅	Pork Slices in Honey Pepper Sauce w/ Rice(Tientsin Cabbage) 🍅🍅	Pork Patty & Bolognese (Contain Beef) w/ Rice(Pumpkin) 🍅	Chicken Wing Drumette & Cocktail Sausages in Mushroom Brown Sauce w/ Rice (Tientsin Cabbage) 🍅🍄🍅	
28	Mon		Vegan Tofu Slices in Mushroom Brown Sauce w/ Rice (Cabbage) 🍄🍅🍅	Beef in Napoleon Sauce w/ Corn Rice (Papaya) 🍅	Chicken in Four Typed Cheese Sauce w/ Rice (Papaya) 🍄	Steamed Rice Roll w/ Chicken & Shiitake Mushroom + Rice Noodles w/ Pork Stew(Cabbage) 🍅	
29	Tue		Veg Folded Pizza + Spaghetti w/ Red Kidney Bean & Assorted Mushroom (Corn) 🍅🍅🍅	Chicken in Carbonara Sauce w/ Brown Rice (Chayote) 🍄🍅	Pork Slices in Corn Sauce w/ Rice (Chayote) 🍄	Baked Spaghetti w/ Cheese Bolognese (Beef)(Corn) 🍅🍅	
30	Wed		Imitated Meat in Honey Sauce w/ Red Brown Rice (Papaya) 🍅🍅	Sliced Pork & Onion in Tomato Sauce w/ Rice (Corn) 🍅	Chicken & Imitation Crab Stick in Black Pepper Mushroom Sauce w/ Rice (Papaya) 🍅🍅🍅	(Snack Meal) BBQ Hot Dog + Japanese Chicken Rice Ball + Dim Sum (Siu-Mai)(Corn) 🍅🍅🍅	Fruit
31	Thu		Bean Curd Stick in Lo Hon Style w/ Oat Rice (Tientsin Cabbage) 🍅🍅	Chicken in Tomato Sauce w/ Rice (Pumpkin) 🍅	Teriyaki Pork Fillet Rice(Corn) 🍅	Udon w/ Fish Cake in Curry Sauce + Mini Raisins Bun(Corn) 🍅🍅🍅	

Please return this menu form and receipt to class teacher on or before 20/9/2024 .

Price : \$ 26 per day (Total: 20 days) Total : 520

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