

Sha Tin Junior School - 2017 May Menu

Deli Fresh

Date	A	B	C	D - Vegetarian	Fruit
4 Thu	冬菇雞球飯 Rice with Chicken & Mushroom	什菜肉絲爛米粉 Rice Vermicelli with Assorted Veg. and Sliced Pork	粟米火腿蛋飯 Rice with Egg with Corns & Ham	甜咖喱紅腰豆什菜飯 Rice with Kidney Bean & Vegetables in Japanese Curry	Hami Melon Cube
5 Fri	蒲烤豬扒配海苔珍珠飯 Seaweed Rice with Pork Chop in Japanese Teriyaki Sauce	火雞三文治 Turkey Ham Sandwiches	葡汁薯仔肉丁飯 Rice with Pork & Potato in Portuguese Sauce	粟米汁什菜飯 Rice with Assorted Mushroom in Sweet Corn Sauce	
8 Mon	韓式雜菜肉片飯 Rice with Sliced Pork & Assorted Vegetables in Korean BBQ Sauce	磨菇汁雞扒意粉 Spaghetti with Chicken Steak in Mushroom Sauce	茄子肉餅飯 Steamed Rice with Minced Pork & Eggplant	意式什菌撈珍珠飯 Pearl Rice with Mixed Mushrooms	
9 Tue	芝士汁火腿雞粒螺絲粉 Fusilli With Chicken, Ham & Vegetable in Cheese Sauce	什果雞丁薄餅+茄汁粟米薯蓉 Pizza w/ Chicken & Mixed Fruits + Mashed Potato Filled w/ Corn in Tomato Sauce	什錦海鮮蒸蛋白飯 Rice with Steamed Egg White & seafood	茄汁豆什菜飯 Rice with Baked Tomato Beans and Assorted Veg.	Watermelon Cube
10 Wed	甜咖喱薯仔免治雞肉飯 Rice with Minced Chicken and Potato in Sweet Curry Sauce	# 日式肉醬長扒包(豬肉)+茄丁雜菜通粉 # Japanese Minced Pork Bun + Macaroni with Mixed Vegetables in Tomato Sauce	甘筍汁雞扒飯 Rice with Chicken Steak in Carrot Cream Sauce	洋蔥汁薯仔什菜飯 Rice with Potatoes & Assorted Vegetables in Onion Sauce	
11 Thu	泰式燒雞球菠蘿提子乾飯 Grilled Chicken in Thai Style + Fried Rice with Dried Grape & Pineapple	粟米肉粒飯 Rice with Diced Pork in Sweet Corn Sauce	香菇肉碎蒸蛋飯 Rice with Steamed Egg with Mushroom & Minced Pork	健康葡汁時蔬長通粉 Penne with Mixed Veg. in Portuguese Sauce	Watermelon Cube
12 Fri	椰菜雞絲燴飯 Rice with Shredded Chicken & Cabbage	# BBQ汁免治雞肉包+磨菇白汁螺絲粉 # Minced Chicken in BBQ Sauce Bun + Fusilli with Mushroom in Cream Sauce	洋蔥汁肉片飯 Rice with Pork Slice in Onion Sauce	甜咖喱什菜飯 Rice with Vegetables in Sweet Curry Sauce	
15 Mon	甜咖喱燒魚粒飯 Rice with Grilled Fish in Sweet Curry Sauce	白汁磨菇肉絲燴意粉 Spaghetti with Shredded Pork in Mushroom & Cream Sauce	西芹雞柳飯 Rice with Chicken & Celery	南瓜蔬菜燴什菌飯 Rice with Pumpkin, Vegetables & Assorted Mushrooms	
16 Tue	沙薑汁雞腩飯 Rice with Chicken Thigh in Ginger Sauce	燕麥甘筍雞柳意粉 Spaghetti with Shredded Chicken & Oats in White Sauce	洋蔥肉絲蛋飯 Rice with Shredded Pork, Onion & Egg	茄汁豆薯仔飯 Rice with Baked beans & Tomato	Honeydew Melon Cube
17 Wed	薯仔燴雞飯 Rice with Braised Chicken with Potato	# 千島雞包+磨菇汁粟米通粉 # Thousand Island Sauce Chicken Bun + Macaroni with Corns in Mushroom Sauce	京醬肉絲飯 Rice with Braised Shredded Pork in Tomato Sauce	甜咖喱荔芋南瓜紅腰豆飯(少辣) Rice with Taro Pumpkin and Red Kidney Beans Sweet Curry (Mild Spicy)	
18 Thu	蛋沙律三文治 Egg Mayonnaise Sandwich	香蔥雞扒飯 Rice with Chicken Steak with Spring Onion & Ginger	粟米火腿肉碎蒸蛋飯 Rice with Steamed Egg, Corns, Ham & Minced Pork	白汁紅腰豆椰菜飯 Rice with Kidney Bean & Veg. in Cream Sauce	Hami Melon Cube
19 Fri	蘿蔔燴雞絲飯 Rice with Braised Shredded Chicken with Turnip	# 雞扒包+茄丁磨菇雜菜意粉 # Chicken Steak Bread + Spaghetti with Mushroom & Assorted Veg. in Tomato Sauce	雙菇燴肉片飯 Rice with Braised Sliced Pork & Mushrooms	芝士汁什菜什菌飯 Rice with Mushrooms & Assorted Veg. in Cheese Sauce	
22 Mon	鹽醬薯仔肉粒飯 Rice with Pork Dice and Potato in Shiro Miso Sauce	白汁燴雞絲飯 Rice with Shredded Chicken in Creamy White Sauce	高纖肉醬飯(紅腰豆, 粟米, 麥米, 豬肉) Rice with High-Fibre Bolognese (Red Kidney Bean, Corn & Wheat, Pork)	洋蔥汁粟米什菇螺絲粉 Fusilli with Assorted Mushrooms & Corn in Onion Sauce	
23 Tue	# 凱撒薄餅+火腿煙肉炒薯角 Caesar Pizza w/ Seafood + Potato Wedges w/ Ham & Bacon	肉醬意粉(免治雞) Spaghetti Bolognese (Chicken)	墨魚肉餅蒸飯 Rice with Steamed Pork Meat Cake with Squish	甘筍汁南瓜飯 Rice with Pumpkin in Carrot Sauce	Hami Melon Cube
24 Wed	磨菇汁雞扒飯 Rice with Chicken Steak in Mushroom Sauce	# 芝士漢堡包(雞肉)+茄汁粟米磨菇通粉 # Cheese Burger (Chicken)+ Macaroni with Corn & Mushrooms in Tomato Sauce	鮮茄肉絲飯 Rice with Shredded Pork in Tomato Sauce	法式芝士鮮蔬飯 Rice with Vegetables in French Cheese Sauce	
25 Thu	滑蛋雞絲飯 Rice with Shredded Chicken & Scrambled Egg	茄子冬菇肉粒飯 Rice with Pork & Mushroom with Eggplant	鮮蝦肉碎蒸蛋飯 Rice with Steamed Egg with Minced Pork & Shrimps	白汁什菌意粉 Spaghetti with Assorted Mushroom in White Cream Sauce	Honeydew Melon Cube
26 Fri	雜菜燴雞柳飯 Rice with Shredded Chicken and Assorted Vegetables	# 雞漢堡包+七彩銀針粉 # Chicken Hamburger + Stirred Silver Pin Noodle with Shredded Pork	京都菠蘿肉粒飯 Rice with Pineapple & Pork in Sweet and Sour Sauce	茄汁燴磨菇, 茄瓜, 蕃茄飯 Rice with Mushroom, Eggplant & Tomato in Tomato Sauce	
31 Wed	甜咖喱海鮮飯 Rice with Mixed Seafood in Sweet Curry Sauce	菠菜白汁燒魚粒意粉 Spaghetti with Grilled Fish in Spinach Sauce	粟米燴肉片飯 Rice with Pork Slice in Sweet Corn Sauce	健康葡汁四蔬飯 Rice with Mixed Vegetable in Portuguese Sauce	

Sha Tin Junior School		
May 2017 Lunch Order Reply Slip		
Please select your choice A/B/C/D		
4	Thu	
5	Fri	
8	Mon	
9	Tue	
10	Wed	
11	Thu	
12	Fri	
15	Mon	
16	Tue	
17	Wed	
18	Thu	
19	Fri	
22	Mon	
23	Tue	
24	Wed	
25	Thu	
26	Fri	
31	Wed	

Our menu uses boneless fish, but it is encouraged to be cautious when eating.
 餐單採用去骨魚肉, 但以防有殘留魚骨, 同學亦應小心進食。
 Food may contain egg. Students with egg allergy should not choose the menu.
 此款式食物含有蛋類成份, 若對蛋類有敏感人士請勿選擇此款
 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.
 注意: 生產廠房將處理致敏食品(如: 含有麩質的穀類, 甲殼類動物製品, 魚, 蛋, 花生, 大豆, 奶類, 木堅果及堅果類製成品), 為保障同學健康, 我們建議患有何食物過敏的同學自備午餐

Food may contain pork.
 此款式食物含有豬肉
 Food may contain beef.
 此款式食物含有牛肉
 # Smaller Portion

Student Full Name: _____
 Class: _____
 Contact: _____
Submission Deadline: 21/04/2017
 付款方法 Payment Method :
 HK\$25 x _____ days = HK\$ _____
 Cheque (Check No: _____)
 Circle K / Vango / CRV
 PPS (Ref. No: _____) + \$2.5

May 2017 Payment:
 By Crossed Cheque payable to "Deli Fresh Limited": 18 days x [HK\$23 (meal price) + HK\$2 (PTA administration charge)] = HK\$450.00
 - Please deposit the cheque together with your order reply slip into the collection box of General Office by **21/04/2017**.
 - **Late order will not be accepted.**
 - Any illegibly marked choice will be deemed as "C".
Enquiry Hotline: 2116 2207 / 2116 2350
Fax: 2116 2675
E-mail Address: feedback@delifresh.com.hk

*For any order cancellation, please email to feedback@delifresh.com.hk or call 2116 2207/ 2116 2350 before 9:30am.