



ECF SAINT TOO CANAAN COLLEGE

Supplier : Hong Kong Gourmet Limited Name :

Class :

No. ()

(Apr 2024)

DATE	A	B	C	D (Veggie & Healthy)
1/4	Mor	Nil		
2/4	Tue	Nil		
3/4	Wed	Nil		
4/4	Thu	Nil		
5/4	Fri	Nil		
8/4	Mor	Nil		
9/4	Tue	Rice w/ Chicken, Potatoes & Mushroom#	Fusilli w/ Minced Beef#	Baked Red Rice w/ Pork Chop & Tomatoes#
10/4	Wed	Rice w/ Pork, Assorted Veggies & Mushroom#	Pork Patty & Cheese Bun + Honey Corn#	Corn Rice w/ Chicken & Carrot#
11/4	Thu	Rice w/ Steamed Chicken & Shiitake Mushroom#	Fusilli w/ Chicken in Pineapple Sauce#	Brown Rice w/ Sliced Pork in Japanese Style#
12/4	Fri	Rice w/ Pork in Onion Sauce#	Spaghetti w/ Chicken Steak in Japanese Style	Cereal Rice w/ Beef, Carrot & Corn Kernel#
15/4	Mor	Rice w/ Steamed Chicken, Wolfberry & Cordyceps flower#	Udon w/ Minced Meat in Taiwanese Style#	Corn Rice w/ Pork Loin in Onion Sauce#
16/4	Tue	Rice w/ Pork Chop & Tomatoes#	Fusilli w/ Shredded Chicken & Mushroom#	Quinoa Rice w/ Beef & Purple Potatoes#
17/4	Wed	Rice w/ Soy-Marinated Chicken Leg#	Rice Vermicelli w/ Chicken in Singaporean Style (mild)#	Brown Rice w/ Beef in Pineapple Sauce#
18/4	Thu	Rice w/ Steamed Egg, Meat Floss & Corn Kernel#	Spaghetti w/ Minced Beef in Tomato Sauce#	Cereal Rice w/ Chicken, Carrot & Zucchini#
19/4	Fri	Rice w/ Potatoes & Chicken in Portuguese Style#	Fusilli w/ Pork Chop in Garlic Sauce#	Quinoa Rice w/ Beef & Tomatoes#
22/4	Mor	Rice w/ Pork, Egg & Tomatoes#	Rigatoni w/ Minced Beef in Italian Style#	Red Rice w/ Grilled Fish Fillet & Seasonal Veggies#
23/4	Tue	Baked Rice w/ Chicken Steak & Tomatoes#	Spaghetti w/ Chicken & Black Pepper (mild)#	Cereal Rice w/ Pork, Potatoes & Corn Kernel#
24/4	Wed	Rice w/ Chicken & Peach#	Spaghetti w/ Beef in Soymilk Sauce (low-fat)#	Red Rice w/ Pork Chop & Seasonal Veggies#
25/4	Thu	Quinoa Rice w/ Steamed Minced Pork#	Rice ball + Grilled Chicken Skewer#	Carrot Rice w/ Beef in Onion Sauce#
26/4	Fri	Rice w/ Chicken in Onion Sauce#	Braised Spaghetti w/ Pork Steak & Corn (low-fat)#	Corn Rice w/ Beef & Tomatoes#
29/4	Mor	Rice w/ Pork Chop & Corn Kernel #	Fusilli w/ Shredded Chicken & Carrot #	Brown Rice w/ Shredded Beef in Russian Style#
30/4	Tue	Rice w/ Chicken in Hokkien Style#	Spaghetti w/ Beef in Japanese Style#	Baked Red Rice w/ Pork Chop & Potatoes#

For Ordering Lunch Box : HK\$21.00 X 16 days = HK\$336.00

Deadline : 07/03/2024

(Late submission must not be accepted. Sorry for any inconvenience)

Payment :

- A. Cash or Octopus
B. Cheque (payable to "VITALAND SERVICES LTD").
C. Bank in slip : A/C Name : VITALAND SERVICES LTD
Name of Bank : Bank of China(HK) ; A/C No. : 012-875-0-024073-4 ;
Name of Bank : Banks of East Asia : A/C No. : 514-40-33204-6
Name of Bank : HSBC(HK) ; A/C No. : 511-14321-001 ;
D. Payment via 7-11 Convenience Store ~ Additional 7-11 service charge HK\$5.00, Please pay again in case of loss of receipt.

Please write down the school name, student name, class no. and telephone no. on the back of the Cheque / bank receipt / receipt of 7-11.

Submit : Please return the right hand side order form and cash / cheque to Tuckshop

Leave Procedure : For any enquiries, please contact Vitaland tuck shop supervisor at 9643 9218 before 9:00am

Payment via 7-11 Convenience Store : HK\$336.00
7-11(MCS) 000521424



(7-11店員請將整份訂購表交回顧客)

Fill it up : ○ → ●						
Please use ball pen to fill up your choice						
DATE	A	B	C	D	NIL	
1/4	Mor	(A)	(B)	(C)	(D)	●
2/4	Tue	(A)	(B)	(C)	(D)	●
3/4	Wed	(A)	(B)	(C)	(D)	●
4/4	Thu	(A)	(B)	(C)	(D)	●
5/4	Fri	(A)	(B)	(C)	(D)	●
8/4	Mor	(A)	(B)	(C)	(D)	●
9/4	Tue	(A)	(B)	(C)	(D)	(N)
10/4	Wed	(A)	(B)	(C)	(D)	(N)
11/4	Thu	(A)	(B)	(C)	(D)	(N)
12/4	Fri	(A)	(B)	(C)	(D)	(N)
15/4	Mor	(A)	(B)	(C)	(D)	(N)
16/4	Tue	(A)	(B)	(C)	(D)	(N)
17/4	Wed	(A)	(B)	(C)	(D)	(N)
18/4	Thu	(A)	(B)	(C)	(D)	(N)
19/4	Fri	(A)	(B)	(C)	(D)	(N)
22/4	Mor	(A)	(B)	(C)	(D)	(N)
23/4	Tue	(A)	(B)	(C)	(D)	(N)
24/4	Wed	(A)	(B)	(C)	(D)	(N)
25/4	Thu	(A)	(B)	(C)	(D)	(N)
26/4	Fri	(A)	(B)	(C)	(D)	(N)
29/4	Mor	(A)	(B)	(C)	(D)	(N)
30/4	Tue	(A)	(B)	(C)	(D)	(N)



(Apr 2024)

School ECF SAINT TOO CANAAN COLLEGE

Name : _____

Class : _____

1 2 3 4 5 6 7 8 9 0

A B C D E F G H I J

例子 :
學號 : 1 → 0 1 1
● 1 2 3
● 0 2 3

No. : _____

0 1 2 3 4 5

0 1 2 3 4 5 6 7 8 9

Ordering Lunch Box :
(HK\$21.00 X 16 days) = HK\$336.00

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☐ Cash / Octopus
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~ Payable to "VITALAND SERVICES LTD"
Bank in Slip
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~ A/C No. : 012-875-0-024073-4
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~ A/C Name : VITALAND SERVICES LTD
☐ Bank of East Asia
A/C No. : 514-40-33204-6
A/C Name : VITALAND SERVICES LTD
☐ 7-11 Convenience Store
Additional 7-11 service charge HK\$5.00

Remark :
1. Set A will be given to student if their forms are filled unclearly. Sorry for any inconvenience caused.
2. The above menu has been approved by Tetra Nutritional Consultation Centre Co. Ltd.
3. Attention : Fish products will have small bones.
4. Every set will be served fresh vegetables.
5. Tailor-made sauce consists of less oil & plenty of vegetables, to meet the guidelines for lunch. All sauces such as cream sauce, cheese sauce, curry sauce, portuguese sauce, satay sauce, carbonara sauce, taro sauce, napoleon sauce, etc. make from low-fat milk or cheese & w/out any butter, lard, cream, palm oil, coconut oil, nasi lemak etc. saturated at. All meats are w/out skin & fat before cooking (exclude chicken leg, chicken wing & drumstick)
6. All carbohydrate items contain little allergenic substances-cereals containing gluten.
7. Factory is also help the food consisting crustacean products, egg products, fish products, peanuts, soybeans & their products, milk products & cereals containing gluten & their products. Pay attention before you choice.
8. # cereals containing gluten (namely wheat, rye barley, oats, spelt, their hybridized strains & their products) -
crustacean & their products - # fish & their products - # milk & their products (including lactose) -
fresh mushroom - # soybeans & their products - # eggs & their products - # peanuts & their products -
tree nuts & their products - # to provide healthy quality food & make it easier to be absorbed, above meals are made of fresh vegetables & meat soup & condensed into sauce.

【 Please return the completed order to Vitaland, receipt will be issued after stamp verification 】