



ECF SAINT TOO CANAAN COLLEGE

Supplier : Hong Kong Gourmet Limited Name :

(Dec 2023)

Class : No. ()

DATE	A	B	C	D (Veggie & Healthy)	E (Provide by Tuckshop)
1/12 Fri	Rice w/ Roasted Chicken Steak in Garlic Sauce#	Fusilli w/ Sliced Pork in Soymilk Sauce(low-fat)#★	Red Rice w/ Minced Beef & Corn Kernel	Rice w/ Mixed Veggies, Red Kidney Bean & Pumpkin	Rice w/ Curry Chicken Leg
4/12 Mon	Nil				
5/12 Tue	Rice w/ Shredded Chicken & Mixed Veggies	Udon w/ Minced Meat in Taiwanese Style#	Cereal Rice w/ Cheese & Fish Fillet#	Rice w/ Stir-fried Dried Gluten & Taro★	Rice w/ Pork Patty, Pan-fried Egg
6/12 Wed	Rice w/ Pork & Corn Kernel (low-fat)	Fusilli w/ Curry Chicken Steak in Light Style(mild)#	Corn Rice w/ Beef & Mushroom#	Rice w/ Mixed Veggies, Chickpeas & Carrot	Rice w/ Assorted Soy Marinated Meat
7/12 Thur	Rice w/ Chicken in Onion Sauce#	Rigatoni w/ Minced Beef in Italian Style#	Quinoa Rice w/ Pork Loin & Tomatoes Sauce#	Rice w/ Red Kidney Bean, Mixed Veggies & Potatoes in Portuguese Style	Rice w/ Minced Meat, Dumplings & Sausages
8/12 Fri	Rice w/ Pork Chop & Peach	Spaghetti w/ Shredded Chicken in Soymilk Sauce#★	Corn Rice w/ Beef in Japanese Style#	Rice w/ Stewed Lo-bon Veggies★#	Rice w/ Chicken Steak in Korean Style
11/12 Mon	Nil				
12/12 Tue	Rice w/ Pork in Tomato Sauce	Fusilli w/ Chicken in Pineapple Sauce#	Corn Rice w/ Pork Loin in Onion Sauce	Rice w/ Plant-based Meat, Pumpkin & Zucchini★	Rice w/ Stir-fried egg, Veggies, Ham & Prawn
13/12 Wed	Rice w/ Soy-Marinated Chicken Leg★#	Spaghetti w/ Minced Beef in Tomato Sauce#	Brown Rice w/ Shredded Chicken & Veggies#	Rice w/ Mixed Veggies & Stir-fried Dried Gluten & Mushroom & Cheese★#	Rice w/ Chicken Leg
14/12 Thur	Rice w/ Steamed Chicken & Shiitake Mushroom#	Pork Chop Bun + Spaghetti & Mushroom in Soymilk Sauce(low-fat)#	Cereal Rice w/ Beef, Carrot & Corn Kernel#	Rice w/ Mixed Veggies & Black-Byed Peas in Italian Style	Rice w/ Minced Meat & Chicken Wing
15/12 Fri	Rice w/ Pork Chop & Tomatoes	Fusilli w/ Sliced Beef & Mushroom#	Corn Rice w/ Chicken, Carrot & Hairy Gourd#	Rice w/ Curry Plant-based Meat in Light Style(mild)★#	Rice w/ Assorted Soy Marinated Meat
18/12 Mon	Rice w/ Pork & Potatoes in Onion Sauce	Udon w/ Chicken Steak in Pineapple Sauce#	Red Rice w/ Beef in Soymilk Sauce(low-fat)★	Rice w/ Tofu & Potatoes in Japanese Style★#	Rice w/ Minced Meat & Pork Patty
19/12 Tue	Rice w/ Chicken, Mushroom & Cheese#	Fusilli w/ Beef & Mixed Veggies in Onion Sauce#	Quinoa Rice w/ Curry Pork Chop in Light Style(mild)#	Rice w/ Braised Dried Gluten, Chickpeas & Pumpkin★	Rice w/ Chicken Steak
20/12 Wed	Nil				
21/12 Thur	Nil				
22/12 Fri	Nil				
25/12 Mon	Nil				
26/12 Tue	Nil				
27/12 Wed	Nil				
28/12 Thur	Nil				
29/12 Fri	Nil				

Fill it up : ○ → ●

Please use ball pen to fill up your choice

DATE	A	B	C	D	E
1/12 Fri	(A)	(B)	(C)	(D)	(N)
4/12 Mon	(A)	(B)	(C)	(D)	(●)
5/12 Tue	(A)	(B)	(C)	(D)	(N)
6/12 Wed	(A)	(B)	(C)	(D)	(N)
7/12 Thur	(A)	(B)	(C)	(D)	(N)
8/12 Fri	(A)	(B)	(C)	(D)	(N)
11/12 Mon	(A)	(B)	(C)	(D)	(●)
12/12 Tue	(A)	(B)	(C)	(D)	(N)
13/12 Wed	(A)	(B)	(C)	(D)	(N)
14/12 Thur	(A)	(B)	(C)	(D)	(N)
15/12 Fri	(A)	(B)	(C)	(D)	(N)
18/12 Mon	(A)	(B)	(C)	(D)	(N)
19/12 Tue	(A)	(B)	(C)	(D)	(N)
20/12 Wed	(A)	(B)	(C)	(D)	(●)
21/12 Thur	(A)	(B)	(C)	(D)	(●)
22/12 Fri	(A)	(B)	(C)	(D)	(●)
25/12 Mon	(A)	(B)	(C)	(D)	(●)
26/12 Tue	(A)	(B)	(C)	(D)	(●)
27/12 Wed	(A)	(B)	(C)	(D)	(●)
28/12 Thur	(A)	(B)	(C)	(D)	(●)
29/12 Fri	(A)	(B)	(C)	(D)	(●)



(Dec 2023)

School ECF SAINT TOO CANAAN COLLEGE

Name : _____

Class : _____

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩
 A B C D E F G H I J

例子：
 學號：1 → 01
 ● ① ② ③
 ○ ④ ⑤ ⑥

No. : _____
 ○ ① ② ③ ④ ⑤
 ○ ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨

Ordering Lunch Box :
 (HK\$21.00 X 11 days) = HK\$231.00

Payment :
 Cash / Octopus
 Cheque
 ~ Payable to "VITALAND SERVICES LTD"
 Bank in Slip
 Bank of China (HK)
 ~ A/C No. : 012-875-0-024073-4
 ~ A/C Name : VITALAND SERVICES LTD
 HSBC(HK)
 ~ A/C No. : 511-14321-001
 ~ 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

For Ordering Lunch Box : HK\$21.00 X 11 days = HK\$231.00

Deadline : 09/11/2023

(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.

Payment via 7-11 Convenience Store : HK\$231.00
 7-11(MCS) 000521424



(7-11店員請將整份訂購表交回顧客)

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

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, tero 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 oil.
 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) - x 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]