



基督教中國佈道會聖道迦南書院

飯盒供應商：香港美食有限公司 學生姓名：

班別：

學號 ()

(2024 年 1 月)

日期	A	B	C (至營推介)	D (健康素食)
1/1	一	是日不用訂餐		
2/1	二	是日不用訂餐		
3/1	三	是日不用訂餐		
4/1	四	是日不用訂餐		
5/1	五	是日不用訂餐		
8/1	一	是日不用訂餐		
9/1	二	是日不用訂餐		
10/1	三	是日不用訂餐		
11/1	四	是日不用訂餐		
12/1	五	是日不用訂餐		
15/1	一	是日不用訂餐		
16/1	二	是日不用訂餐		
17/1	三	是日不用訂餐		
18/1	四	是日不用訂餐		
19/1	五	是日不用訂餐		
22/1	一	蜜桃雞球飯	意式雜菜豬扒意粉#	豆乳汁雞球藜麥飯(低脂)★
23/1	二	洋蔥汁雞脾飯	豆乳汁雞球長通粉(低脂)★#	和風豚肉糙米飯
24/1	三	鮮菌燴雞飯■◆	焗肉醬意粉#	南瓜汁魚柳粟米飯▲
25/1	四	南瓜雜菜燴豬肉飯	韓式煮年糕+餃子+獅子狗(小辣)	時菜牛肉燕麥飯#
26/1	五	蘑菇薯仔雞球飯■	豬扒包+低脂豆乳白汁意粉★#	咖哩豬皮魚蛋+飯糰
29/1	一	廣東雜菜豬肉飯	豆乳汁雞扒意粉(低脂)★#	西芹雞絲粟米飯
30/1	二	洋蔥汁雞球飯	甘筍豬扒通粉#	鮮茄牛肉糙米飯
31/1	三	葡汁薯仔豬扒飯	粟米雜菜雞絲螺絲粉#	豆乳汁牛肉甘筍飯(低脂)
				時菜紅腰豆植物肉飯★

1月&2月午膳飯盒費用為：HK\$21.00 X 20 天 = HK\$420.00

截止繳交日期：14/12/2023

付款方法：

- A. 於維他天地食物部以現金或八達通繳款
B. 支票(期票恕不接受) ~ 抬頭請寫「維他天地服務有限公司」
C. 銀行入數 ~ 請到任何一間分行繳款；
中國銀行(香港)戶口號碼：012-875-0-024073-4；戶口名稱：維他天地服務有限公司
東亞銀行戶口號碼：514-40-33204-6；戶口名稱：維他天地服務有限公司
匯豐銀行戶口號碼：511-143281-001；戶口名稱：維他天地服務有限公司
D. 7-11付款 ~ 需另付7-11手續費HK\$5.00；小心保存機印收據，如有遺失，請重新繳付

請於支票背後寫上校名、學生姓名、班別及聯絡電話

遞交方法：同學請把右方之訂購表連同現金 / 支票交回維他天地食物部

請假手續：同學們如因病假缺席，請在該天早上 9:00前致電本公司取消訂飯。電話：9643 9218

應繳付7-11便利店金額：HK\$420.00

7-11(MCS) 000521424



(7-11店員請將整份訂購表交回顧客)

填寫方法：○ → ●

請以原子筆填滿所選擇之餐款空格

日期	A	B	C	D	NIL
1/1	一	Ⓐ	Ⓑ	Ⓒ	Ⓓ
2/1	二	Ⓐ	Ⓑ	Ⓒ	Ⓓ
3/1	三	Ⓐ	Ⓑ	Ⓒ	Ⓓ
4/1	四	Ⓐ	Ⓑ	Ⓒ	Ⓓ
5/1	五	Ⓐ	Ⓑ	Ⓒ	Ⓓ
8/1	一	Ⓐ	Ⓑ	Ⓒ	Ⓓ
9/1	二	Ⓐ	Ⓑ	Ⓒ	Ⓓ
10/1	三	Ⓐ	Ⓑ	Ⓒ	Ⓓ
11/1	四	Ⓐ	Ⓑ	Ⓒ	Ⓓ
12/1	五	Ⓐ	Ⓑ	Ⓒ	Ⓓ
15/1	一	Ⓐ	Ⓑ	Ⓒ	Ⓓ
16/1	二	Ⓐ	Ⓑ	Ⓒ	Ⓓ
17/1	三	Ⓐ	Ⓑ	Ⓒ	Ⓓ
18/1	四	Ⓐ	Ⓑ	Ⓒ	Ⓓ
19/1	五	Ⓐ	Ⓑ	Ⓒ	Ⓓ
22/1	一	Ⓐ	Ⓑ	Ⓒ	Ⓓ
23/1	二	Ⓐ	Ⓑ	Ⓒ	Ⓓ
24/1	三	Ⓐ	Ⓑ	Ⓒ	Ⓓ
25/1	四	Ⓐ	Ⓑ	Ⓒ	Ⓓ
26/1	五	Ⓐ	Ⓑ	Ⓒ	Ⓓ
29/1	一	Ⓐ	Ⓑ	Ⓒ	Ⓓ
30/1	二	Ⓐ	Ⓑ	Ⓒ	Ⓓ
31/1	三	Ⓐ	Ⓑ	Ⓒ	Ⓓ



(2024 年 1 月)

校名：基督教中國佈道會聖道迦南書院

姓名：

班別：

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ Ⓕ Ⓖ Ⓗ Ⓘ Ⓙ

學號：

例子：

學號：1 → 0 1

● ① ② ③
0 ● ② ③

0 ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨

1月&2月飯盒費用：
(HK\$21.00 X 20天) = HK\$420.00

請選擇付款方式：

☐ 現金 / 八達通

☐ 支票(期票恕不接受)

☐ 抬頭請寫「維他天地服務有限公司」

☐ 中國銀行(香港)

~ 戶口號碼：012-875-0-024073-4

~ 戶口名稱：維他天地服務有限公司

☐ 東亞銀行

~ 戶口號碼：514-40-33204-6

~ 戶口名稱：維他天地服務有限公司

☐ 匯豐銀行(香港)

~ 戶口號碼：511-143281-001

~ 戶口名稱：維他天地服務有限公司

☐ 7-11付款

~ 需另付7-11手續費HK\$5.00

備註：

- 填寫不清晰，該日之餐飲會以A餐代替，不便之處，敬請原諒。
- 本餐單係根據專業營養顧問中心有限公司之營養師編制。
- 本公司所供應之餐款產品，當中可能含有細骨，請家長及學生選擇時多加留意。
- 每日提供之餐款均配備新鮮配餐。
- 汁醬經精心改良後，更少油及少鹽及加入大量蔬菜，以符合至營牛欄指引。本廠所製作的醬汁，如白汁、芝士汁、咖喱汁、葡汁、沙茶汁等等的醬汁，均使用低脂肪及低脂之土烹調，並且沒有添加牛油、豬油、忌廉、棕櫚油、椰子油、椰漿等飽和脂肪。所有肉類(雞鴨、豬、牛、羊)在烹調前已去除皮層及多餘脂肪。
- 所有飯、米粉及米線均含有極微量致敏源。致敏的穀類。
- 本廠房亦會處理含有致敏的穀類、魚類、甲殼類動物、木本堅果、蛋類、大豆、花生及奶類的製品。如有對食物敏感者，必須小心選擇。建議家長自備午餐。
- #含有致敏的穀類(即小麥、燕麥、大麥、燕麥、裂穀小麥、它們的混合變種及它們的製品)；甲殼類動物及其製品；中木本堅果及其製品；■新鮮蘑菇及菇類；●蛋類及其製品；▲魚類及其製品；◎花生及其製品；★大豆及其製品；◆奶類及其製品(包括乳脂)；◇以上餐款均以新鮮蔬菜及肉類成份醃製成湯濃或汁，以提高營養價值及更容易吸收。

【請保留整張訂購表交回維他天地職員，待蓋印後以作收據憑證】



ECF SAINT TOO CANAAN COLLEGE

Supplier : Hong Kong Gourmet Limited Name :

Class :

(Jan 2024)

No. ()

DATE	A	B	C	D (Veggie & Healthy)
1/1	Mor			Nil
2/1	Tue			Nil
3/1	Wed			Nil
4/1	Thur			Nil
5/1	Fri			Nil
8/1	Mor			Nil
9/1	Tue			Nil
10/1	Wed			Nil
11/1	Thur			Nil
12/1	Fri			Nil
15/1	Mor			Nil
16/1	Tue			Nil
17/1	Wed			Nil
18/1	Thur			Nil
19/1	Fri			Nil
22/1	Mor	Rice w/ Chicken & Peach	Spaghetti w/ Pork Chop & Mixed Veggies in Italian Style#	Quinoa Rice w/ chicken in Soymilk Sauce (low-fat)★
23/1	Tue	Rice w/ Chicken Leg in Onion Sauce	Rigatoni w/ Chicken in Soymilk Sauce (low-fat)★#	Brown Rice w/ Sliced Pork in Japanese Style
24/1	Wed	Rice w/ Braised Chicken & Mushroom■◆	Baked Spaghetti w/ Minced Meat#	Corn Rice w/ Fish Fillet in Pumpkin Sauce▲
25/1	Thur	Rice w/ Braised Pork, Mixed Veggies & Pumpkin	Rice Cake in Korean Style + Dumplings+ Chikuwa (Spicy)	Cereal Rice w/ Beef & Seasonal Veggies#
26/1	Fri	Rice w/ Chicken, Potatoes & Mushroom■	Pork Chop Bun + Spaghetti in Soymilk Sauce (low-fat)★#	Pork Rind & Fishballs in Curry Sauce (Spricy) + Rice Ball in Japanese Style
29/1	Mor	Rice w/ Pork & Mixed Veggies	Spaghetti w/ Chicken Steak in Soymilk Sauce (low-fat)★#	Corn Rice w/ Shredded Chicken Fillet & Celery
30/1	Tue	Rice w/ Chicken in Onion Sauce	Macaroni w/ Pork chop & Carrot#	Brown Rice w/ Beef & Tomatoes
31/1	Wed	Rice w/ Potatoes & Pork Chop in Portuguese Style	Fusilli w/ Shredded Chicken, Mixed Veggies & Corn Kernel#	Carrot Rice w/ Beef in Soymilk Sauce (low fat)
				Rice w/ Curry Plant-based Meat in Light Style (mild)★
				Rice w/ Dried Gluten in Taiwanese Style★
				Rice w/ Tofu & Potatoes in Japanese Style★
				Rice w/ Steamed Egg, Vermicelli & Corn Kernel●
				Rice w/ Tofu & Chickpeas in Soymilk Sauce (low-fat)★
				Rice w/ Dried Gluten & Taro (low-fat)★
				Rice w/ Curry Potatoes & Tofu in Light Style (mild)★
				Rice w/ Plant-based Meat & Red Kidney Bean & Veggies★

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

Deadline : 14/12/2023

(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.

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\$231.00

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	
1/1	Mor	Ⓐ	Ⓑ	Ⓒ	Ⓓ	●
2/1	Tue	Ⓐ	Ⓑ	Ⓒ	Ⓓ	●
3/1	Wed	Ⓐ	Ⓑ	Ⓒ	Ⓓ	●
4/1	Thur	Ⓐ	Ⓑ	Ⓒ	Ⓓ	●
5/1	Fri	Ⓐ	Ⓑ	Ⓒ	Ⓓ	●
8/1	Mor	Ⓐ	Ⓑ	Ⓒ	Ⓓ	●
9/1	Tue	Ⓐ	Ⓑ	Ⓒ	Ⓓ	●
10/1	Wed	Ⓐ	Ⓑ	Ⓒ	Ⓓ	●
11/1	Thur	Ⓐ	Ⓑ	Ⓒ	Ⓓ	●
12/1	Fri	Ⓐ	Ⓑ	Ⓒ	Ⓓ	●
15/1	Mor	Ⓐ	Ⓑ	Ⓒ	Ⓓ	●
16/1	Tue	Ⓐ	Ⓑ	Ⓒ	Ⓓ	●
17/1	Wed	Ⓐ	Ⓑ	Ⓒ	Ⓓ	●
18/1	Thur	Ⓐ	Ⓑ	Ⓒ	Ⓓ	●
19/1	Fri	Ⓐ	Ⓑ	Ⓒ	Ⓓ	●
22/1	Mor	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓐ
23/1	Tue	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓐ
24/1	Wed	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓐ
25/1	Thur	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓐ
26/1	Fri	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓐ
29/1	Mor	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓐ
30/1	Tue	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓐ
31/1	Wed	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓐ



(Jan 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

No. :

0 1 2 3 4 5

0 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. : 511-143281-001

~ 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

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 】



基督教中國佈道會聖道迦南書院

飯盒供應商：香港美食有限公司 學生姓名：

班別：

(2024年2月)

學號()

日期		A	B	C (至營推介)	D (健康素食)
1/2	四	廣東雜菜豬肉飯	鮮茄雞扒長通粉#	鳳梨汁牛肉糙米飯	眉豆蘑菇雜菜飯■
2/2	五	香菇雞錦豬肉飯■#	白汁雞肉包,薯仔(牛)肉醬意粉#	南瓜汁牛肉甘筍飯	甘筍雜菜豆乾飯★
5/2	一	豉油雞腩飯#	甘筍豬肉扭扭粉#	節瓜雞球糙米飯#	素雜錦豆腐飯#★
6/2	二	南瓜雜菜燴雞飯	咖哩豬皮魚蛋+飯糰◆#	焗意式肉醬紅米飯#	黃薑薯仔雜菜飯★
7/2	三	是日不用訂餐			
8/2	四	是日不用訂餐			
9/2	五	是日不用訂餐			
12/2	一	是日不用訂餐			
13/2	二	是日不用訂餐			
14/2	三	是日不用訂餐			
15/2	四	是日不用訂餐			
16/2	五	是日不用訂餐			
19/2	一	鮮茄雞粒飯#	洋蔥汁豬扒意粉#	和風牛肉粟米飯	豆乳芋頭豆乾飯(低脂)★
20/2	二	台式肉燥飯■#	芝士雞球意粉◆#	鮮菌燴牛肉糙米飯◆■	南瓜紅腰豆雜菜飯
21/2	三	洋蔥汁雞腩飯	蕃茄醬免治牛肉意粉#	甘筍脆瓜雞球燕麥飯#	日式薯仔植物肉飯#★
22/2	四	鮮茄豬肉飯	荔枝雞絲扭扭粉#	鮮茄魚柳糙米飯	南瓜薯仔燴雞心豆飯
23/2	五	薯仔雞皇飯(低脂)#	雞扒包+南瓜汁粟米意粉#	甘筍雞球粟米飯	日式薯仔豆腐飯#★
26/2	一	是日不用訂餐			
27/2	二	紅腰豆雜菜豬肉飯	白汁雞肉包,薯仔(牛)肉醬意粉#	節瓜甘筍雞球粟米飯#	健怡咖喱薯仔豆腐飯(小辣)
28/2	三	粟米雞球飯	甘筍粟米豬肉螺絲粉■#	焗蕃茄雞扒粟米飯	南瓜菜花雞心豆飯
29/2	四	葡汁薯仔雞球飯	荔枝豬扒扭扭粉#	時菜牛肉紅米飯#	意式紅腰豆薯仔飯■

本月份餐單費用請參閱1月餐單

截止繳交日期：14/12/2023

(請同學依時繳交，逾期恕不受理，敬請原諒)

填寫方法：○ → ●

請以原子筆填滿所選擇之餐款空格

日期		A	B	C	D	NIL
1/2	四	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓝ
2/2	五	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓝ
5/2	一	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓝ
6/2	二	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓝ
7/2	三	Ⓐ	Ⓑ	Ⓒ	Ⓓ	●
8/2	四	Ⓐ	Ⓑ	Ⓒ	Ⓓ	●
9/2	五	Ⓐ	Ⓑ	Ⓒ	Ⓓ	●
12/2	一	Ⓐ	Ⓑ	Ⓒ	Ⓓ	●
13/2	二	Ⓐ	Ⓑ	Ⓒ	Ⓓ	●
14/2	三	Ⓐ	Ⓑ	Ⓒ	Ⓓ	●
15/2	四	Ⓐ	Ⓑ	Ⓒ	Ⓓ	●
16/2	五	Ⓐ	Ⓑ	Ⓒ	Ⓓ	●
19/2	一	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓝ
20/2	二	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓝ
21/2	三	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓝ
22/2	四	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓝ
23/2	五	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓝ
26/2	一	Ⓐ	Ⓑ	Ⓒ	Ⓓ	●
27/2	二	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓝ
28/2	三	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓝ
29/2	四	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓝ



(2024年2月)

校名：基督教中國佈道會聖道迦南書院

姓名：

班別：

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ Ⓕ Ⓖ Ⓗ Ⓘ Ⓙ

學號：

例子：

學號：1 → 0 1

● ① ② ③

○ ④ ⑤ ⑥ ⑦ ⑧ ⑨

本月份餐單費用請參閱1月餐單

備註：
1. 填寫不清晰，該日之餐飲會以A餐代替，不便之處，敬請原諒。
2. 本餐單由營護專業營養顧問中心有限公司之營養師檢核。
3. 本公司所提供的魚類產品，當中可能含有細骨，請家長及學生選擇時多加留意。
4. 每日提供之餐飲均配備新鮮配菜。
5. 汁醬經精心改良後，便少油及少鈉及加入大量蔬菜，以符合至營午餐指引。本廠房製作的所有醬汁，如白汁、芝士汁、咖喱汁、葡汁、沙爹汁等等的醬汁，均使用低脂肪及低鈉芝士烹調，並且沒有添加牛油、豬油、忌廉、棕櫚油、椰子油、椰漿等飽和脂肪。所有肉類(雞腩、雞翼、雞腳除外)在烹調前已去除皮層及多餘脂肪。
6. 所有飯、米粉及米線均含有極微量致敏源-麩質的穀類。
7. 本廠房亦會處理含有數量的穀類、魚類、甲殼類動物、木本堅果、蛋類、大豆、花生及奶類的製品。如有對食物敏感者，必須小心選擇，建議家長自備午膳。
8. #含有麩質的穀類(即小麥、黑麥、大麥、燕麥、裂殼小麥、它們的混合變種及它們的製品)；※甲殼類動物及其製品；Ⓜ木本堅果及其製品；■新鮮蔬菜及菇類；●蛋類及其製品；▲魚類及其製品；◎花生及其製品；★大豆及其製品；◆奶類及其製品(包括乳糖)；♡以上餐飲均以新鮮蔬菜及肉類成份調製成湯濃縮汁，以提高營養價值及更容易吸收。

【請保留整張訂購表交回維他天地職員，待蓋印後以作收據憑證】



ECF SAINT TOO CANAAN COLLEGE

Supplier : Hong Kong Gourmet Limited Name :

(Feb 2024)

Class :

No. ()

DATE	A	B	C	D (Veggie & Healthy)
1/2 Thu	Rice w/ Pork & Mixed Veggies	Rigatoni w/ Chicken Steak & Tomatoes#	Brown Rice w/ Beef in Pineapple Sauce	Rice w/ Mixed Veggies, Mushroom & Black-Eyed Peas■
2/2 Fri	Rice w/ Pork, Assorted Veggies & Mushroom■#	Chicken Bun in Cream Sauce + Spaghetti w/ Minced Beef & Potatoes#	Carrot Rice w/ Beef in Pumpkin Sauce	Rice w/ Mixed Veggies, Carrot & Dried Gluten★
5/2 Mon	Rice w/ Soy-Marinated Chicken Leg#	Fusilli w/ Pork & Carrot#	Brown Rice w/ Chicken & Hairy Gourd#	Rice w/ Tofu & Seitan Meat#★
6/2 Tue	Rice w/Braised Chicken, Mixed Veggies & Pumpkin	Pork Rind & Fishball in Curry Sauce (Spicy) + Rice Ball in Japanese Style◆#	Baked Red Rice w/ Minced Meat in Italian Style#	Rice w/ Mixed Veggies, Potatoes & Ginger★
7/2 Wed	Nil			
8/2 Thu	Nil			
9/2 Fri	Nil			
12/2 Mon	Nil			
13/2 Tue	Nil			
14/2 Wed	Nil			
15/2 Thu	Nil			
16/2 Fri	Nil			
19/2 Mon	Rice w/ Diced Chicken & Tomatoes#	Spaghetti w/ Pork Chop in Onion Sauce#	Corn Rice w/ Beef in Japanese Style	Rice w/ Dried Gluten & Taro in Soymilk Sauce (low-fat)★
20/2 Tue	Rice w/ Minced Meat in Taiwanese Style■#	Spaghetti w/ Chicken & Cheese◆#	Brown Rice w/ Braised Beef & Mushroom◆■	Rice w/ Mixed Veggies, Red Kidney Bean & Pumpkin
21/2 Wed	Rice w/ Chicken Leg in Onion Sauce	Spaghetti w/ Minced Beef in Tomato Sauce#	Cereal Rice w/ Chicken, Carrot & Zucchini#	Rice w/ Plant-based Meat & Potatoes in Japanese Style #★
22/2 Thu	Rice w/ Pork & Tomatoes	Fusilli w/ Shredded Chicken & Lychee#	Brown Rice w/ Fish Fillet & Tomatoes	Rice w/ Braised Chickpeas, Potatoes & Pumpkin
23/2 Fri	Rice w/ Potatoes & Chicken A La King (low-fat) #	Chicken Steak Bun + Spaghetti w/ Corn Kernel in Pumpkin Sauce#	Corn Rice w/ Chicken & Carrot	Rice w/ Tofu & Potatoes in Japanese Style#★
26/2 Mon	Nil			
27/2 Tue	Rice w/ Pork, Mixed Veggies & Red Kidney Bean	Chicken Bun in Cream Sauce + Spaghetti w/ Minced Beef & Potatoes#	Corn Rice w/ Chicken, Carrot & Hairy Gourd#	Rice w/ Curry Potatoes & Tofu in Light Style (mild)
28/2 Wed	Rice w/ Chicken & Corn Kernel	Fusilli w/ Pork, Carrot & Corn Kernel■#	Baked Corn Rice w/ Chicken Steak & Tomatoes	Rice w/ Chickpea, Veggies & Pumpkin
29/2 Thu	Rice w/ Potatoes & Chicken in Portuguese Style	Fusilli w/ Pork Chop & Lychee	Red Rice w/ Beef & Seasonal Veggies#	Rice w/ Potatoes & Red Kidney Bean in Italian Style■

Lunch box fee of Feb, please refer to the order of Jan

Deadline : 14/12/2023

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

Fill it up : ○ → ●

Please use ball pen to fill up your choice

DATE	A	B	C	D	NIL
1/2 Thu	(A)	(B)	(C)	(D)	(N)
2/2 Fri	(A)	(B)	(C)	(D)	(N)
5/2 Mon	(A)	(B)	(C)	(D)	(N)
6/2 Tue	(A)	(B)	(C)	(D)	(N)
7/2 Wed	(A)	(B)	(C)	(D)	●
8/2 Thu	(A)	(B)	(C)	(D)	●
9/2 Fri	(A)	(B)	(C)	(D)	●
12/2 Mon	(A)	(B)	(C)	(D)	●
13/2 Tue	(A)	(B)	(C)	(D)	●
14/2 Wed	(A)	(B)	(C)	(D)	●
15/2 Thu	(A)	(B)	(C)	(D)	●
16/2 Fri	(A)	(B)	(C)	(D)	●
19/2 Mon	(A)	(B)	(C)	(D)	(N)
20/2 Tue	(A)	(B)	(C)	(D)	(N)
21/2 Wed	(A)	(B)	(C)	(D)	(N)
22/2 Thu	(A)	(B)	(C)	(D)	(N)
23/2 Fri	(A)	(B)	(C)	(D)	(N)
26/2 Mon	(A)	(B)	(C)	(D)	●
27/2 Tue	(A)	(B)	(C)	(D)	(N)
28/2 Wed	(A)	(B)	(C)	(D)	(N)
29/2 Thu	(A)	(B)	(C)	(D)	(N)



(Feb 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)

No. : _____

(0 1 2 3 4 5)

(0 1 2 3 4 5 6 7 8 9)

例子 :

學號 : 1 → 0 1

● 1 2 3

○ 0 2 3

Lunch box fee of Feb, please refer to the order of Jan

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】