



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3月)

日期	A	B	C (全營推介)	D (健康素食)
1/3 五	鮮茄蘑菇豬柳飯#	葡汁薯仔牛肉通粉(低脂)#	豆乳汁雞球燕麥飯(低脂)★#	甘筍薯仔燴眉豆飯#
4/3 一	葡汁薯仔雞皇飯(低脂)#	港式風味白魚蛋+台式肉燥通粉▲#	鮮茄牛肉藜麥飯#	雙菇翠玉瓜飯★■
5/3 二	蒜茸雞球飯#	鮮茄豬柳長通粉#	節瓜甘筍牛肉紅米飯#	健怡咖喱薯仔豆乾飯(小辣)★
6/3 三	羅宋雜菜豬肉飯#	夏威夷薄餅,(牛)肉醬扭扭粉#	甘筍雞球粟米飯#	雜錦扒豆腐飯★
7/3 四	豉油雞腩飯★	意式雜菜豬肉意粉#	時菜雞絲糙米飯#	日式薯仔珍珠筍飯★
8/3 五	蜜桃豬扒飯#	南瓜燴雞球通粉#	粟米牛肉燕麥飯#	健怡咖喱雜菜雞心豆飯(小辣)#
11/3 一	蕃茄雞蛋雞球飯#●	和風豬扒扭扭粉#	豆乳汁牛肉紅米飯(低脂)◆#	甘筍雜菜豆乾飯#
12/3 二	和風雞扒飯#	腐皮魚肉卷+台式肉燥年糕▲#	木耳牛肉甘筍飯#	豆乳薯仔紅腰豆飯(低脂)★#
13/3 三	是日不用訂餐			
14/3 四	是日不用訂餐			
15/3 五	是日不用訂餐			
18/3 一	是日不用訂餐			
19/3 二	是日不用訂餐			
20/3 三	是日不用訂餐			
21/3 四	是日不用訂餐			
22/3 五	粟米豬肉飯#	燒汁雞翼脆通粉#	翠玉瓜珍珠筍牛肉糙米飯#	焗葡汁薯仔飯★◆#
25/3 一	是日不用訂餐			
26/3 二	是日不用訂餐			
27/3 三	是日不用訂餐			
28/3 四	是日不用訂餐			
29/3 五	是日不用訂餐			

午膳飯盒費用為：HK\$21.00 X 9 天 = HK\$189.00

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

截止繳交日期：01/02/2024

(請同學依時繳交，逾期恕不受理，敬請原諒)

應繳付7-11便利店金額：HK\$189.00

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
1/3 五	○	○	○	○	○
4/3 一	○	○	○	○	○
5/3 二	○	○	○	○	○
6/3 三	○	○	○	○	○
7/3 四	○	○	○	○	○
8/3 五	○	○	○	○	○
11/3 一	○	○	○	○	○
12/3 二	○	○	○	○	○
13/3 三	○	○	○	○	●
14/3 四	○	○	○	○	●
15/3 五	○	○	○	○	●
18/3 一	○	○	○	○	●
19/3 二	○	○	○	○	●
20/3 三	○	○	○	○	●
21/3 四	○	○	○	○	●
22/3 五	○	○	○	○	○
25/3 一	○	○	○	○	●
26/3 二	○	○	○	○	●
27/3 三	○	○	○	○	●
28/3 四	○	○	○	○	●
29/3 五	○	○	○	○	●



(2024年3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

A B C D E F G H I J

學號： 1 → 0 1

● ① ② ③

○ ① ② ③ ④ ⑤

○ ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨

飯盒費用：
(HK\$21.00 X 9天) = HK\$189.00

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

- 備註：
1. 填寫不清晰，該日之餐款會以A餐代替，不便之處，敬請原諒。
2. 本餐單由維他天地食物部中心有限公司之營養師審核。
3. 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。
4. 每日提供之餐款均配備新鮮配菜。
5. 汁醬經精心改良後，更少油及少鹽，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、茄汁、沙茶汁等等的醬汁，均使用低脂肪及低脂之「士麥蘭」，並且沒有添加牛油、豬油、忌廉、棕櫚油、椰子油、椰菜等飽和脂肪。所有肉類(雞胸、雞翼、雞腿除外)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：熟質的穀類。
7. 本廠房亦會處理含有麩質的穀類、魚類、甲殼類動物、木本堅果、蛋類、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。
8. #含有致敏的穀類(即小麥、粟米、大麥、燕麥、製粉小麥、它們的混合變種及它們的製品)；※甲殼類動物及其製品；由木本堅果及其製品；■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(包括乳酪)；◇以上餐款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 :

Class :

(Mar 2024)

No. ()

DATE	A	B	C	D (Veggie & Healthy)
1/3 Fri	Rice w/ Pork Loin, Mushroom & Tomatoes■#	Macaroni w/ Beef & Potatoes in Portuguese Style (low-fat)#	Cereal Rice w/ Chicken in Soymilk Sauce(low-fat)★#	Rice w/ Braised Black-Eyed Peas, Potatoes & Carrot#
4/3 Mor	Rice w/ Potatoes & Chicken A La King in Portuguese Style (low-fat)#	Macaroni w/ Hong Kong-style Fishball & Minced Meat in Taiwanese Style■▲#	Quinoa Rice w/ Beef & Tomatoes#	Rice w/ Zucchini & Assorted Mushroom★■
5/3 Tue	Rice w/ Chicken in Garlic#	Rigatoni w/ Pork Loin & Tomatoes#	Red Rice w/ Beef, Carrot & Hairy Gourd#	Rice w/ Curry Dried Gluten & Potatoes in Light Style (mild)#★
6/3 Wed	Rice w/ Pork & Mixed Veggies in Borsch Sauce#	Hawaiian Pizza + Fusilli w/ Minced Beef#	Corn Rice w/ Chicken & Carrot#	Rice w/ Assorted Veggies & Tofu#★
7/3 Thur	Rice w/ Soy-Marinated Chicken Leg#★	Spaghetti w/ Pork & Mixed Veggies in Italian Style#	Brown Rice w/ Shredded Chicken & Veggies#	Rice w/ Potatoes & Baby Corn in Japanese Style#★
8/3 Fri	Rice w/ Pork Chop & Peach#	Macaroni w/ Braised Chicken & Pumpkin#	Cereal Rice w/ Beef & Corn Kernel#	Rice w/ Curry Chickpea & Mixed Veggies in Light Style (mild)#
11/3 Mor	Rice w/ Chicken, Egg & Tomatoes#●	Fusilli w/ Pork chop in Japanese Style#	Red Rice w/ Beef in Soymilk Sauce (low-fat)■◆#	Rice w/ Mixed Veggies, Carrot & Dried Gluten #
12/3 Tue	Rice w/ Chicken Steak in Japanese Style#	Fish Bean Curd Rolls + Rice Cake & Minced Meat in Taiwanese Style ■▲#	Carrot Rice w/ Beef & Black Fungus#	Rice w/ Red Kidney Bean & Potatoes in Soymilk Sauce (low-fat)★#
13/3 Wed	Nil			
14/3 Thur	Nil			
15/3 Fri	Nil			
18/3 Mor	Nil			
19/3 Tue	Nil			
20/3 Wed	Nil			
21/3 Thur	Nil			
22/3 Fri	Rice w/ Pork & Corn Kernel #	Macaroni w/ Chicken Drumstick in BBQ Sauce#	Brown Rice w/ Beef, Baby Corn & Zucchini#	Baked Rice w/ Potatoes in Portuguese Style★◆#
25/3 Mor	Nil			
26/3 Tue	Nil			
27/3 Wed	Nil			
28/3 Thur	Nil			
29/3 Fri	Nil			

For Ordering Lunch Box : HK\$21.00 X 9 days = HK\$189.00

Deadline : 01/02/2024

(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\$189.00
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
1/3 Fri	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓝ
4/3 Mor	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓝ
5/3 Tue	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓝ
6/3 Wed	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓝ
7/3 Thur	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓝ
8/3 Fri	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓝ
11/3 Mor	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓝ
12/3 Tue	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓝ
13/3 Wed	Ⓐ	Ⓑ	Ⓒ	Ⓓ	●
14/3 Thur	Ⓐ	Ⓑ	Ⓒ	Ⓓ	●
15/3 Fri	Ⓐ	Ⓑ	Ⓒ	Ⓓ	●
18/3 Mor	Ⓐ	Ⓑ	Ⓒ	Ⓓ	●
19/3 Tue	Ⓐ	Ⓑ	Ⓒ	Ⓓ	●
20/3 Wed	Ⓐ	Ⓑ	Ⓒ	Ⓓ	●
21/3 Thur	Ⓐ	Ⓑ	Ⓒ	Ⓓ	●
22/3 Fri	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓝ
25/3 Mor	Ⓐ	Ⓑ	Ⓒ	Ⓓ	●
26/3 Tue	Ⓐ	Ⓑ	Ⓒ	Ⓓ	●
27/3 Wed	Ⓐ	Ⓑ	Ⓒ	Ⓓ	●
28/3 Thur	Ⓐ	Ⓑ	Ⓒ	Ⓓ	●
29/3 Fri	Ⓐ	Ⓑ	Ⓒ	Ⓓ	●



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

Ordering Lunch Box :
(HK\$21.00 X 9 days) = HK\$189.00

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 oil. 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 choose.
8. # cereals containing gluten (namely wheat, rye barley, oats, spelt, their hybridized strains & their products) -
① 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 】