



# 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：

(2023 年 11 月)

班別：

學號 ( )

日期		A	B	C (至營推介)	D (健康素食)	E (維他天地食物部提供)
1/11	三	粟米雞球飯	意式雜菜豬肉長通粉#	甘筍牛肉藜麥飯	健怡咖喱薯仔豆腐飯(小辣)★	芙蓉蛋飯
2/11	四	南瓜汁魚柳飯▲	薯粒免治牛肉長通粉#	西芹雞絲藜麥飯	甘筍薯仔燴眉豆飯■	咖喱雞脾飯
3/11	五	雜菜豬肉片飯	洋蔥汁雞扒扭扭粉#	和風豚肉粟米飯	薯仔紅腰豆飯	厚切餐肉煎蛋飯
6/11	一	芝士鮮菌雞球飯◆■	黑椒豬扒意粉(小辣)■	香芋雞絲糙米飯	意式雜菜飯★	肉燥雞翼飯
7/11	二	豉油雞脾飯	南瓜汁雜菜雞球意粉#	蕃茄汁牛肉甘筍飯■	日式薯仔植物肉飯★	鹵水雞脾飯
8/11	三	蒜蓉豬肉片飯	香菇雜菜牛肉烏冬■#	豆乳汁雞球藜麥飯(低脂)	健怡咖喱雜菜雞心豆飯(小辣)	韓式雞扒飯
9/11	四	葡國雞球飯	意式肉醬意粉#	粟米豬肉粒燕麥飯#	甜酸豆乾雜菜飯★	厚切餐肉煎蛋飯
10/11	五	俄國洋蔥豬肉片飯●	健怡咖喱雞球長通粉(小辣)#	粟米牛肉醬紅米飯	甘筍雜菜豆乾飯★	鹵水三寶飯
13/11	一	鮮茄汁燴雞飯	豆乳汁豬扒意粉(低脂)#	洋蔥薯仔雞球糙米飯	羅漢上素黃豆飯★■	芙蓉蛋飯
14/11	二	蟲草花杞子蒸雞飯	蒜蓉牛肉意粉#	鳳梨汁豬肉片糙米飯	薯仔燴雞心豆飯	免治肉醬漢堡扒飯
15/11	三	鳳梨汁豬扒飯	甘筍汁雞絲扭扭粉#	洋蔥牛肉粟米飯	葡汁薯仔雜菜飯	鹵水雞脾飯
16/11	四	黃薑汁豬肉飯	白汁雞肉包,薯仔(牛)肉醬意粉#	豆乳汁雞皇甘筍飯(低脂)	雜錦植物肉豆腐飯★	豬柳漢堡煎蛋餐肉飯
17/11	五	「環保週會及試食活動」, 中一、二、三、五學生不用訂飯, 中四學生請自行到小食部購買當天飯盒。				
20/11	一	鮮菇蘿蔔雞球飯■	台式肉燥烏冬#	節瓜甘筍牛肉紅米飯	紫薯紅腰豆雞菜飯	芙蓉蛋飯
21/11	二	和風豬扒飯	豆乳汁牛肉螺絲粉(低脂)#	野菜雞球甘筍飯	意式紅腰豆薯仔飯■	鹵水三寶飯
22/11	三	荔枝雞球飯	豬扒包+洋蔥汁意粉#	時菜牛肉紅米飯	健怡咖喱植物肉飯(小辣)	免治肉醬煎蛋腸仔飯
23/11	四	葡汁薯仔豬肉片飯	鮮茄牛肉醬意粉#	蒜茸雞扒藜麥飯	台式豆乾飯★	雞扒飯
24/11	五	是日不用午膳				
27/11	一	是日不用午膳				
28/11	二	台式肉燥飯■	黑椒雞扒意粉(小辣)#	南瓜汁牛肉藜麥飯	香菇雜錦植物肉飯★■	韓式雞扒飯
29/11	三	洋蔥汁雞球飯	豬扒包+低脂白汁蘑菇意粉■#	鮮茄汁雞肉糙米飯	薯仔雙菇炆豆乾飯■	厚切餐肉煎蛋飯
30/11	四	粟米雞扒飯	健怡咖喱豬肉長通粉(小辣)#	鮮菌雜菜牛肉甘筍飯■	意式眉豆雞菜飯	鹵水雞脾飯

本月午膳飯盒費用為：HK\$21.00 X 19天 = HK\$399.00

付款方式：

- 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：20/10/2023

(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\$399.00

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	E	NIL
1/11	三	A	B	C	D	E	N
2/11	四	A	B	C	D	E	N
3/11	五	A	B	C	D	E	N
6/11	一	A	B	C	D	E	N
7/11	二	A	B	C	D	E	N
8/11	三	A	B	C	D	E	N
9/11	四	A	B	C	D	E	N
10/11	五	A	B	C	D	E	N
13/11	一	A	B	C	D	E	N
14/11	二	A	B	C	D	E	N
15/11	三	A	B	C	D	E	N
16/11	四	A	B	C	D	E	N
17/11	五	A	B	C	D	E	●
20/11	一	A	B	C	D	E	N
21/11	二	A	B	C	D	E	N
22/11	三	A	B	C	D	E	N
23/11	四	A	B	C	D	E	N
24/11	五	A	B	C	D	E	●
27/11	一	A	B	C	D	E	●
28/11	二	A	B	C	D	E	N
29/11	三	A	B	C	D	E	N
30/11	四	A	B	C	D	E	N



(2023 年 11 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：

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

飯盒費用：  
(HK\$21.00 X 19天) = HK\$399.00

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，該日之餐款會以A替代，不便之處，敬請原諒。
- 本餐單由營運專業營養顧問中心有限公司之營養師檢核。
- 本公司所提供的魚翅產品，當中可能含有細菌，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菜。
- 汁醬經精心改良後，甚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，均使用低脂肪及低膽固醇烹調，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(雞髀、雞翼、雞腳除外)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，麩質的穀類。
- 本廠房亦會處理含有致敏的乾蝦、魚翅、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(包括乳糖)；◇以上餐款均以新鮮蔬菜及肉類或成份調製成湯濃湯或汁，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 :

(Nov 2023)

Class : No. ( )

DATE	A	B	C	D (Veggie & Healthy)	E (Provide by Tuckshop)
1/11 Wed	Rice w/ Chicken & Corn Kernel	Rigatoni w/ Shredded Pork & Mixed Veggies in Italian Style#	Quinoa Rice w/ Beef, Carrot	Rice w/ Curry Potatoes & Tofu in Light Style(mild)★	Rice w/ Stir-fried egg, Veggies, Ham & Prawn
2/11 Thur	Rice w/ Fish Fillet in Pumpkin Sauce▲	Rigatoni w/ Minced Beef & Diced Potatoes#	Quinoa Rice w/ Shredded Chicken Fillet & Celery	Rice w/ Braised Black-Eyed Peas, Potatoes & Carrot■	Rice w/ Curry Chicken Leg
3/11 Fri	Rice w/ Sliced Pork, Mixed Veggies	Fusilli w/ Chicken Steak in Onion Sauce#	Corn Rice w/ Pork in Japanese Style	Rice w/ Red Kidney Bean & Potatoes	Rice w/ Pan-fried Egg & Luncheon Meat
6/11 Mon	Rice w/ Chicken, Mushroom & Cheese◆■	Spaghetti w/ Pork Chop & Black Pepper(mild)■	Brown Rice w/ Shredded Chicken & Taro	Rice w/ Mixed Veggies in Italian Style★	Rice w/ Minced Meat & Chicken Wing
7/11 Tue	Rice w/ Soy-Marinated Chicken Leg	Spaghetti w/ Chicken & Mixed Veggies in Pumpkin Sauce#	Carrot Rice w/ Beef in Tomatoes Sauce■	Rice w/ Plant-based Meat & Potatoes in Japanese Style ★	Rice w/ Assorted Soy Chicken Leg
8/11 Wed	Rice w/ Sliced Pork in Garlic Sauce	Udon w/ Beef, Mixed Veggies & Mushroom■#	Quinoa Rice w/ chicken in Soymilk Sauce(low-fat)	Rice w/ Curry Chickpea & Mixed Veggies in Light Style (mild)	Rice w/ Chicken Steak in Korean Style
9/11 Thur	Rice w/ Chicken in Portuguese Style	Spaghetti w/ Minced Meat in Italian Style#	Cereal Rice w/ Diced Pork & Corn Kernel#	Rice w/ Mixed Veggies, Dried Gluten in Sweet & Sour Sauce★	Rice w/ Pan-fried Egg & Luncheon Meat
10/11 Fri	Rice w/ Sliced Pork & Onion in Russian Style●	Rigatoni w/ Curry Chicken in Light Style(mild)#	Red Rice w/ Minced Beef & Corn Kernel	Rice w/ Dried Gluten, Mixed Veggies & Carrot★	Rice w/ Assorted Soy Marinated Meat
13/11 Mon	Braised Rice w/ Chicken & Tomatos	Spaghetti w/ Pork in Soymilk Sauce(low-fat)#	Brown Rice w/ Chicken, Potatoes & Onion	Rice w/ Soy Bean, Assorted Veggies & Mushroom in Lo-hon Style★■	Rice w/ Stir-fried egg, Veggies, Ham & Prawn
14/11 Tue	Rice w/ Steamed Chicken, Wolfberry & Cordyrops flower	Spaghetti w/ Beef in Garlic Sauce#	Brown Rice w/ Sliced Pork in Pineapple Sauce	Rice w/ Braised Chickpeas & Potatoes	Rice w/ Minced Meat & Pork Patty
15/11 Wed	Rice w/ Pork Chop in Pineapple Sauce	Fusilli w/ Shredded Chicken in Carrot Sauce#	Cereal Rice w/ Beef & onion	Rice w/ Mixed Veggies & Potatoes in Portuguese Style	Rice w/ Assorted Soy Chicken Leg
16/11 Thur	Rice w/ Pork in Ginger Sauce	Chicken Bun in Cream Sauce + Spaghetti w/ Minced Beef & Potatoes#	Carrot Rice w/ Chicken in Soymilk Sauce(low-fat)	Rice w/ Plant-based Meat, Mixed Veggies & Tofu★	Rice w/ Pork Patty, Pan-fried Egg & Luncheon Meat
17/11 Fri	Assembly on 17th November – Sustainable Food Tasting Session "				
20/11 Mon	Rice w/ Chicken, Radish & Mushroom■	Udon w/ Minced Meat in Taiwanese Style#	Red Rice w/ Beef, Carrot & Hairy Gourd	Rice w/ Purple Potatoes, Red Kidney Bean & Veggies	Rice w/ Stir-fried egg, Veggies, Ham & Prawn
21/11 Tue	Rice w/ Pork Chop in Japanese Style	Fusilli w/ Beef in Soymilk Sauce(low-fat)#	Carrot Rice w/ chicken & veggies	Rice w/ Potatoes & Red Kidney Bean in Italian Style■	Rice w/ Assorted Soy Marinated Meat
22/11 Wed	Rice w/ Chicken & Lychee	Pork Chop Bun + Spaghetti w/ in Onion Sauce#	Red Rice w/ Beef & Veggies	Rice w/ Plant-based Meat in Light Style (mild)	Rice w/ Minced Meat & Pan-fried Egg & Sausages
23/11 Thur	Rice w/ Sliced Pork Loin & Potatoes in Portuguese Style	Spaghetti w/ Minced Beef & Tomatoes#	Quinoa Rice w/ Chicken Steak & Garlic	Rice w/ Dried Gluten in Taiwanese Style★	Rice w/ Chicken Steak
24/11 Fri	NIL				
27/11 Mon	NIL				
28/11 Tue	Rice w/ Minced Meat in Taiwanese Style■	Spaghetti w/ Chicken Steak & Black Pepper(mild)#	Quinoa Rice w/ Beef in Pumpkin Sauce	Rice w/ Plant-based Meat, Mushroom & Assorted Veggies★■	Rice w/ Chicken Steak in Korean Style
29/11 Wed	Rice w/ Chicken in Onion Sauce	Pork Chop Bun + Spaghetti & Mushroom in Soymilk Sauce(low-fat)■#	Brown Rice w/ chicken in Tomatoes Sauce	Rice w/Dried Gluten, Assorted Mushroom & Potatoes ■	Rice w/ Pan-fried Egg & Luncheon Meat
30/11 Thur	Rice w/ Chicken steak & Corn Kernel	Rigatoni w/ Curry Pork in Light Style (mild)#	Carrot Rice w/ Beef, Mixed Veggies & Mushroom■	Rice w/ Mixed Veggies & Black-Eyed Peas in Italian Style	Rice w/ Assorted Soy Chicken Leg

For Ordering Lunch Box : HK\$21.00 X 19 days = HK\$399.00

Deadline : 20/10/2023

(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\$399.00

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
1/11 Wed	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓔ
2/11 Thur	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓔ
3/11 Fri	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓔ
6/11 Mon	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓔ
7/11 Tue	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓔ
8/11 Wed	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓔ
9/11 Thur	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓔ
10/11 Fri	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓔ
13/11 Mon	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓔ
14/11 Tue	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓔ
15/11 Wed	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓔ
16/11 Thur	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓔ
17/11 Fri	Ⓐ	Ⓑ	Ⓒ	Ⓓ	●
20/11 Mon	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓔ
21/11 Tue	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓔ
22/11 Wed	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓔ
23/11 Thur	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓔ
24/11 Fri	Ⓐ	Ⓑ	Ⓒ	Ⓓ	●
27/11 Mon	Ⓐ	Ⓑ	Ⓒ	Ⓓ	●
28/11 Tue	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓔ
29/11 Wed	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓔ
30/11 Thur	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓔ



(Nov 2023)

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

0 1 2 3 4 5 6 7 8 9

No. : \_\_\_\_\_

Ordering Lunch Box :

(HK\$21.00 X 19 days) = HK\$399.00

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

or 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

## 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 choose.

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

9. @ 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】



# ECF SAINT TOO CANAAN COLLEGE

Supplier : Hong Kong Gourmet Limited Name :

(Nov 2023)

Class : No. ( )

DATE	A	B	C	D (Veggie & Healthy)	E (Provide by Tuckshop)
1/11 Wed	Rice w/ Chicken & Corn Kernel	Rigatoni w/ Shredded Pork & Mixed Veggies in Italian Style#	Quinoa Rice w/ Beef, Carrot	Rice w/ Curry Potatoes & Tofu in Light Style(mild)★	Rice w/ Stir-fried egg, Veggies, Ham & Prawn
2/11 Thur	Rice w/ Fish Fillet in Pumpkin Sauce▲	Rigatoni w/ Minced Beef & Diced Potatoes#	Quinoa Rice w/ Shredded Chicken Fillet & Celery	Rice w/ Braised Black-Eyed Peas, Potatoes & Carrot■	Rice w/ Curry Chicken Leg
3/11 Fri	Rice w/ Sliced Pork, Mixed Veggies	Fusilli w/ Chicken Steak in Onion Sauce#	Corn Rice w/ Pork in Japanese Style	Rice w/ Red Kidney Bean & Potatoes	Rice w/ Pan-fried Egg & Luncheon Meat
6/11 Mon	Rice w/ Chicken, Mushroom & Cheese◆■	Spaghetti w/ Pork Chop & Black Pepper(mild)■	Brown Rice w/ Shredded Chicken & Taro	Rice w/ Mixed Veggies in Italian Style★	Rice w/ Minced Meat & Chicken Wing
7/11 Tue	Rice w/ Soy-Marinated Chicken Leg	Spaghetti w/ Chicken & Mixed Veggies in Pumpkin Sauce#	Carrot Rice w/ Beef in Tomatoes Sauce■	Rice w/ Plant-based Meat & Potatoes in Japanese Style ★	Rice w/ Assorted Soy Chicken Leg
8/11 Wed	Rice w/ Sliced Pork in Garlic Sauce	Udon w/ Beef, Mixed Veggies & Mushroom■#	Quinoa Rice w/ chicken in Soymlk Sauce(low-fat)	Rice w/ Curry Chickpea & Mixed Veggies in Light Style (mild)	Rice w/ Chicken Steak in Korean Style
9/11 Thur	Rice w/ Chicken in Portuguese Style	Spaghetti w/ Minced Meat in Italian Style#	Cereal Rice w/ Diced Pork & Corn Kernel#	Rice w/ Mixed Veggies, Dried Gluten in Sweet & Sour Sauce★	Rice w/ Pan-fried Egg & Luncheon Meat
10/11 Fri	Rice w/ Sliced Pork & Onion in Russian Style●	Rigatoni w/ Curry Chicken in Light Style(mild)#	Red Rice w/ Minced Beef & Corn Kernel	Rice w/ Dried Gluten, Mixed Veggies & Carrot★	Rice w/ Assorted Soy Marinated Meat
13/11 Mon	Braised Rice w/ Chicken & Tomatos	Spaghetti w/ Pork in Soymlk Sauce(low-fat)#	Brown Rice w/ Chicken, Potatoes & Onion	Rice w/ Soy Bean, Assorted Veggies & Mushroom in Lo-hon Style★■	Rice w/ Stir-fried egg, Veggies, Ham & Prawn
14/11 Tue	Rice w/ Steamed Chicken, Wolfberry & Cordyrops flower	Spaghetti w/ Beef in Garlic Sauce#	Brown Rice w/ Sliced Pork in Pineapple Sauce	Rice w/ Braised Chickpeas & Potatoes	Rice w/ Minced Meat & Pork Patty
15/11 Wed	Rice w/ Pork Chop in Pineapple Sauce	Fusilli w/ Shredded Chicken in Carrot Sauce#	Cereal Rice w/ Beef & onion	Rice w/ Mixed Veggies & Potatoes in Portuguese Style	Rice w/ Assorted Soy Chicken Leg
16/11 Thur	Rice w/ Pork in Ginger Sauce	Chicken Bun in Cream Sauce + Spaghetti w/ Minced Beef & Potatoes#	Carrot Rice w/ Chicken in Soymlk Sauce(low-fat)	Rice w/ Plant-based Meat, Mixed Veggies & Tofu★	Rice w/ Pork Patty, Pan-fried Egg & Luncheon Meat
17/11 Fri	"Assembly on 17th November – Sustainable Food Tasting Session", Form 1, 2, 3, and 5 students do not need to order meals. Form 4 students are required to go to the tuck shop to purchase lunch boxes for the day.				
20/11 Mon	Rice w/ Chicken, Radish & Mushroom■	Udon w/ Minced Meat in Taiwanese Style#	Red Rice w/ Beef, Carrot & Hairy Gourd	Rice w/ Purple Potatoes, Red Kidney Bean & Veggies	Rice w/ Stir-fried egg, Veggies, Ham & Prawn
21/11 Tue	Rice w/ Pork Chop in Japanese Style	Fusilli w/ Beef in Soymlk Sauce(low-fat)#	Carrot Rice w/ chicken & veggies	Rice w/ Potatoes & Red Kidney Bean in Italian Style■	Rice w/ Assorted Soy Marinated Meat
22/11 Wed	Rice w/ Chicken & Lychee	Pork Chop Bun + Spaghetti w/ in Onion Sauce#	Red Rice w/ Beef & Veggies	Rice w/ Plant-based Meat in Light Style (mild)	Rice w/ Minced Meat & Pan-fried Egg & Sausages
23/11 Thur	Rice w/ Sliced Pork Loin & Potatoes in Portuguese Style	Spaghetti w/ Minced Beef & Tomatoes#	Quinoa Rice w/ Chicken Steak & Garlic	Rice w/ Dried Gluten in Taiwanese Style★	Rice w/ Chicken Steak
24/11 Fri	NIL				
27/11 Mon	NIL				
28/11 Tue	Rice w/ Minced Meat in Taiwanese Style■	Spaghetti w/ Chicken Steak & Black Pepper(mild)#	Quinoa Rice w/ Beef in Pumpkin Sauce	Rice w/ Plant-based Meat, Mushroom & Assorted Veggies★■	Rice w/ Chicken Steak in Korean Style
29/11 Wed	Rice w/ Chicken in Onion Sauce	Pork Chop Bun + Spaghetti & Mushroom in Soymlk Sauce(low-fat)■#	Brown Rice w/ chicken in Tomatoes Sauce	Rice w/ Dried Gluten, Assorted Mushroom & Potatoes ■	Rice w/ Pan-fried Egg & Luncheon Meat
30/11 Thur	Rice w/ Chicken steak & Corn Kernel	Rigatoni w/ Curry Pork in Light Style (mild)#	Carrot Rice w/ Beef, Mixed Veggies & Mushroom■	Rice w/ Mixed Veggies & Black-Eyed Peas in Italian Style	Rice w/ Assorted Soy Chicken Leg

For Ordering Lunch Box : HK\$21.00 X 19 days = HK\$399.00

Deadline : 20/10/2023

(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\$399.00

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
1/11 Wed	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓔ
2/11 Thur	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓔ
3/11 Fri	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓔ
6/11 Mon	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓔ
7/11 Tue	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓔ
8/11 Wed	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓔ
9/11 Thur	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓔ
10/11 Fri	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓔ
13/11 Mon	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓔ
14/11 Tue	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓔ
15/11 Wed	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓔ
16/11 Thur	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓔ
17/11 Fri	Ⓐ	Ⓑ	Ⓒ	Ⓓ	●
20/11 Mon	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓔ
21/11 Tue	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓔ
22/11 Wed	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓔ
23/11 Thur	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓔ
24/11 Fri	Ⓐ	Ⓑ	Ⓒ	Ⓓ	●
27/11 Mon	Ⓐ	Ⓑ	Ⓒ	Ⓓ	●
28/11 Tue	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓔ
29/11 Wed	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓔ
30/11 Thur	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓔ



(Nov 2023)

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 2 3

0 1 2 3 4 5

0 1 2 3 4 5 6 7 8 9

0 1 2 3 4 5 6 7 8 9

Ordering Lunch Box :  
(HK\$21.00 X 19 days) = HK\$399.00

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

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~ 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

## 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 choose.

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

9. @ 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】