



# 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 10 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)
2/10	—	是日不用訂餐				
3/10	二	紅腰豆雜菜豬肉片飯	意式肉醬意粉#	節瓜甘筍雞球粟米飯	甘筍雜菜豆乾飯★	免治肉醬煎蛋飯
4/10	三	豆乳雞球飯(低脂)	甘筍豬扒通粉#	黑椒牛肉藜麥飯(小辣)■	香菇雜錦植物肉飯★■	鹵水雞脾飯
5/10	四	意式肉醬飯	三重芝麻雞球烏冬(低脂)#◆	燕麥蒸豬肉餅紅米飯#	葡汁薯仔雜菜飯★	雞扒腸仔飯
6/10	五	健怡咖喱魚柳飯(小辣)▲	蘑菇牛肉醬扭扭粉#■	南瓜汁豬肉粒糙米飯	豆乳汁沙葛雞心豆飯(低脂)	芙蓉蛋飯
9/10	一	蕃茄雞蛋雞絲飯●	南瓜汁豬柳長通粉#	健怡咖喱牛肉粟米飯(小辣)	台式豆乾飯★	厚切餐肉煎蛋飯
10/10	二	粟米薯仔豬肉片飯	雞扒包+雜菜牛肉醬意粉#	豆乳汁增雞糙米飯(低脂)	素雜錦豆腐飯★	鹵水三寶飯
11/10	三	蠔油汁薯仔雞球飯■	粟米雜菜豬肉粒螺絲粉#	時菜烤魚柳紅米飯▲	意式紅腰豆豆腐雜菜飯★■	免治肉醬漢堡扒飯
12/10	四	俄國牛肉飯■	鳳梨汁雞球螺絲粉#	蕃茄豬扒紅米飯■	台式香菇翠玉米飯★■	咖喱汁雞脾飯
13/10	五	蜜桃雞球飯	芝味豬扒意粉(低脂)#◆	粟米甘筍牛肉燕麥飯#	日式薯仔植物肉飯★	鹵水雞脾飯
16/10	一	豆乳汁牛肉飯(低脂)	和風豚肉意粉#	韓式雞翼脆粟米飯(小辣)	甘筍紅腰豆雜菜飯■	肉燥餃子漢堡扒飯
17/10	二	香菇雜錦豬肉粒飯■	廈門雞絲撈米粉	紫薯牛肉藜麥飯	豆乳芋頭豆乾飯(低脂)■	豬柳漢堡煎蛋餐肉飯
18/10	三	蟲草花杞子蒸雞飯	燒汁雞翼脆通粉#	鳳梨汁牛肉糙米飯	南瓜紅腰豆雜菜飯	雞扒飯
19/10	四	豉油雞脾飯	鮮茄免治牛肉意粉#	甘筍脆瓜雞球燕麥飯#	木耳炆植物肉飯★■	鹵水三寶飯
20/10	五	是日不用訂餐				
23/10	—	是日不用訂餐				
24/10	二	是日不用訂餐				
25/10	三	是日不用訂餐				
26/10	四	是日不用訂餐				
27/10	五	是日不用訂餐				
30/10	—	是日不用訂餐				
31/10	二	鮮菌魚柳飯▲■	星洲雞肉米粉(小辣)	節瓜豬肉藜麥飯#	雙菇豆乾薯仔飯★■	免治肉醬煎蛋飯

本月午膳飯盒費用為：HK\$21.00 X 14天 = HK\$294.00

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：20/09/2023

(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\$294.00

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
2/10	一	●				
3/10	二	●				
4/10	三	●				
5/10	四	●				
6/10	五	●				
9/10	一	●				
10/10	二	●				
11/10	三	●				
12/10	四	●				
13/10	五	●				
16/10	一	●				
17/10	二	●				
18/10	三	●				
19/10	四	●				
20/10	五	●				
23/10	一	●				
24/10	二	●				
25/10	三	●				
26/10	四	●				
27/10	五	●				
30/10	一	●				
31/10	二	●				



(2023 年 10 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 ② ③ ④ ⑤

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨

飯盒費用：  
(HK\$21.00 X 14天) = HK\$294.00

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：  
1. 填寫不清楚，該日之餐款會以A餐代款，不便之處，敬請原諒。  
2. 本餐單由營養專家督導編同中心有限公司之營養師編核。  
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. 每日提供之餐款均配備新鮮配菜。  
5. 汁醬經精心改良後，更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、鮑汁、沙爹汁等等的醬汁，均使用低脂肪及低糖之土家調，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。  
6. 所有飯、米粉及米線均含有極微量致敏源- 黏質的穀類。  
7. 本廠房亦會處理含有黏質的穀類、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。  
8. ●含有黏質的穀類(即小麥、燕麥、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成份調製成湯濃縮成汁，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 :

(Oct 2023)

Class :

No. ( )

DATE	A	B	C	D ( Veggie & Healthy )	E ( Provide by Tuckshop )
2/10 MON	Nil				
3/10 TUE	Rice w/ Sliced Pork, Mixed Veggies & Red Kidney Bean	Spaghetti w/ Minced Meat in Italian Style#	Corn Rice w/ Chicken, Carrot & Hairy Gourd	Rice w/ Dried Gluten, Mixed Veggies & Carrot★	Rice w/ Minced Meat & Pan-fried Egg
4/10 WED	Rice w/ Chicken in Soymilk Sauce(low-fat)	Macaroni w/ Pork chop & Carrot#	Quinoa Rice w/ Beef & Black Pepper(mild)■	Rice w/ Cultured meat, Assorted Veggies & Mushroom★■	Rice w/ Assorted Soy Chicken Leg
5/10 THU	Rice w/ Minced Meat in Italian Style	Udon w/ Chicken & Triple Cheese(low-fat)◆	Red Rice w/ Steamed Minced Pork & Cereal#	Rice w/ Mixed Veggies & Potatoes in Portuguese Style★	Rice w/ Chicken Steak & Sausages
6/10 FRI	Rice w/ Curry Fish Fillet in Light Style(mild)▲	Fusilli w/ Minced Beef & Mushroom#■	Brown Rice w/ Diced Pork in Pumpkin Sauce	Rice w/ Chickpea & Yam Bean in Soymilk Sauce(low-fat)	Rice w/ Stir-fried egg, Veggies, Ham & Prawn
9/10 MON	Rice w/ Shredded Chicken, Egg & Tomatoes●	Rigatoni w/ Pork Loin in Pumpkin Sauce#	Corn Rice w/ Curry Beef in Light Style(mild)	Rice w/ Dried Gluten in Taiwanese Style★	Rice w/ Pan-fried Egg & Luncheon Meat
10/10 TUE	Rice w/ Sliced Pork Loin , Potatoes & Corn Kernel	Chicken Steak Bun + Spaghetti w/ Minced Beef & Mixed	Brown Rice w/ Braised Chicken in Soymilk Sauce(low-fat)	Rice w/ Tofu & Seitan Meat★	Rice w/ Assorted Soy Marinated Meat
11/10 WED	Rice w/ Potatoes & Chicken in Oyster Sauce■	Fusilli w/ Diced Pork & Mixed Veggies & Corn#	Red Rice w/ Grilled Fish Fillet & Seasonal Veggies▲	Rice w/ Mixed Veggies, Tofu & Red Kidney Bean in Italian	Rice w/ Minced Meat & Pork Patty
12/10 THU	Rice w/ Beef in Russian Style■	Fusilli w/ Chicken in Pineapple Sauce#	Red Rice w/ Pork Chop & Tomatoes■	Rice w/ Zucchini & Mushroom in Taiwanese Style★■	Rice w/ Curry Chicken Leg
13/10 FRI	Rice w/ Chicken & Peach	Spaghetti w/ Pork Chop & Cheese(low-fat)◆	Cereal Rice w/ Beef, Carrot & Corn Kernel#	Rice w/ Cultured meat & Potatoes in Japanese Style★	Rice w/ Assorted Soy Chicken Leg
16/10 MON	Rice w/ Beef in Soymilk Sauce(low-fat)	Spaghetti w/ Sliced Pork in Japanese Style#	Corn Rice w/ Chicken Drumstick in Korean	Rice w/ Mixed Veggies, Red Kidney Bean & Carrot■	Rice w/ Minced Meat, Dumplings & Pork Patty
17/10 TUE	Rice w/ Diced Pork, Assorted Veggies & Mushroom■	Braised Rice Vermicelli w/ Shredded Chicken in Xiamen	Quinoa Rice w/ Beef & Purple Potatoes	Rice w/ Dried Gluten & Taro in Soymilk Sauce(low-fat)■	Rice w/ Pork Patty, Pan-fried Egg & Luncheon Meat
18/10 WED	Rice w/ Steamed Chicken, Wolfberry & Cordyceps flower	Macaroni w/ Chicken Drumstick in BBQ Sauce#	Brown Rice w/ Beef in Pineapple Sauce	Rice w/ Mixed Veggies, Red Kidney Bean & Pumpkin	Rice w/ Chicken Steak
19/10 THU	Rice w/ Soy-Marinated Chicken Leg	Spaghetti w/ Minced Beef & Tomatoes#	Cereal Rice w/ Chicken, Carrot & Zucchini#	Rice w/ Stewed Cultured meat & Black Fungus★■	Rice w/ Assorted Soy Marinated Meat
20/10 FRI	Nil				
23/10 MON	Nil				
24/10 TUE	Nil				
25/10 WED	Nil				
26/10 THU	Nil				
27/10 FRI	Nil				
30/10 MON	Nil				
31/10 TUE	Rice w/ Fish Fillet & Mushroom▲■	Rice Vermicelli w/ Chicken in Singaporean Style(mild)	Quinoa Rice w/ Pork & Hairy Gourds#	Rice w/ Potatoes, Dried Gluten & Assorted Mushroom★■	Rice w/ Minced Meat & Pan-fried Egg

**For Ordering Lunch Box : HK\$21.00 X 14 days = HK\$294.00**

**Deadline : 20/09/2023**

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

## Pavment :

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\$294.00

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
2/10 MON	A	B	C	D	●
3/10 TUE	A	B	C	D	N
4/10 WED	A	B	C	D	N
5/10 THU	A	B	C	D	N
6/10 FRI	A	B	C	D	N
9/10 MON	A	B	C	D	N
10/10 TUE	A	B	C	D	N
11/10 WED	A	B	C	D	N
12/10 THU	A	B	C	D	N
13/10 FRI	A	B	C	D	N
16/10 MON	A	B	C	D	N
17/10 TUE	A	B	C	D	N
18/10 WED	A	B	C	D	N
19/10 THU	A	B	C	D	N
20/10 FRI	A	B	C	D	●
23/10 MON	A	B	C	D	●
24/10 TUE	A	B	C	D	●
25/10 WED	A	B	C	D	●
26/10 THU	A	B	C	D	●
27/10 FRI	A	B	C	D	●
30/10 MON	A	B	C	D	●
31/10 TUE	A	B	C	D	N



(Oct 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 :

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

學號 : 1 → 0 1

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 14 days) = HK\$294.00

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

## 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 & without any butter, lard, cream, palm oil, coconut oil, nasi lemak etc. saturated at. All meats are without 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) -

※ 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】