



ECF SAINT TOO CANAAN COLLEGE

Supplier : Hong Kong Gourmet Limited Name :

(Sept 2023)

Class :

No. ()

DATE	A	B	C	D (Veggie & Healthy)	E (Provide by Tuckshop)
1/9 FRI	Nil				
4/9 MON	Nil				
5/9 TUE	Rice w/ Beef, Onion & Potatoes	Rigatoni w/ Pork Loin & Tomatoes#	Quinoa Rice w/ Chicken & Celery#	Rice w/ Curry Dried Gluten & Potatoes in Light Style(mild)★	Rice w/ Stir-fried egg, Veggies, Ham & Prawn
6/9 WED	Rice w/ Diced Pork & Mixed Veggies in Borsch Sauce	Macaroni w/ chicken Drumstick in Korean Style(mild)#	Brown Rice w/ Beef in Pineapple Sauce	Rice w/ Stewed Tofu, Seitan Meat & Assorted Veggies★	Rice w/ Pan-fried Egg & Luncheon Meat
7/9 THU	Rice w/ Soy-Marinated Chicken Leg	Spaghetti w/ Pork & Mixed Veggies in Italian Style#	Brown Rice w/ Shredded Chicken & Veggies■	Rice w/ Seitan Meat & Potatoes in Japanese Style★	Rice w/ Satay Beef
8/9 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)	Rice w/ Chicken Steak & Sausages
11/9 MON	Rice w/ Beef, Egg & Tomatoes●	Fusilli w/ Pork Chop in Japanese Style#	Rice w/ Chicken, Mushroom & Cheese■◆	Rice w/ Dried Gluten, Mixed Veggies & Carrot★	Rice w/ Curry Chicken Leg
12/9 TUE	Rice w/ Chicken steak in Japanese Style	Fusillis w/ Sliced Pork in Onion Sauce#■	Carrot Rice w/ Beef & Black Fungus	Rice w/ Red Kidney Bean in Soymlk Sauce(low-fat)	Rice w/ Minced Meat & Pan-fried Egg
13/9 WED	Rice w/ Beef, Radish & Shiitake Mushroom■	Spaghetti w/ Chicken Steak & Black Pepper(mild)#	Red Rice w/ Minced Meat in Taiwanese Style■	Rice w/ Black-Eyed Peas & Carrot(low-fat)	Rice w/ Assorted Soy Marinated Meat
14/9 THU	Rice w/ Roasted Chicken Steak in Garlic Sauce	Macaroni w/ Pork, Carrot & Corn Kernel#	Carrot Rice w/ Beef in Soymlk Sauce(low fat)	Rice w/ Stewed Tofu & Potatoes★	Rice w/ Pan-fried Egg & Luncheon Meat
15/9 FRI	Rice w/ Pork Chop & Seasonal Veggies	Fusilli w/ Shredded Chicken & Mushroom#■	Red Rice w/ Beef & Veggies■▲	Rice w/ Mixed Veggies, Dried Gluten in Sweet & Sour Sauce	Rice w/ Minced Meat, Chicken Steak & Brine Egg
18/9 MON	Rice w/ Shredded Chicken & Mixed Veggies	Macaroni w/ Corn + Roasted Chicken Drumstick#	Cereal Rice w/ Sliced Pork & Taro#	Rice w/ Seitan Meat, Potatoes & Ginger	Rice w/Chicken Leg in Black Pepper Sauce
19/9 TUE	Rice w/ Chicken in Pineapple Sauce	Spaghetti w/ Curry Sliced Pork in Light Style#	Quinoa Rice w/ Beef & Purple Potatoes#	Rice w/ Steamed Egg, Vermicelli & Corn Kernel●	Rice w/ Chicken Steak & Sausages
20/9 WED	Rice w/ Beef & Onion in Russian Style	Spaghetti w/ Chicken Steak & Mixed Veggies in Pumpkin Sauce#	Red Rice w/ Sliced Pork & Seasonal Veggies	Rice w/ Soy Bean, Assorted Veggies & Mushroom in Lo-hon Style■▲◆	Rice w/ Assorted Soy Marinated Meat
21/9 THU	Rice w/ Chicken, Potatoes & Onion	Pork Chop Bun + Spaghetti in Soymlk Sauce(low-fat)#	Brown Rice w/ Beef & Baby Cabbage	Rice w/ Seitan Meat, Mixed Veggies & Potatoes★	Rice w/ Pork Patty Bun & Chicken Wing in Black Pepper Sauce
22/9 FRI	Rice w/ Diced Pork & Corn Kernel	Macaroni w/ Chicken Drumstick in BBQ Sauce#	Brown Rice w/ Beef, Baby Corn & Zucchini	Baked Rice w/ Seitan Meat & Potatoes★◆	Rice w/ Pork Patty & Chicken Patty
25/9 MON	Rice w/ Chicken Leg in Onion Sauce	Rigatoni w/ Curry Sliced Pork in Light Style(mild)#	Quinoa Rice w/ Chicken & Radish#■	Rice w/ Seitan Meat & Assorted Veggies & Mushroom in Lo-hon Style■▲◆	Rice w/ Stir-fried egg, Veggies, Ham & Prawn
26/9 TUE	Rice w/ Fish Fillet & Mushroom▲■	Fusilli w/ Chicken in Japanese Style#	Brown Rice w/ Sliced Pork in Pineapple Sauce	Rice w/ Chickpea, Veggies & Pumpkin	Rice w/ Roasted Chicken Steak in Korean Style
27/9 WED	Rice w/ Chicken Steak & Tomatoes	Fusilli w/ Diced Pork in Soymlk Sauce(low-fat)#	Quinoa Rice w/ Beef & Hairly Gourd#	Rice w/ Purple Potatoes, Red Kidney Bean & Veggies	Rice w/ Minced Meat & Pan-fried Egg
28/9 THU	Rice w/ Sliced Pork, Radish & Shiitake Mushroom■	Spaghetti w/ Minced Beef & Tomatoes#	Brown Rice w/ Curry Chicken in Light Style(mild)	Rice w/ Tofu & Chickpeas in Soymlk Sauce(low-fat)★	Rice w/ Chicken Steak & Sausages
29/9 FRI	Rice w/ Chicken, Radish & Mushroom■	Pork Chop Bun + Fusilli w/ Corn Kernel#	Brown Rice w/ Shredded Chicken & Zucchini	Rice w/ Dried Gluten & Mixed Veggies★	Rice w/ Curry Chicken Steak

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

Deadline : 01/09/2023

(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\$404.00

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
1/9 FRI	Ⓐ	Ⓑ	Ⓒ	Ⓓ	●
4/9 MON	Ⓐ	Ⓑ	Ⓒ	Ⓓ	●
5/9 TUE	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓝ
6/9 WED	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓝ
7/9 THU	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓝ
8/9 FRI	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓝ
11/9 MON	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓝ
12/9 TUE	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓝ
13/9 WED	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓝ
14/9 THU	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓝ
15/9 FRI	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓝ
18/9 MON	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓝ
19/9 TUE	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓝ
20/9 WED	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓝ
21/9 THU	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓝ
22/9 FRI	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓝ
25/9 MON	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓝ
26/9 TUE	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓝ
27/9 WED	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓝ
28/9 THU	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓝ
29/9 FRI	Ⓐ	Ⓑ	Ⓒ	Ⓓ	Ⓝ



(Sept 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

No. :
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

☐ 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

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】