



2019年 11月份餐單 將軍澳循道衛理小學

如學生對某些食物敏感，請在下方填寫：

學生姓名：
班別：
個人餐單編號 (繳費靈專用)
家長聯絡電話：

請致電“18033”或互聯網(www.ppskh.com)按指示付款後，記錄6位付款確認號碼在下方付款方式底線上，以便查核。繳費靈查詢熱線2311-9876。
繳款日期： 繳款編號： 繳款金額：
請於本港任何一間“7-ELEVEN”、“OK 便利店”、“VanGO”或“華潤萬家超市”以現金繳款。繳款時請出示印有條碼之個人餐單。為保障學生，便利店收據請備存最少兩個月作為個人記錄，請勿與餐單一起交回，以免日後沒法跟進。

HK\$21-/餐
本月訂餐共 16 天 全月餐費 HK\$336
退餐天數: 0 天 退款 \$0 (含多付費用)
9月份退餐日期 + 欠款:\$0 - 退款:\$0
應付金額: HK\$336

截止繳交日期: 10月24日(星期四前交回學校)

- 由於本公司電腦系統為每月結算，本月退餐之退款，將在隔一個月餐單上自動扣除。
- 請於當天早上 9:00前致電本公司熱線 2662-2202 或 WhatsApp 6101-9865 辦理即日退餐。(逾時無效)
- 逾期繳交餐單首星期將會被安排“A”餐

日期	星期	配	A 飯餐	B 粉麵餐	C 營養餐	D 什糧餐(份量會較飯餐為少)	E 素食餐
4/1	一		焗白汁火腿扒飯	白菌雞球燴意粉	肉燥汁肉餅配粟米飯	糯米雞配干蒸牛肉時蔬	甘筍粒蒸蛋配香菇時瓜粟米飯
5/1	二		田園咖喱豬扒飯(微辣)	焗肉醬千層麵	瓜粒冬筍雞絲飯	超軟蛋糕配什豆肉粒燴意粉	香菇粉絲豆干飯
6/1	三		焗鮮菌豬柳漢堡飯	蘿蔔炆牛腩配撈麵	時菜滑雞配糙米飯	三絲伊麵配燒賣時蔬	素肉碎燴豆腐配糙米飯
7/1	四	水果	甜酸洋蔥雞扒飯	焗甘筍肉絲扭紋粉	芋香牛肉粒飯	燒雞腩配薯菜餐包	葡汁什菜腰豆配麥米飯
8/1	五		白菌汁牛扒飯	焗葡汁雞翼意粉	椰菜肉片飯	豬扒風車包配迷你什菌芝士腸	薯仔雞心豆燴時蔬飯
11/1	一		焗低脂芝士汁魚塊飯	粟米磨菇肉粒燴意粉	粉絲蒸蛋配雞件十穀飯	香菇雞肉糯米飯配貢丸	菠蘿汁烤腐皮卷十穀飯
12/1	二		鮮茄豬扒飯	焗淡黑椒雞肉扁意粉(微辣)	時菜粟米牛肉飯	什菜肉碎扭紋粉配蛋糕	鮮竹燴素獅子頭飯
13/1	三		焗薯仔雞柳飯	津菜牛肉球配上海麵	洋葱豚肉配赤米飯	雞絲上海麵配菠菜丸時蔬	玉蘭珍珠筍燴素豆卷飯
14/1	四	水果	時菜蒸排骨飯	焗肉醬汁雞柳扭紋通	蘿蔔炆魚條飯	雞腩配扭扭粉,甘筍波	磨菇粟米豆腐配扁意粉
15/1	五		白菌汁雞件飯	焗西芹豬扒意粉	木耳炆雞球配麥米飯	香草鴛鴦扒配扭扭粉,粟米	上湯雪耳浸津白配腐皮卷麥米飯
18/1	一		焗尤魚圈魚柳飯	時菜肉片配烏冬	時菜香菇雞扒配五穀飯	粟米飯團配粉粿,燒賣	冬菇蒸蛋配蘿蔔煮豆腐五穀飯
19/1	二		BBQ 雞翼飯	焗車厘茄千層麵	鮮竹燴粟米肉餅飯	肉碎燴意粉配超軟蛋糕	西芹鮮菇素鴨飯
20/1	三		焗磨菇豬柳漢堡飯	秀珍菇雞柳配什菜撈麵	香芹鮮竹肉粒配粟米飯	迷你肉餅米粉配鮮竹卷時蔬	時瓜珍珠筍炆腐竹配粟米飯
27/1	三		焗美極汁雞扒飯	肉碎豬柳配燕麥烏冬	蒜香什菜肉粒配十穀飯	香菇燕麥烏冬配魚蛋時蔬	鮮竹燴時蔬配燕麥烏冬
28/1	四	水果	甘筍炆排骨飯	焗什菌雞粒通心粉	冬菇肉片飯	薯仔雞扒配軟餐包,磨菇粒	三角豆燴什菌意粉配時蔬
29/1	五		淡黑椒豬柳飯(微辣)	焗薯仔雞翼意粉	津白肉絲配紅米飯	肉醬螺絲粉,芝士波配時蔬	鮮菇腐皮炆時瓜配紅米飯

備註: ① 所有餐款均不含蠶豆成份 ② 咖喱、黑椒及沙爹汁等都帶微辣成份
③ 叉汁均為自家製造, 都不含椰汁、椰漿、忌廉、全脂奶及淡奶
④ 不含油炸食物, 全以烤製方式處理 ⑤ 炒飯均以「少油快炒」方式制作
⑥ 本公司所提供都是優質去骨魚柳, 但當中仍可能含有少量魚骨, 請家長因應學生進食能力, 留意選擇。

致敏源食品代號
△ 魚類 □ 蛋類 ● 甲殼類
▽ 菇類 ○ 花生 ○ 牛肉



填寫方法指引
本餐單將採用電腦自動掃描方式輸入資料, 請依指引小心填寫, 若填寫錯誤, 可使用塗改液或塗改帶, 把錯誤覆蓋成空白
請用藍色或黑色原子筆填滿空格, 若用鉛筆填寫, 請盡量用深色鉛筆, 請勿用紅色筆或螢光筆填寫, 請勿重複選擇

A	B	C	D	E	日期	星期
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	一	4
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	二	5
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	三	6
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	四	7
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	五	8
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	一	11
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	二	12
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	三	13
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	四	14
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	五	15
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	一	18
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	二	19
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	三	20
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	三	27
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	四	28
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	五	29



請注意: 以下錯誤填寫, 系統將自動選擇為A餐
1) 填寫選擇多於一項
2) 完全沒有填寫選擇
3) 沒有依據以上正確填寫方法



TSEUNG KWAN O METHODIST PRIMARY SCHOOL

NOVEMBER, 2019

Date		A	B	C	D	E
4/11	Mon	Baked rice with ham in cream sauce	Braised spaghetti with chicken pieces and white mushroom ☞	Corn rice with patty in minced pork sauce	Glutinous rice wrapped in lotus leaf and beef balls, vegetable ☞☞☞	Corn rice with steamed egg, mushroom, carrot and gourd ☞☞
5/11	Tue	Rice with curry pork chop in rural fresh style(spicy) ☞	Baked lasagna in beef sauce ☞	Rice with shredded chicken and gourd, winter bamboo shoot ☞	Spaghetti with diced pork and mixed beans, soft cake ☞	Rice with dried bean curd, mushroom and bean vermicelli ☞
6/11	Wed	Baked rice with pork burger in mushroom sauce ☞	Lo Mein (noodles) with stewed beef brisket and turnip ☞	Brown rice with steamed chicken and vegetable	Fried noodles with mixed shredded meat and siu mai, vegetable ☞	Brown rice with tofu and mixed vegetarian meat ☞
7/11	Thu	Rice with chicken steak and onion in sweet and sour sauce	Baked gemelli with carrot and shredded pork	Rice with diced beef and taro ☞	Grilled chicken leg with potato, vegetable and bun	Wheat rice with kidney bean and assorted vegetables in Portuguese style ☞
8/11	Fri	Rice with beef steak in mushroom sauce ☞☞	Baked spaghetti with chicken wings in Portuguese style	Rice with sliced pork and cabbage	Pork chop with bun, mini mushroom and cheese sausages ☞	Rice with braised vegetable, potato and chick peas ☞☞
11/11	Mon	Baked rice with fish fillet in low fat cheese sauce ☞☞	Braised spaghetti with diced pork, corn and mushroom ☞	Ten grain rice with chicken and steamed egg with bean vermicelli ☞☞	Glutinous rice with chicken and mushroom, pork balls ☞	Ten grain rice with grilled bean curd roll in pineapple sauce
12/11	Tue	Rice with pork chop in tomato sauce	Baked linguine with chicken in light black pepper sauce(spicy)	Rice with beef, corn and vegetable ☞☞	Gemelli with minced pork and assorted vegetables, soft cake ☞	Rice with braised vegetarian pork ball and bean curd sheet ☞
13/11	Wed	Baked rice with chicken and potato	Shanghai noodles with beef balls, mixed vegetables and Chinese cabbage ☞☞	Red rice with pork and onion ☞	Shanghai noodles with shredded chicken, spinach balls, vegetable ☞	Rice with braised vegetarian bean roll and mini bamboo shoots ☞
14/11	Thu	Rice with pork ribs and vegetable ☞	Baked twisty pasta with chicken in beef sauce ☞	Rice with stewed sliced fish patty, turnip and carrot ☞	Twisty pasta with chicken leg and carrot	Linguine with tofu, mushroom and corn ☞
15/11	Fri	Rice with chicken and mushroom sauce ☞	Baked spaghetti with pork chop and celery	Wheat rice with chicken pieces and Chinese black fungus ☞	Pork chop and chicken steak with twisty pasta, corn	Wheat rice with bean curd roll, Chinese cabbage and Chinese white fungus in soup
18/11	Mon	Baked rice with cuttlefish and fish fillet ☞☞	Udon with vegetable and sliced pork	Five grain rice with mushroom, vegetable and chicken steak ☞	Corn rice roll and Chiu Chow dumplings, siu mai ☞	Five grain rice with steamed egg, mushroom, tofu and turnips ☞☞
19/11	Tue	Rice with chicken wings in tomato sauce	Baked lasagna with cherry tomatoes in beef sauce ☞	Rice with corn patty and bean curd sheet ☞	Spaghetti with minced beef and soft cake ☞☞	Rice with dried bean curd, mushroom and celery ☞
20/11	Wed	Baked rice with pork burger and mushroom ☞	Lo Mein (noodles) with chicken, assorted vegetables and mushroom ☞	Corn rice with bean curd sheet and diced pork, parsley	Bean curd roll, mini rice vermicelli with pork patty, vegetable	Corn rice with mini bamboo shoots, bean curd sheet and seasonal gourd ☞
27/11	Wed	Baked rice with chicken steak in Maggi sauce	Oat udon with pork chop and minced pork	Ten grain rice with diced pork and assorted vegetables in garlic sauce ☞	Oat udon with mushroom, fish balls and vegetable ☞☞	Oat udon with vegetables and bean curd sheet
28/11	Thu	Rice with pork ribs and carrot	Baked macaroni with diced chicken and mixed mushroom ☞	Rice with sliced pork and mushroom ☞	Chicken steak with bun, potato and mushroom ☞	Spaghetti with chick peas and mushroom, vegetable ☞
29/11	Fri	Rice with pork chop in light black pepper sauce (spicy)	Baked spaghetti with chicken wings and potato	Red rice with shredded pork and Chinese cabbage	Gemelli in meat sauce, chesses balls and vegetable ☞	Red rice with gourd, mushroom and bean curd sheet ☞