



2020年
1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，便利店收據請儲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13天 全月餐費 HK\$273

退餐天數: 0 天
退款 \$0
(含多付費用)

11月份退餐日期 + 欠款: \$0
- 退款: \$0

應付金額: HK\$273

欠款 \$0
(繳款日期 12月2日)

截止繳交日期: 12月16日(星期一)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
6/1	一		焗鮮茄魚柳飯	菇絲牛肉燴意粉	粟米蒸蛋配豬柳赤米飯	七彩健康飯配豬肉球時蔬	西芹炒雞髀菇燴豆干配赤米飯
7/1	二		芝麻雞扒飯	焗沙爹牛柳扁意粉(微辣)	時菜冬菇肉片飯	香草肉粒燴意粉配蛋糕	鮮茄菠蘿焗蛋飯
8/1	三		焗紅腰豆雞翼飯	金菇紅蘿蔔竹肉絲配上海麵	薯仔焗雞球配麥米飯	迷你熟狗配燴磨菇粟米粒	鮮竹豆腐煮娃娃菜配麥米飯
9/1	四	水果	蒜汁蒸排骨飯	焗白汁雞球通心粉	時瓜牛肉飯	雞粒陳村粉配水晶餅時蔬	咖喱腰豆茄子薯仔燴扁意粉(微辣)
10/1	五		香草豬柳飯	焗菠蘿雞丁意粉	咖喱燴肉粒配五穀飯(微辣)	燒汁什扒伴薯菜配軟餐包	雪耳冬菇燴素鴨配五穀飯
13/1	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
14/1	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
15/1	三		焗鮮菌豬柳漢堡飯	蘿蔔焗牛腩配撈麵	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
16/1	四	水果	甜酸洋蔥雞扒飯	焗甘筍肉絲扭紋粉	芋香牛肉粒飯	燒雞髀配薯菜餐包	葡汁什菜腰豆配麥米飯
17/1	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
20/1	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
21/1	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
22/1	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

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 芡汁均為自家製造，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

A	B	C	D	E	素	日期
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填寫方法指引 ↓

正確 正確 不accept 不accept 不accept

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，把錯誤覆蓋成空白，請勿重複選擇

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，請勿重複選擇

請注意：以下錯誤填寫，系統將自動選擇為A餐

- 填寫選擇多於一項
- 完全沒有填寫選擇
- 沒有依據以上正確填寫方法



TSEUNG KWAN O METHODIST PRIMARY SCHOOL

JANUARY, 2020

Date		A	B	C	D	E
6/1	Mon	Baked rice with fish fillet in tomato sauce ☞	Spaghetti with beef and shredded mushroom ☞☞	Red rice with pork tenderloin and steamed egg with corns ☞☞	Colorful rice, pork balls and vegetable	Red rice with dried bean curd, celery and mushroom ☞
7/1	Tue	Rice with sesame and Grilled Teriyaki chicken steak ☞	Baked linguine with beef tenderloin in satay sauce (spicy) ☞☞	Rice with sliced pork, mushroom and vegetable ☞	Spaghetti with diced pork in herb sauce and cake ☞	Rice with egg and pineapple in tomato sauce ☞☞
8/1	Wed	Baked rice with chicken wings and red kidney beans ☞	Shanghai noodles with stewed shredded pork, enoki mushroom and carrots ☞	Wheat rice with stewed chicken pieces and potato	Hot dog, mushrooms and corn ☞	Wheat rice with tofu, bean curd sheet and Chinese cabbage ☞
9/1	Thu	Rice with steamed pork ribs in garlic sauce	Baked macaroni with chicken pieces in cream sauce	Rice with beef and gourd ☞☞	Diced chicken with Chencun rice sheets, custard cake, vegetable	Braised linguine with potato, kidney bean and eggplant in curry sauce(spicy) ☞☞
10/1	Fri	Rice with pork chop in herb sauce	Baked spaghetti with diced chicken and pineapple	Five grain rice with braised diced pork in curry sauce(spicy) ☞	Chicken steak and pork chop in BBQ sauces with bun and potato, vegetable	Five grain rice with braised vegetarian duck and mushrooms, Chinese white fungus ☞
13/1	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 ☞☞
14/1	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 ☞
15/1	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 ☞
16/1	Thu	Rice with chicken steak and onion in sweet and sour sauce	Baked twisty pasta 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 ☞
17/1	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 ☞☞
20/1	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
21/1	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 ☞
22/1	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 ☞