



The meal choices will be scanned by the computer system. Please choose carefully according to the instructions. If a mistake is made, please use a correction pen or correction tape to amend it. Blacken the boxes using a blue or black pen. Do not use a pencil, a red pen or a highlighter. Do not choose more than one option.

Instructions

Correct

Correct

Incorrect

Incorrect

Incorrect

A B C D E Date

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	二	13
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	三	14
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	四	15
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	五	16
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	一	19
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	二	20
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	三	21
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	四	22
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	五	23
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	一	26
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	二	27
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	三	28
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	四	29
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	五	30

LUNCH ORDER FORM FOR AUGUST 2019

Kowloon Junior School

For students with food allergies, please write in the following box:

Name: _____

Cheque

HK\$37 /per meal

Class: _____

Please write the student name and class on the back of your cheque, return together with this order form, made payable to

No. of days ordered :14

Personal Order ID NO. (for PPS only)

"FIT FOR LIFE LUNCHEON & CATERING SERVICES".

Contact Number: _____

Cheque no.: _____ Bank Name: _____

Total Amount : HK\$518

Deadline: 24 JUNE 2019 Before
Please fill in the following information and return the order form to school.

1. Refunds of cancelled orders will be calculated on next two months (by deducting ordering fees).
2. Order cancellation can be accepted **on/before 9:00am** on the service day by our hotline 2662-2202 or WhatsApp 6101-9865. (Timeout is invalid)
3. Meal A will be automatically chosen for first week for late submission of this order form.
4. Late submission charges HK\$30, it will be calculated on next month order.

Date	Weekday	A Rice Meal	B Noodles Meal	C Nutritious Meal	D	E Vegetarian Meal
13/8	Tue	Rice with seafood in curry sauce(spicy) 🐠🐡	Baked lasagne with diced pork in beef sauce 🍝	Rice with pork slices, mushroom and gourd 🍲	Fusilli with crab meat and assorted vegetables 🍝	Rice with tofu, Chinese white fungus and diced gourd 🍲
14/8	Wed	Baked rice with chicken in low fat cheese sauce 🍲	Dry mix noodles with corn and beef 🍝	Ten grain rice with braised fish tofu, tofu and minced pork 🍲	Ham and cheese burger with Thai fish cake 🍔	Noodles with assorted vegetables, mushroom and dried bean curd 🍝
15/8	Thu	Rice with beef brisket and vegetables 🍲	Baked fusilli with pork chop in tomato sauce 🍝	Rice with diced pork and mini bamboo shoots 🍲	Grilled chicken leg with twisty pasta and carrot 🍝	Corn rice with braised vegetarian meat and vegetables 🍲
16/8	Fri	Rice with beef steak in garlic sauce 🍲	Baked spaghetti with pork burger and assorted vegetables 🍝	Rice with chicken pieces in onion sauce 🍲	Pork sausage burger with sweet corn 🍔	Rice with stewed bean roll, turnips and parsley 🍲
19/8	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 🍲	Mushroom and sausage sandwich with chicken skewers 🍝	Red rice with dried bean curd, celery and mushroom 🍲
20/8	Tue	Rice with sesame and Grilled Teriyaki chicken steak 🍲	Baked linguine with beef tenderloin in satay sauce (spicy) 🍝	Rice with pork slices, mushroom and vegetable 🍲	Fusilli with diced pork in herb sauce with wheat bread 🍝	Rice with egg and pineapple in tomato sauce 🍲
21/8	Wed	Baked rice with chicken steak and red kidney beans 🍲	Rice vermicelli with stewed shredded pork, enoki mushroom and carrots 🍝	Wheat rice with stewed chicken pieces and potato 🍲	Hot dog and cooked mushrooms 🍔	Wheat rice with tofu, bean curd sheet and Chinese cabbage 🍲
22/8	Thu	Rice with steamed pork ribs in garlic sauce 🍲	Baked macaroni with chicken pieces in cream sauce 🍝	Rice with beef and gourd 🍲	Baked lasagne in beef sauce 🍝	Braised linguine with potato, kidney bean and eggplant in curry sauce(spicy) 🍝
23/8	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) 🍲	Pork chop and chicken in BBQ sauce, potato, vegetable with bun 🍝	Five grain rice with braised vegetarian duck and mushrooms, Chinese white fungus 🍲
26/8	Mon	Baked rice with ham in cream sauce 🍲	Braised spaghetti with chicken pieces and white mushroom 🍝	Corn rice with patty in minced pork sauce 🍲	Macaroni with beef sauce, croissant 🍝	Corn rice with steamed egg, mushroom, carrot and gourd 🍲
27/8	Tue	Rice with curry pork chop in rural fresh style(spicy) 🍲	Baked lasagne in beef sauce 🍝	Rice with shredded chicken and gourd, winter bamboo shoot 🍲	Fusilli with diced pork and mixed beans, sausages 🍝	Rice with dried bean curd, mushroom and bean vermicelli 🍲
28/8	Wed	Baked rice with pork burger in mushroom sauce 🍲	Dry mix noodles with stewed beef brisket and turnip 🍝	Brown rice with steamed chicken and vegetable 🍲	Chicken wheat burger with cane shrimps 🍔	Brown rice with tofu and mixed vegetarian meat 🍲
29/8	Thu	Rice with chicken steak and onion in sweet and sour sauce 🍲	Baked fusilli with carrot and shredded pork 🍝	Rice with diced beef and taro 🍲	Grilled chicken leg and potato, vegetable with sweet bun 🍝	Wheat rice with kidney bean and assorted vegetables in Portuguese style 🍲
30/8	Fri	Rice with beef steak and mushroom sauce 🍲	Baked spaghetti with diced chicken in Portuguese style 🍝	Rice with pork slices and cabbage 🍲	Mushroom sausage sandwich with fried mini mushrooms 🍝	Rice with braised vegetable, potato and chick peas 🍲

Remarks: 1] All meals do not contain broad bean. 2] Curry, black pepper and satay sauces are slightly spicy.
3] All sauces are self-made without coconut milk, coconut sauce, cream, whole milk or evaporated milk.
4] No deep fried food is served. 5] All fried rice is cooked with "less oil".
6] Although our fish fillets are generally boneless, they may contain fish bones occasionally. Parents are advised to make meal choices carefully.

Symbols for food containing allergens
🐟 Fish 🥚 Egg 🦀 Crustacean
🍄 Mushroom 🥜 Peanut 🐖 Beef

