



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	3
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	三	4
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	四	5
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	五	6
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	一	9
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	二	10
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	三	11
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	五	13
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	一	16
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	二	17
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	三	18
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	四	19
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	五	20
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	一	23
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	二	24
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	三	25
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	四	26
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	五	27

LUNCH ORDER FORM FOR SEPTEMBER 2019

Kowloon Junior School

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

Name:

Class:

Personal Order ID NO. (for PPS only):

Contact Number:

Please dial "18033" or visit www.ppsHK.com
 Personal Order No. shown on the lunch order form.
 Please fill in the following information and return the order form to the class teacher.
 Date: _____ Ref. No.: _____ Amount: _____
 (1) Payment can be made by cash at any 7-11, Circle K, VanGO or Vanguard convenience stores in Hong Kong by presenting this order form (printed with barcode).
 (2) Please keep the receipt issued by 7-11, Circle K, VanGO or Vanguard for two months for reference.
 CHEQUE
 Please write the student name and class on the back of your cheque, return together with this order form, made payable to "FIT FOR LIFE LUNCHEON & CATERING SERVICES".
 Cheque no.: _____ Bank Name: _____

HK\$37 / per meal

No. of days ordered :18

Total Amount : HK\$666

Deadline: 21 AUGUST 2019 Before
 Please fill in the following information and return the order form to the 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.
 5. For every rejected cheque payment, an administration fee of \$50 will be charged.

Date	Weekday	A Rice Meal	B Noodles Meal	C Nutritious Meal	D	E Vegetarian Meal
3/9	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	Rice with braised vegetarian pork ball and bean curd sheet
4/9	Wed	Baked rice with chicken and potato	Shanghai noodles with beef balls, mixed vegetables and Chinese cabbage	Red rice with pork and onion	Baked lasagne in tomato sauce	Rice with braised vegetarian bean roll and mini bamboo shoots
5/9	Thu	Rice with steamed pork ribs and vegetable	Baked penne with chicken in beef sauce	Rice with stewed sliced fish patty, turnip and carrot	Twisty pasta with chicken steak and pork chop, corn	Linguine with tofu, mushroom and corn
6/9	Fri	Rice with chicken in mushroom sauce	Baked spaghetti with pork chop and celery	Wheat rice with chicken pieces and Chinese black fungus	Grilled chicken drumsticks with potato and mushroom, diced vegetables	Wheat rice with bean curd roll, Chinese cabbage and Chinese white fungus in soup
9/9	Mon	Baked rice with cuttlefish and fish fillet	Udon with vegetable and sliced pork	Grain rice with mushroom, vegetable and chicken steak	Mushroom and sausage sandwich with tomato lettuce	Grain rice with steamed egg, mushroom, tofu and turnips
10/9	Tue	Rice with chicken wings in BBQ sauce	Baked lasagne with cherry tomatoes in beef sauce	Rice with corn patty and bean curd sheet	Twisty pasta with minced beef	Rice with dried bean curd, mushroom and celery
11/9	Wed	Baked rice with pork burger and mushroom	Dry mix noodles with chicken, assorted vegetables and mushroom	Corn rice with bean curd sheet and diced pork, parsley	Egg hand roll, cake, soya bean milk	Corn rice with mini bamboo shoots, bean curd sheet and seasonal gourd
13/9	Fri	Rice with pork chop and onion	Baked spaghetti with beef tenderloin in curry sauce (spicy)	Rice with diced chicken and assorted vegetable	Pork floss sushi, bun and cherry tomatoes	Rice with braised bean curd sheet and mixed mushroom
16/9	Mon	Baked rice with fish fillet and corn	Spaghetti with pork chop and red kidney beans	Brown rice with chicken in white mushroom and steamed egg with assorted vegetables	Linguine with shredded pork and mixed beans, cake	Brown rice with vegetarian meat, Chinese black fungus and corn
17/9	Tue	Rice with pork chop in sweet and sour sauce	Baked twisty pasta with chicken pieces in cream sauce	Rice with beef in Korean style (spicy)	Mini cold noodles in Japanese style, bun and sweet corn	Rice with mushroom, vegetable and taro
18/9	Wed	Baked rice with chicken steak in tomato sauce	Oat udon with pork chop and minced pork	Grain rice with diced pork and assorted vegetables in garlic sauce	Baked lasagne in tomato sauce	Oat udon with vegetables and bean curd sheet
19/9	Thu	Rice with stewed pork ribs and carrot	Baked macaroni with diced chicken and mixed mushroom	Rice with sliced pork and mushroom	Chicken burger, braised vegetables and sausages	Spaghetti with mushroom, vegetable
20/9	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	Chocolate cake, salmon sushi, puffs	Red rice with gourd, mushroom and bean curd sheet
23/9	Mon	Baked rice with pork patty in cream sauce	Spaghetti with beef and assorted vegetables	Wheat rice with mushroom and pork patty	Ham long bun with braised potato	Wheat rice with Chinese cabbage, steamed egg with sweet corn
24/9	Tue	Rice with cherry tomato and chicken steak	Baked lasagne with pumpkin in beef sauce	Rice with diced pork and mushroom	Twisty pasta with corn and crab sticks, croissant	Vegetable in soup, rice with dried bean curd
25/9	Wed	Baked rice with chicken wings in curry sauce (spicy)	E-fu noodles with sliced fish patty and tofu	Grain rice with sliced pork in tomato sauce	Mini blueberry Danish, pork floss sushi and diced pineapple	Grain rice with vegetarian roll, mixed mushrooms and fungus
26/9	Thu	Rice with stewed beef brisket and vegetable	Baked gemelli with pork chop in garlic sauce	Rice with diced chicken and mushroom	Grilled chicken leg with fusilli and potato, vegetable	Fusilli with chick peas and potato
27/9	Fri	Rice with beef tenderloin in herb sauce	Baked spaghetti with shredded mixed meat and mushroom	Rice with stir-fried chicken and vegetable	Cake and tuna hand roll, malted soya bean milk	Rice with corn, celery and tofu

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