



LUNCH ORDER FORM FOR OCTOBER 2019

Kowloon Junior School

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

Name:



Please dial "18033" or visit www.ppschk.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.

HK\$37 / per meal

Class:



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).

No. of days ordered :17

Personal Order ID NO. (for PPS only)

(2) Please keep the receipt issued by 7-11, Circle K, VanGO or Vanguard for two months for reference.

Total Refund days 0 days
 Total REFUND Amount \$0

OVERDRAFT: \$0

Contact Number:

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: _____

REFUND FOR AUGUST 2019

+ OVERDRAFT: \$0
 - REFUND: \$0

Deadline: SEPTEMBER 2019 Before

Please fill in the following information and return the order form to the school.

- Refunds of cancelled orders will be calculated on next two months (by deducting ordering fees).
- 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)
- Meal A will be automatically chosen for first week for late submission of this order form.
- Late submission charges HK \$30, it will be calculated on next month order.
- For every rejected cheque payment, an administration fee of \$50 will be charged.

Total Amount : HK\$629

Date	Weekday	A Rice Meal	B Noodles Meal	C Nutritious Meal	D	E Vegetarian Meal
2/10	Wed	Baked rice with pork chop and mixed beans	Shanghai noodles with mushroom and beef balls	Brown rice with chicken pieces, onion and pineapple	Hot dog and braised vegetables	Brown rice with braised tofu and mushrooms
3/10	Thu	Rice with ribs pork and assorted vegetables	Baked twisty pasta with chicken and assorted vegetables	Rice with minced pork and pork ball, black mushroom	Crab sticks hand roll, cake and sweet corn	Braised linguine with red kidney beans and assorted vegetables in curry sauce (spicy)
4/10	Fri	Rice with beef tenderloin in BBQ sauce	Baked spaghetti with pork chop in low fat cheese sauce	Grain rice with Chinese black fungus and diced pork	Chicken bun with sausage	Grain rice with mushroom and fried egg with tomato sauce
14/10	Mon	Baked rice with fish fillet in cream sauce	Spaghetti with pork tenderloin in beef sauce	Five grain rice with chicken, eggplant, steamed egg and mushroom	Mushroom long bun with coked mushroom	Grain rice with bean curd roll, tomato and vegetable
15/10	Tue	Rice with pork chop in satay sauce (spicy)	Baked linguine with chicken and sweet corn	Rice with sautéed tofu, diced pork and vegetable	Mini cold noodles and croissant, pineapple	Rice with chick peas, pumpkin and assorted vegetables
16/10	Wed	Baked rice with chicken steak and white mushroom	Udon with assorted vegetables, pork meatballs and vegetable	Red rice with steamed chicken and mushroom	Hot dog and cooked chicken	Red rice with eggplant and tofu
17/10	Thu	Rice with stewed ribs pork and potato	Baked macaroni with chicken steak in Swiss cream sauce	Rice with beef and tomato	Raisin scone with salmon hand roll, cherry tomato	Grain rice with dried bean curd, mushroom and gourd
18/10	Fri	Rice with beef steak in tomato sauce	Baked spaghetti with chicken pieces and onion	Brown rice with slices pork and cabbage, mushroom	Pork chop bun and braised vegetables and sausage	Brown rice with tofu and mixed mushrooms
21/10	Mon	Baked rice with pork chop and mushroom	Braised spaghetti with chicken steak in tomato sauce	Corn rice with braised patty and Chinese cabbage	Hot dog and chicken wings	Corn rice with mushroom and vegetarian chicken in black pepper sauce, egg with vegetables (spicy)
22/10	Tue	Rice with seafood in curry sauce (spicy)	Baked lasagne with diced pork in beef sauce	Rice with slices pork, mushroom and gourd	Pork floss rice roll, cake and pineapple	Rice with tofu, Chinese white fungus and diced gourd
23/10	Wed	Baked rice with chicken in low fat cheese sauce	Dry mix noodles with corn and beef	Grain rice with braised fish tofu, tofu and minced pork	Ham and cheese burger with fish cake	Noodles with assorted vegetables, mushroom and dried bean curd
24/10	Thu	Rice with beef brisket and vegetables	Baked fusilli with pork chop in tomato sauce	Rice with diced pork and mini bamboo shoots	Mini blueberry Danish, crab sticks sushi and cherry tomato	Corn rice with braised vegetarian meat and vegetables
25/10	Fri	Rice with beef steak in garlic sauce	Baked spaghetti with pork patty and assorted vegetables	Rice with chicken pieces in onion sauce	Pork patty burger with sweet corn	Rice with stewed bean roll, turnips and parsley
28/10	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 long bun with chicken skewers	Red rice with dried bean curd, celery and mushroom
29/10	Tue	Rice with sesame and Grilled Teriyaki chicken steak	Baked linguine with beef tenderloin in satay sauce (spicy)	Rice with slices pork, mushroom and vegetable	Cold noodles with duck breast and egg rice roll, sweet corn	Rice with egg and pineapple in tomato sauce
30/10	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 and cooked mushrooms	Wheat rice with tofu, bean curd sheet and Chinese cabbage
31/10	Thu	Rice with steamed ribs pork in garlic sauce	Baked macaroni with chicken pieces in cream sauce	Rice with beef and gourd	Tuna hand roll, chocolate cake and pineapple	Braised linguine with potato, kidney bean and eggplant in curry sauce (spicy)

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
 Mushroom
 Egg
 Peanut
 Crustacean
 Beef

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

<input type="checkbox"/>	三	2				
<input type="checkbox"/>	四	3				
<input type="checkbox"/>	五	4				
<input type="checkbox"/>	一	14				
<input type="checkbox"/>	二	15				
<input type="checkbox"/>	三	16				
<input type="checkbox"/>	四	17				
<input type="checkbox"/>	五	18				
<input type="checkbox"/>	一	21				
<input type="checkbox"/>	二	22				
<input type="checkbox"/>	三	23				
<input type="checkbox"/>	四	24				
<input type="checkbox"/>	五	25				
<input type="checkbox"/>	一	28				
<input type="checkbox"/>	二	29				
<input type="checkbox"/>	三	30				
<input type="checkbox"/>	四	31				

