



A B C D E Date

LUNCH ORDER FORM FOR NOVEMBER 2019

**Kowloon Junior School**

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

Name:



Please dial "18033" or visit [www.ppschk.com](http://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 :21**

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".

REFUND FOR SEPTEMBER 2019

+ OVERDRAFT: \$0

- REFUND: \$0

Cheque no.: \_\_\_\_\_ Bank Name: \_\_\_\_\_

**Total Amount : HK\$777**

**Deadline: 28 OCTOBER 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.

Date	Weekday	A Rice Meal	B Noodles Meal	C Nutritious Meal	D	E Vegetarian Meal
1/11	Fri	Rice with pork chop in herb sauce	Baked spaghetti with diced chicken and pineapple	Grain rice with braised diced pork in curry sauce (spicy)	Mixed BBQ chicken & pork with potatoes and vegetable with bun	Grain rice with braised vegetarian duck and mushrooms, Chinese white fungus
4/11	Mon	Baked rice with ham in cream sauce	Braised spaghetti with chicken pieces and white mushroom	Corn rice with patty & minced pork	Chicken steak sandwich with cane shrimps	Corn rice with steamed egg, mushroom, carrot and gourd
5/11	Tue	Curried pork chop rice (spicy)	Baked lasagna in beef sauce	Rice with shredded chicken and gourd, winter bamboo shoot	Ham & Tomato Burger with honey sweet corn	Rice with dried bean curd, mushroom and bean vermicelli
6/11	Wed	Baked rice with pork patty in mushroom sauce	Dry mix noodles with stewed beef brisket and turnip	Brown rice with steamed chicken and vegetable	Chicken sausage hot dog with Mixed vegetable cheese balls	Brown rice with tofu and mixed vegetarian meat
7/11	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	Roasted chicken leg with potatoes and vegetable with bun	Wheat rice with kidney bean and assorted vegetables in Portuguese style
8/11	Fri	Rice with beef steak and mushroom sauce	Baked spaghetti with chicken wings in Portuguese style	Rice with pork slices and cabbage	Pork chop windmill bread with mini mixed mushroom	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	Grain rice with chicken and steamed egg with bean vermicelli	Ham & Cheese sandwich with chicken wing & cherry tomato	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	Chicken & mushroom baguette with cherry tomato	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	Pork patty burger with mixed vegetable & fish cake	Rice with braised vegetarian bean roll and mini bamboo shoots
14/11	Thu	Rice with steamed pork ribs and vegetable	Baked twisty pasta with chicken in beef sauce	Rice with stewed sliced fish patty, turnip and carrot	Pork muffin with cream potatoes and sweet corn	Linguine with tofu, mushroom and corn
15/11	Fri	Rice with chicken in mushroom sauce	Baked spaghetti with pork chop and celery	Wheat rice with chicken pieces and Chinese black fungus	Chicken steak windmill bread with cooked vegetable	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	Grain rice with mushroom, vegetable and chicken steak	Chicken sausage baguette with mixed mushrooms	Grain rice with steamed egg, mushroom, tofu and turnips
19/11	Tue	Rice with chicken wings in BBQ sauce	Baked lasagna with cherry tomatoes in beef sauce	Rice with corn patty and bean curd sheet	Pork patty burger with mini cheese sausage	Rice with dried bean curd, mushroom and celery
20/11	Wed	Baked rice with pork patty and mushroom	Dry mix noodles with chicken, assorted vegetables and mushroom	Corn rice with bean curd sheet and diced pork, parsley	Nurnberger sausage hot dog with chicken	Corn rice with mini bamboo shoots, bean curd sheet and seasonal gourd
21/11	Thu	Rice with beef brisket	Baked macaroni with pork chop and chick peas	Rice with fish tofu and eggplants	Raisin Scone with pork floss sushi and cherry tomato	Macaroni with assorted vegetables and kidney beans in black pepper sauce (spicy)
22/11	Fri	Rice with pork chop and onion	Baked spaghetti with beef tenderloin in curry sauce (spicy)	Rice with diced chicken and assorted vegetable	California Ham burger with mixed vegetable and chicken sausage	Rice with braised bean curd sheet and mixed mushroom
25/11	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	Chicken sausage hot dog with curried potatoes and carrots (spicy)	Brown rice with vegetarian meat, Chinese black fungus and corn
26/11	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)	Chicken steak windmill bread with cane shrimps	Rice with mushroom, vegetable and taro
27/11	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	Ham & Cheese sandwich with mixed vegetable fish cake	Oat udon with vegetables and bean curd sheet
28/11	Thu	Rice with stewed pork ribs and carrot	Baked macaroni with diced chicken and mixed mushroom	Rice with sliced pork and mushroom	Smoked duck breast pitta with Teriyaki chicken wings and sweet corn	Spaghetti with 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	Pork patty burger with honey sweet corn	Red rice with gourd, mushroom and bean curd sheet

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 filets are generally boneless, they may contain fish bones occasionally. Parents are advised to make meal choices carefully.

Symbols for food containing allergens  
 Pork, Fish, Egg, Crustacean, Mushroom, Peanut, Beef

Instructions

Correct

Correct

Incorrect

Incorrect

Incorrect

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.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	五	1
<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 checked="" 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"/>	四	21
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	五	22
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	一	25
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	二	26
<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

