



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.

| | A | B | C | D | E | Date |
|--|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|------|
| Instructions <input type="checkbox"/> Correct <input checked="" type="checkbox"/> Correct <input checked="" type="checkbox"/> Incorrect <input checked="" type="checkbox"/> Incorrect <input type="checkbox"/> Incorrect | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 一 2 |
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| | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 四 12 |
| | JANUARY | | | | | |
| | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 一 6 |
| | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 二 7 |
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| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 五 17 | |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 一 20 | |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 二 21 | |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 三 22 | |

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|--|--|---|---|--|---|--|
| LUNCH ORDER FORM FOR DEC'19 & JAN'20 | | Kowloon Junior School | | For students with food allergies, please write in the following box: | | |
| Name: | | 繳費票 商戶編號 9289 | Please dial "18033" or visit www.ppskh.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 | No. of days ordered :22 | | |
| Class: | | | Date: _____ Ref. No. : _____ Amount: _____ | | | |
| Personal Ordering ID NO. (for PPS only) | | 7-ELEVEN OK便利店 华润万家 vanguard | (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. | Total Refund days 0 days Total REFUND Amount \$0 | OVERDRAFT: \$ 0 | |
| Contact Number: | | | <input type="radio"/> 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 OCTOBER 2019 | + OVERDRAFT: \$ 0 - REFUND: \$ 0 |
| Deadline: 22 NOVEMBER 2019 Before | | 1. Refunds of cancelled orders will be calculated on next month (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 will be automatically chosen for first week for late submission of this month order. 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. | | | Total Amount : HK\$814 | |



Attention: If any of the following mistakes is made, Meal (A) will be selected automatically:
 1. You have chosen more than one option.
 2. You have not made any choices
 3. You have not completed this order form

| Date | | A | B | C | D | E |
|-------|---|---|--|---|---|--|
| 2/12 | 一 | Baked rice with pork patties in cream sauce 🍲 | Spaghetti with braised 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 🍝🍄 |
| 3/12 | 二 | Rice with cherry tomato and chicken steak | Baked lasagna with pumpkin in beef sauce 🍝 | Rice with diced pork and mushrooms 🍝🍄 | Pork chop sandwich with carrots 🍲 | Vegetable in soup, rice with dried bean curd 🍝 |
| 4/12 | 三 | Baked rice with curried chicken wings (spicy) 🍝🌶️ | E-fu noodles with sliced fish patty and tofu 🍝🍄 | Grain rice with sliced pork in tomato sauce 🍝 | Hot dog and cooked mushrooms in Cheese sauce 🍝 | Grain rice with vegetarian roll, mushrooms and mixed fungus 🍝 |
| 5/12 | 四 | Rice with stewed beef brisket and vegetables 🍝🍄 | Baked gemelli with pork chop in garlic sauce 🍝 | Rice with diced chicken and mushrooms 🍝 | Roasted chicken leg with croissant and mixed vegetables | Fusilli with chick peas and potato 🍝 |
| 6/12 | 五 | Rice with beef tenderloin in herb sauce 🍝 | Baked spaghetti with shredded mixed meat and mushrooms 🍝🍄 | Rice with stir-fried chicken and vegetables | Ham & Tomato burger with honey sweet corn 🍝 | Rice with corn, celery and tofu 🍝 |
| 9/12 | 一 | Baked rice with fish fillet and onion 🍝 | Braised spaghetti with chicken and mushrooms 🍝 | Corn rice with Chinese melon and pork ball, steamed egg with minced pork 🍝🍄 | Pork patty burger with mixed mushrooms 🍝🍄 | Corn rice with eggplants, dried bean curd and Vege Meat 🍝 |
| 10/12 | 二 | Rice with chicken wings in tomato sauce | Baked macaroni with minced meat and pork patty 🍝 | Rice with beef and potato 🍝🍄 | Ham & Cheese windmill bread with chicken wings 🍝 | Rice with baby cabbage, mixed mushrooms and bean curd sheet 🍝 |
| 11/12 | 三 | Baked rice with pork chop and mixed beans 🍝 | Shanghai noodles with mushrooms and beef balls 🍝🍄 | Brown rice with chicken pieces, onion and pineapple | Hot dog and braised curried vegetables | Brown rice with braised tofu and mushrooms 🍝 |
| 12/12 | 四 | Rice with pork ribs and assorted vegetables 🍝 | Baked twisty pasta with chicken and assorted vegetables | Rice with minced pork and patty, black mushrooms 🍝🍄 | Pork chop sandwich with mixed vegetables & fish cake, tomato 🍝🍄 | Braised linguine with red kidney beans and assorted vegetables in curry sauce(spicy) 🍝🌶️ |
| 6/1 | 一 | Baked rice with fish fillet in tomato sauce 🍝 | Braised spaghetti with beef and shredded mushrooms 🍝🍄 | Red rice with pork tenderloin and steamed egg with corns 🍝🍄 | Chicken long bun with chicken skewers 🍝 | Red rice with dried bean curd, celery and mushrooms 🍝 |
| 7/1 | 二 | Rice with sesame and Grilled Teriyaki chicken steak 🍝 | Baked linguine with beef tenderloin in satay sauce (spicy) 🍝🌶️ | Rice with sliced pork, mushrooms and vegetables 🍝🍄 | Smoked Duck Breast & Lettuce pittas with honey sweet corn | Rice with egg and pineapple in tomato sauce 🍝🍄 |
| 8/1 | 三 | Baked rice with chicken wings and red kidney beans 🍝 | Shanghai noodles with stewed shredded pork, enoki mushrooms 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 🍝 |
| 9/1 | 四 | Rice with steamed pork ribs in garlic sauce 🍝 | Baked macaroni with chicken pieces in cream sauce | Rice with beef and gourd 🍝🍄 | Pork chop & Tomato sandwich with carrots 🍝 | Braised linguine with curried potato, kidney bean and eggplant(spicy) 🍝🌶️ |
| 10/1 | 五 | Rice with pork chop in herb sauce 🍝 | Baked spaghetti with diced chicken and pineapple | Grain rice with braised curried diced pork (spicy) 🍝🍄 | Mixed BBQ chicken & pork with potatoes and vegetables, bun 🍝 | Grain rice with braised vegetarian duck and mushrooms, Chinese white fungus 🍝 |
| 13/1 | 一 | Baked rice with ham in cream sauce 🍝 | Braised spaghetti with chicken pieces and white mushrooms 🍝 | Corn rice with pork patty & minced pork 🍝 | Chicken steak sandwich with cane shrimps 🍝 | Corn rice with steamed egg, mushrooms, carrots and gourd 🍝🍄 |
| 14/1 | 二 | Rice with curried pork chop (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, mushrooms and bean vermicelli 🍝 |
| 15/1 | 三 | 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 vegetables, cheese balls | Brown rice with tofu and mixed vegetarian meat 🍝 |
| 16/1 | 四 | Rice with chicken steak and onion in sweet and sour sauce | Baked twisty pasta with carrots and shredded pork 🍝 | Rice with diced beef and taro 🍝 | Roasted chicken leg with potatoes and vegetables with bun | Wheat rice with kidney bean and assorted vegetables in Portuguese style 🍝 |
| 17/1 | 五 | Rice with beef steak and mushroom sauce 🍝🍄 | Baked spaghetti with chicken wings in Portuguese style | Rice with sliced pork and cabbage 🍝 | Pork chop windmill bread with mixed mushrooms 🍝🍄 | Rice with braised vegetable, potato and chick peas 🍝🌶️ |
| 20/1 | 一 | Baked rice with fish fillet in low fat cheese sauce 🍝🍄 | Braised spaghetti with diced pork, corn and mushrooms 🍝🍄 | 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 |
| 21/1 | 二 | Rice with pork chop in tomato sauce 🍝 | Baked linguine with chicken in light black pepper sauce(spicy) | Rice with beef, corn and vegetables 🍝🍄 | Pork chop long bun with cherry tomato 🍝🍄 | Rice with braised vegetarian pork ball and bean curd sheet 🍝 |
| 22/1 | 三 | 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 vegetables & fish cake 🍝🍄 | Rice with braised vegetarian bean roll and mini bamboo shoots 🍝 |

Remarks: All meals do not contain broad bean. Curry, black pepper and satay sauces are slightly spicy.

All sauces are self-made without coconut milk, coconut sauce, cream, whole milk or evaporated milk.

No deep fried food is served. All fried rice is cooked with "less oil".

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 🐷 Pork