



ECF SAINT TOO CANAAN COLLEGE

Supplier : Hong Kong Gourmet Limited Name :

(Dec 2022)

Class :

No. ()

DATE	A	B	C	D (Veggie & Healthy)
1/12 THU	Rice w/ Steamed Minced Chicken & Corn Kernel	Udon w/ Pork Loin in Japanese Style#	Brown Rice w/ Braised Beef & Mushroom	Rice w/ Mixed Veggies, Mushroom & Black-Eyed Peas
2/12 FRI	Rice w/ Sliced Pork, Mixed Veggies & Red Kidney Bean	Chicken Pizza + Spaghetti w/ Minced Beef & Potatoes#	Corn Rice w/ Chicken, Carrot & Hairy Gourd	Rice w/ Dried Gluten, Mixed Veggies & Carrot*
5/12 MON	Nil			
6/12 TUE	Rice w/ Minced Meat & Cheese◆	Udon w/ Chicken & Triple Cheese(low-fat)◆#	Carrot Rice w/ Beef in Pumpkin Sauce	Rice w/ Mixed Veggies & Potatoes in Portuguese Style
7/12 WED	Rice w/ Beef in Pineapple Sauce	Chicken Rice Ball + Honey Corn + Roasted Chicken Drumstick#	Red Rice w/ Steamed Minced Pork & Cereal	Rice w/ Curry Dried Gluten & Potatoes in Light Style(mild)*
8/12 THU	Rice w/ Curry Fish Fillet in Light Style(mild)▲	Fusilli w/ Minced Beef & Mushroom#	Carrot Rice w/ Sliced Pork & Black Fungus	Rice w/ Chickpea & Yam Bean in Soymlk Sauce(low-fat)
9/12 FRI	Rice w/ Shredded Chicken, Egg & Tomatoes●	Rigatoni w/ Pork Loin in Pumpkin Sauce#	Corn Rice w/ Curry Beef in Light Style(mild)	Rice w/ Dried Gluten in Taiwanese Style
12/12 MON	Rice w/ Sliced Pork Loin, Potatoes & Corn Kernel	Rigatoni w/ Minced Beef#	Brown Rice w/ Braised Chicken in Soymlk Sauce(low-fat)	Rice w/ Tofu & Seitan Meat
13/12 TUE	Rice w/ Potatoes & Chicken in Portuguese Style	Braised Udon w/ Shredded Pork in Corn Sauce (low-fat)#	Brown Rice w/ Beef & Tientsin Cabbage	Rice w/ Potatoes & Red Kidney Bean in Italian Style
14/12 WED	Rice w/ Minced Beef & Corn Kernel	Fusilli w/ Diced Pork & Mushroom#	Corn Rice w/ Fish Fillet in Carbonara Sauce(low-fat)▲	Rice w/ Zucchini & Mushroom in Taiwanese Style
15/12 THU	Rice w/ Chicken Steak & Peach	Udon w/ Sliced Pork & Cheese(low-fat)◆#	Cereal Rice w/ Beef, Carrot & Corn Kernel#	Rice w/ Seitan Meat & Mixed Veggies in Japanese Style
16/12 FRI	Rice w/ Beef in Soymlk Sauce(low-fat)	Spaghetti w/ Sliced Pork in Japanese Style#	Corn Rice w/ Chicken Drumstick in Korean Style(mild)	Rice w/ Mixed Veggies, Red Kidney Bean & Carrot
19/12 MON	Rice w/ Steamed Minced Pork & Cereal●	Braised Rice Vermicelli w/ Shredded Chicken in Xiamen Style#	Red Rice w/ Beef, Carrot & Hairy Gourd	Rice w/ Dried Gluten & Taro in Soymlk Sauce(low-fat)
20/12 TUE	Rice w/ Diced Pork, Assorted Veggies & Mushroom	Rigatoni w/ Chicken Steak & Tomatoes#	Brown Rice w/ Beef in Pineapple Sauce	Rice w/ Mixed Veggies, Red Kidney Bean & Pumpkin
21/12 WED	Nil			
22/12 THU	Nil			
23/12 FRI	Nil			
26/12 MON	Nil			
27/12 TUE	Nil			
28/12 WED	Nil			
29/12 THU	Nil			
30/12 FRI	Nil			

For Ordering Lunch Box : HK\$21.00 X 13 days = HK\$273.00

Deadline : 16/11/2022

(Late submission must not be accepted. Sorry for any inconvenience)

Payment :

A. Cash or Octopus

B. Cheque (payable to "VITALAND SERVICES LTD").

C. Bank in slip ; A/C Name : VITALAND SERVICES LTD

Name of Bank : Bank of China(HK) ; A/C No. : 012-875-0-024073-4 ;

Name of Bank : HSBC(HK) ; A/C No. : 511-14321-001 ;

D. Payment via 7-11 Convenience Store ; Please pay again in case of loss of receipt.

≠ Please write down the school name, student name, class no. and telephone no. on the back of the Cheque / bank receipt / receipt of 7-11.

Submit : Please return the right hand side order form and cash / cheque to Tuckshop

Leave Procedure : For any enquiries, please contact Vitaland tuck shop supervisor at 9643 9218 before 9:00am

Payment via 7-11 Convenience Store : HK\$273.00

7-11(MCS) 000521424



(7-11店員請將整份訂購表交回顧客)

Fill it up : ○ → ●

Please use ball pen to fill up your choice

DATE	A	B	C	D	NIL
1/12 THU	(A)	(B)	(C)	(D)	(N)
2/12 FRI	(A)	(B)	(C)	(D)	(N)
5/12 MON	(A)	(B)	(C)	(D)	(●)
6/12 TUE	(A)	(B)	(C)	(D)	(N)
7/12 WED	(A)	(B)	(C)	(D)	(N)
8/12 THU	(A)	(B)	(C)	(D)	(N)
9/12 FRI	(A)	(B)	(C)	(D)	(N)
12/12 MON	(A)	(B)	(C)	(D)	(N)
13/12 TUE	(A)	(B)	(C)	(D)	(N)
14/12 WED	(A)	(B)	(C)	(D)	(N)
15/12 THU	(A)	(B)	(C)	(D)	(N)
16/12 FRI	(A)	(B)	(C)	(D)	(N)
19/12 MON	(A)	(B)	(C)	(D)	(N)
20/12 TUE	(A)	(B)	(C)	(D)	(N)
21/12 WED	(A)	(B)	(C)	(D)	(●)
22/12 THU	(A)	(B)	(C)	(D)	(●)
23/12 FRI	(A)	(B)	(C)	(D)	(●)
26/12 MON	(A)	(B)	(C)	(D)	(●)
27/12 TUE	(A)	(B)	(C)	(D)	(●)
28/12 WED	(A)	(B)	(C)	(D)	(●)
29/12 THU	(A)	(B)	(C)	(D)	(●)
30/12 FRI	(A)	(B)	(C)	(D)	(●)



(Dec 2022)

School ECF SAINT TOO CANAAN COLLEGE

Name : _____

Class : _____

1 2 3 4 5 6 7 8 9 0

A B C D E F G H I J

No. : _____

0 1 2 3 4 5 6 7 8 9

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Ordering Lunch Box :
(HK\$21.00 X 13 days) = HK\$273.00

Payment :

Cash / Octopus

Cheque

- Payable to "VITALAND SERVICES LTD"

Bank in Slip

Bank of China (HK)

- A/C No. : 012-875-0-024073-4

- A/C Name : VITALAND SERVICES LTD

HSBC(HK)

- A/C No. : 511-14321-001

- A/C Name : VITALAND SERVICES LTD

7-11 Convenience Store

Remarks :

- Set A will be given to student if their forms are filled unclearly. Sorry for any inconvenience caused.
- The above menu has been approved by Tetra International Consultation Centre Co., Ltd.
- Attention : Fish products will have small bones.
- Every eat will be served fresh vegetables.
- Telior-made sauce consists of less oil & plenty of vegetables, to meet the guidelines for lunch. All sauces such as green onion, cheese sauce, curry sauce, portuguese sauce, saury sauce, chicken sauce, taro sauce, napoleon sauce, etc. made from low-fat milk or cheese & wheat any butter, lard, cream, palm oil, coconut oil, real lemak etc. separated oil. All meats are wheat skin & fat before cooking (exclude chicken leg, chicken wing & drumstick)
- All carbohydrates have certain kind of allergenic substances - cereals containing gluten.
- Factory is also help the food containing artificial products, egg products, fish products, peanuts, soybeans & their products, milk products & cereals containing gluten & their products. Pay attention before you choose.
- A cereals containing gluten (namely wheat, rye barley, oats, spelt, their hybridized strains & their products) - crustaceans & their products - fish & their products - milk & their products (including lactose) - fresh mushrooms - soybeans & their products - eggs & their products - peanuts & their products - tree nuts & their products - to provide healthy food & make it easier to be absorbed, above meals are made of fresh vegetables & meat soup & condensed into sauce.

[Please return the completed order to Vitaland, receipt will be issued after stamp verification]