



CookEasy 03.2017 菜單(下) & Order Form
(2017-03-14 - 2017-03-31)

<http://cookeasy.tungwahcsd.org>

Pork/Beef/Lamb

A01 Lemon Grass Flavoured Pork Chop (with Kin Ying Pork)	\$69
A08 Steam Meat Cake with Duck Egg & Mushroom (with KinYing Pork)	\$59
A102 Zhenjiang Ribs	\$75
A103 Stir-fry Beef with Kimchi in Korean Style*	\$59
A110 Pork Ribs with Honey Peach	\$69
A145 Stir-fried Kin Yin Pig Minced with Preserved Vegetable, Kale	\$69
A147 Stir Fried Spicy Pork Mince with Courgettes	\$69
A148 Aluminium foil with BBQ pork	\$72
A149 Pan -friedPork with Pumpkin patties	\$59
A150 Stewed meat with Water Chestnut and vegetables	\$69
A157 Sautee Minced KinYing Pork with Eggplant & Preserved vegetable	\$69
A16 Stir-fried Pork slices with Jade melon & Cucumber in XO sauce (* with fresh meat)	\$69
A160 High Fiber Steamed Pork Cake with Local Squid *	\$59
A22 Stewed Hairy Marrow with Mushroom & Pork shreds (* with fresh meat)	\$59
A27 Stir-fry Kidney Bean & minced Pork with Black Pepper (* with fresh meat)	\$59
A29 Steamed Spareribs in Soybean & Garlic sauce with Konnyaku (Kin Ying Pork)	\$69
A37 Fried Meat cake with Garlic shoot (* with fresh meat)	\$59
A65 Stir-fried Preserved Olive, Minced Pork and Courgettes	\$59
A75 Steam Kin Yin Pig with Dried Lily & Black Fungus (Low-sugar Meal)	\$69
A85 Pan-fry stuffed Lotus Root slices (* with fresh meat;)	\$59
A91 Stir-fry Pork with Mixed Mushrooms*(serves 2)	\$69
B14 Stir-fried Beef shreds with Preserved Vegetable	\$69
B15 Fried Beef & Spring Onion with Oyster sauce (* with fresh meat)	\$69
B63 Stir-fry Beef with Cucumber & Garlic (serves 2)	\$69
B87 Kung Pow Beef	\$69
B89stir-fried Beef shreds with kimchi	\$69
Vegetable/Vegetarian	
D93 silver fish dried steamed Hairy Cucumber	\$59
E01 Vegetarian Eight Treasures	\$69
E05 Vegetarian Curry with Pumpkin	\$59
E09 Kimchi & Assorted Vegetables Pot in Korean style	\$59
E100 Stir-fried Black Fungus and Okra with garlic and lily	\$59
E102 Egg bean Curd with Mushroom	\$49
E15 Vegetarian Stew with Lotus Root & Snow Peas	\$59
E16 Stir-fried Assorted	\$49

Soup

F02 Pork, Winter Melon & Seaweed Soup (* with fresh meat)	\$59
F10 Pork slices, Salted Egg & Hairy Marrow Soup (* with fresh meat)	\$69
F103 Japanese style - Miso soup	\$59
F11 Fish Skin, Thousand-Year Egg & Coriander Soup	\$69
F110 White CloudEars with apple and pear ,Lean Pork Soup	\$99
F116 Sweet Corn He Ye Lianzai Pork Tangying Wen	\$99
F123 Pumpkin Tomato Potato Soup	\$69
F18 Pork Shank, Papaya, White Fungus Soup *	\$99
F56 Pork Shank & Bok Choy Soup (* with fresh meat)	\$99
F64 Almonds, Dried Bok Choy & Pig Lung Soup	\$129
F88 Thomson Kudzu, Lablab Bean & Pork Shank Soup (\$99
F92 Norwegian Salmon Head & Tomato Soup	\$79
F95 Fresh Coconut Kamei Chicken Soup (with fresh meat)	\$129
F98 Ka Mei Chicken with pork , white fungus , dried coconut & Ficus carica soup (*with fresh meat)	\$129
Seafood	
D02 Sweet & Sour Fish fillet in Thai style	\$59
D04 Stir-fried Fish fillet with Celery & Sweet Corn	\$69
D09 Braise Pumpkin with Fish fillet Curry	\$69
D10 Stir-fry Broccoli with Fish fillet (High-fibre Meal)	\$59
D100 Honey grapefruit Fish fillets	\$59
D112 Salmon steak fried black garlic	\$89
D13 Braise Fish fillet with assorted Mushrooms	\$69
D46 Jade Melon & Scallop in Soup	\$79
D56 Stir-fry Shrimp meat with Cucumber & Fresh Mushroom	\$89
D57 Stir-fry Shrimp with Chinese Celery and Dried Bean Curd	\$79
D66 Pan-fry Scallops with Loofah & Lily	\$89
D68 Pan-fry Sole Fillet with Celery & Courgettes	\$69
D71 Stir-fried Prawn with Jade Melon & Garlic	\$89
Set	
Q246 convenience meal set: Eggplant with Pork in Sichuan style, Stir-fried Assorted Vegetables in Japanese style, Japanese style - Miso soup	\$159
Q248 Zhenjiang Ribs,Braise Assorted Mushrooms with Broccoli & Sweet Corn, Carrot, Burdock and Pork Soup (* with fresh meat)	\$239
Q249 Fresh meal set: Kin Ying Pork Stuffed Gourds, Stir-fry Chicken with Cucumber, Fungus& Garlic, Nutritious Mixed Vegetables Soup	\$169

Others

black garlic 110g	\$58
Black Garlic 260g	\$128
L02 USA Fatty Beef, Kamei Chicken in Chinese Wine, Meat balls & Udon Mixed Hot Pot (Lee Kum Kee soup base; serves 3-4)	\$299
L03 Tomato, Vegetarian Hot Pot (Lee Kum Kee soup base; serves 2-3)	\$168
L04 USA y Beef& Pork Blade-sliced, Meat Ball & Udon Mixed Hot Pot (Lee Kum Kee soup base; serve 2-3)	\$268
L05 USA Fatty Beef, Kamei Chicken in coriander preserved egg soup, meat balls & udon mixed hot pot (Tomato and Potato soup)	\$299
L06 USA Fatty Beef, Kamei Chicken in coriander preserved egg soup, meat balls & udon mixed hot pot (spicy soup)	\$299
L07 USA Fatty Beef, Kamei Chicken in Satay soup meat balls & udon mixed hot pot	\$299
L08 USAFatty Beef , Black Guinea pig with mixed vegetable hot pot with Satay soup	\$268
L09 USAFatty Beef , Black Guinea pig with mixed vegetable hot pot with tomato & potato soup	\$268
L10 USAFatty Beef , Black Guinea pig with mixed vegetable hot pot Preserved egg & chicory broth	\$268
S01 Lemon Pearl Barley (600 ml)	\$26
S02 Lemon Pearl Barley (330 ml)	\$16
S10 Burdock red date tea (600ml)	\$26
S11 Burdock red date tea (330ml)	\$16
S20 Five green juice (green pepper,cucumber, green apple,celery, bitter melon,330ml)	\$24
S22 Apple, Beet root, carrot juice (330ml)	\$22
S23 Chrysanthemum Tea with pear 330ml	\$16
S24 Chrysanthemum Tea with pear 600 ml	\$26
Chicken/Duck	
C03 Stir-fried Chicken with Chili sauce	\$59
C07 Stir-fry Chicken with Young Ginger & Pineapple (serves 2)	\$69
C08 Stew Chicken Fillet with Chestnut	\$99
C09 Chicken & Deep-fry Bean Curd Puff Pot in Taiwanese style (# with chilled chicken)	\$69
C102 Stir-fry Chicken with Green Scallion & Eggplants	\$69
C103 Malaysian Satay Chicken	\$69
C108 Stir-fried chicken with Chinese Kale	\$69
C11 Curry Chicken with Potato (# with chilled chicken)	\$69
C111 Apple & Honey with Chicken Wings	\$59
C112 Stir-fry Kamei chicken with green curry in Thai style	\$99
C113Stir-fried Sweet pepper with chicken fillet	\$69
C118 Aluminium foil with KaMei Chicken	\$99
C120 Steamed Chicken with	\$69

Vegetables in Japanese style	
E26 Braise Pumpkin with Garlic & Enoki	\$59
E28 Stir-fry fresh Mushroom with Sweet Peas	\$59
E35 Stir-fry Loofah with Qi Zi & Bean Vermicelli	\$59
E41 Steamed Eggplant with Garlic & Soybean paste	\$49
E45 Loofah with Assorted Mushrooms & Miso in Soup	\$59
E74 Stir-fry Luffa & Dried Fungus with Garlic Heart	\$59
E78 Assorted Vegetables with Dried Shrimp and Vermicelli	\$69
G02 Carrot (Each catty)	\$19
G03 Onion (Each catty)	\$19
G04 Potato (Each catty)	\$19
G05 Tomato (Each catty)	\$19
G06 Cucumber (Each catty)	\$19
G07 Eggplant (Each catty)	\$19
G08 Pumpkin (Each catty)	\$19
G09 Chinese Lettuce (Each catty)	\$19
G10 Baby Chinese Cabbage (Each pack)	\$19
G11 Celtuce (Each catty)	\$19
G12 Chinese Dwarf White Cabbage (Each catty)	\$19
G13 Bok Choy (Each catty)	\$19
G14 Choy Sum (Each catty)	\$19
G15 Kale (Each catty)	\$19
G16 Broccoli (Each catty)	\$19
G17 Cauliflower (Each catty)	\$19
G21 Loofah (Each catty)	\$19
G22 Bitter Melon (Each catty)	\$19
G23 Jade Melon (Each catty)	\$19
G25 Sweet Corn (Each 2 cobs)	\$19

Black Fungus and Qi Zi	
C122 Steamed Goji & Shaoxing yellow wine with Kamei Chicken	\$99
C13 Stir-fry Chicken with Cucumber & Black Fungus	\$69
C15 Chicken Wings with Vegetables in Stock	\$69
C21 Stewed Chicken Wing with Pineapple & Onion	\$69
C24 Deep-fried Chicken with Lemon sauce	\$59
C28 Stir-fried Chicken Wing with Lemongrass & Honey	\$69
C35 Stir-fried Chicken with Preserved Vegetable in Garlic sauce	\$89
C39 Stir-fry Chicken with Kiwi fruit (serves 2)	\$69
C41 Steamed Chicken with Chinese Sausage (# with chilled chicken)	\$99
C59 Steam Kamei Chicken with Spice Ginger	\$99
C79 Chicken with Lily Buds and Fresh Young Ginger	\$69

Food manufactured by: Tung Wah Group of Hospitals - CookEasy

Menu designed by: Towngas Cooking Centre

- * Dishes marked with an asterisk are prepared with fresh meat.
- # Dishes marked with a hash are prepared with chilled chicken.
- 'Good Farmer' brand vegetables, produced by farms accredited by the Agriculture, Fisheries and Conservation Department are used to prepare most of our dishes.
- "Lee Kun Kee" sauces are used to prepare some of our dishes.



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Terms and Conditions

Delivery charge:
Residential members Free delivery service. Membership must be registered by a representative in the name of the estate.
Corporate members Free delivery service. Membership must be registered by a representative in the name of the corporation.
Individual customers/members: HK Island - Free delivery service for order of HK\$250 or more. Delivery charge of HK\$30 applies for order less than HK\$250.
 Kowloon - Free delivery service for order of HK\$400 or more. Delivery charge of HK\$45 applies for order less than HK\$400.
 N.T. - Free delivery service for order of HK\$400 or more. Delivery charge of HK\$50 applies for order less than HK\$400.

Delivery time:
 12:00 pm - 6:30 pm Monday to Friday
 12:00 pm - 5:30 pm Saturday (except public holidays)

Order cut-off time: Pls. order at/before 10:00 am for same day delivery.

Service areas:
 HK Island
 Kowloon---Kowloon City, Kwun Tong, Sham Shui Po, Wong Tai Sin, Yau Tsim Mong
 N.T.---Kwai Chung, Tseung Kwan O, Shatin, Tsuen Wan (except Ma Wan Island, Lantau Island)

Payment methods: Cash or Cheque on delivery (pls. make cheque payable to 'Tung Wah Group of Hospitals').
Remarks: Delivery service will be suspended when Typhoon Signal no. 8 or above, or 'Black' Rainstorm Signal is hoisted. Customers will be notified of the arrangement.

Name: _____ Mobile Phone no.: _____ Membership: No Yes _____
 pls. state individual member/estate name (for residential members)/corporation name (for corporate members)

Email address: _____ Order date: _____ Delivery address: _____

Order: Pls. state item no., qty. and your requested delivery date.									
Item No.:									

Qty.:										
Delivery date:										

- Pls. fax completed order form to 2553 2975
- Tel: 2870 9214
- Office hour: 9:00 am - 5:00 pm Monday to Friday
9:00 am - 12:00 pm Saturday
(except public holidays)
- Email: cookeasy@tungwah.org.hk

