

**Pork/Beef/Lamb**

A03 Deep-fried Pork Chop with Curry Sauce in Japanese style	\$69
A04 Thai Sweet & Sour Pork with Fresh Mango( KinYing Pork )	\$69
A09 Steam Stuffed Hairy Marrow (* with fresh meat)	\$69
A109 Neck of Pork with Pickled Plums* (with fresh meat; serves 2)	\$69
A12 Meatball with Vegetable in Shanghainese style (* with fresh meat)	\$69
A122 Stir Fried Green Soy Beans with Pork Mince	\$59
A26 Curry Spareribs with shallots (* with fresh meat)	\$69
A32 Taro & Spareribs Pot with Ground Soybean paste ( with Kin Ying Pork)	\$69
A34 Steamed Spareribs & Pumpkin with Soybean paste (* with fresh meat)	\$69
A36 Spareribs spiced with dried Tangerine peel (* with fresh meat)	\$72
A38 Pan-fried Pork chop with Chinese 5 spices (* with fresh meat)	\$69
A43 Stir-fried Green Bean with Pork & Chili (* with fresh meat)	\$69
A47 Japanese Teriyaki Pork (* with fresh meat; Lee Kum Kee sauce)	\$69
A50 Stir-fried Pork shreds & assorted Vegetables with Garlic (* with fresh meat)	\$69
A66 Stir-fry Pork shreds with High-fibre Assorted Vegetables (Low-sugar Meal) (* with fresh meat)	\$69
A69 Stir-fry Eggplant with Pork & Bean Vermicelli (* with fresh meat; serves 2)	\$59
A77 Stuffed Lantern (Stuffed Capsicum with Kin Yin Pig ) (Low-sugar Meal)	\$69
A89 Steam Meat Cake with Oatmeal & Mushroom *	\$69
B21 Stir-fried Beef with Bitter Melon (* with fresh meat; Lee Kum Kee sauce)	\$69
B34 Fried Beef slices with Leek	\$69
B39 Stir-fried string beans with shortribs	\$72
B75 Steamed short-ribs with Garlic, black pepper & Bean Vermicelli	\$72
B78 Stir-fried choy sum with local beef(* with fresh meat)	\$69

**Vegetable/Vegetarian**

E04 Assorted Vegetables & Dried Shrimp with Bean Vermicelli in Pot	\$59
E05 Vegetarian Curry with Pumpkin	\$59
E06 Stir-fry Vegetable Juliennes with Dried Bean Curd	\$49
E08 Pumpkin & Bean Vermicelli in Pot with Garlic	\$59
E10 Assorted Mushrooms & Celery Cabbage in Pot	\$59
E14 Stewed Assorted Mushrooms with Tofu	\$49
E15 Vegetarian Stew with Lotus Root & Snow Peas	\$59

**Soup**

F01 Pork balls with Pickled Mustard & Bean Vermicelli Soup (* with fresh meat;)	\$79
F05 Pork Shank & Carrots Soup (* with fresh meat;)	\$89
F07 Spareribs, Sea Coconut & Pear	\$129
F09 Peanut, Black-eyed Peas, Chicken Feet & Pork Shank Soup (*	\$99
F10 Pork slices, Salted Egg & Hairy Marrow Soup (* with fresh meat)	\$79
F101 Snow Pear , Carrots and Bitter Fungus Soup *	\$99
F123 Pumpkin Tomato Potato Soup	\$59
F14 Loofah, Fish slices & Bean Vermicelli Soup	\$69
F16 Vegetarian Borsch	\$59
F45 Pork Shank, Sweet & Bitter Apricot Kernels & Apple Soup (* with fresh meat)	\$99
F71 Spareribs & Papaya Soup	\$89
F91 White Fungus, Lean Pork, Kamei Chicken 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
D10 Stir-fry Broccoli with Fish fillet (High-fibre Meal)	\$59
D100 Honey grapefruit Fish filets	\$59
D101 Stir-fried Squid with Garlic, cashew nut & Broccoli with XO source	\$89
D112 Salmon steak fried black garlic	\$89
D17 Stir-fried Prawns with Broccoli & Garlic	\$89
D46 Jade Melon & Scallop in Soup	\$79
D50 Stir-fry Shrimp with Loofah	\$79
D57 Stir-fry Shrimp with Chinese Celery and Dried Bean Curd	\$69
D62 Steam Scallop with Tofu in Black Bean Sauce	\$79
D65 Pan-fry Sole Fillet with CookEasy Special Sauce	\$59
D68 Pan-fry Sole Fillet with Celery & Courgettes	\$69

**Set**

Q166 Convenient Set –Fried Chicken with Choi Sum, Japanese Teriyaki Pork *,Japaness Soya bean paste soup	\$159
Q249 Fresh meal set: Kin Ying Pork Stuffed Gourds, Stir-fry Chicken with Cucumber & Black Fungus, Nutritious Mixed Vegetables Soup	\$169
Q254 Health menu : Steamed Meat cake with Preserved Vegetable (* with fresh meat), Stir-fried chicken with Chinese Kale, Norwegian Salmon Head & Tomato Soup	\$219

**Others**

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**

C05 Steamed Kamei Chicken with Dried Lily & Black Fungus	\$99
C07 Stir-fry Chicken with Young Ginger & Pineapple (serves 2)	\$59
C08 Stew Chicken Fillet with Chestnut	\$99
C10 Stir-fried Chicken with Celery & Cashew Nuts	\$69
C108 Stir-fried chicken with Chinese Kale	\$59
C120 Steamed Chicken with Black Fungus and Qi Zi	\$69
C123 Stir-fried preserved olive leaves ,Sweet Peas with chicken fillet	\$59
C124 Curry Chicken Wings with Garlic	\$59
C130 Stewed Cordyceps Sinensis with Kami chicken	\$99
C16 Steam Chicken with Pepper slices in Preserved Bean Curd sauce (# with chilled chicken)	\$69
C18 Stir-fry Chicken with Mushroom & Sweet Corn (serves 2)	\$59
C19 Stir-fried Chicken with Sweet Peas & Mango	\$59
C20 Stir-fried Chicken with Celery, assorted Peppers & Mango	\$59
C21 Stewed Chicken Wing with Pineapple & Onion	\$59
C24 Deep-fried Chicken with Lemon sauce	\$69
C26 Stir-fry Chicken with Broccoli & Cauliflower (serves 2)	\$59
C29 Stir-fried Chicken with Pepper in Sichuan style	\$69
C30 Chicken Wings flavoured with Lemongrass & Garlic	\$59
C32 Stir-fried Chicken with Lily and Sweet Peas	\$59
C35 Stir-fried Chicken with Preserved Vegetable in Garlic sauce	\$69
C49 Deep-fried Chicken with Pomelo	\$59
C73 Steamed Kamei chicken with mushroom & red	\$99

E16 Stir-fried Assorted Vegetables in Japanese style	\$49
E20 Stir-fry Mushroom with Black Fungus & Loofah	\$59
E29 Braised fresh Mushroom with Baby Chinese Cabbage	\$49
E31 Braised Crab fillet with Mushroom & Baby Chinese Cabbage	\$59
E36 Braise Assorted Mushrooms with Broccoli	\$59
E39 Steam Pumpkin with Lily	\$49
E54 Braise Deep-fried Tofu Puff	\$49
E58 Stir-fry Bok Choy with Garlic	\$29
E65 Pan-fry Vegetarian Chicken with Courgette in XO sauce	\$59
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

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.



04.2017 & Order Form  
(2017-04-01 - 2017-04-30)

<http://cookeasy.tungwahcsd.org>

**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](mailto:cookeasy@tungwah.org.hk)

