



5月(下) & Order Form
(2017-05-15 - 2017-05-31)

<http://cookeasy.tungwahcsd.org>

Pork/Beef/Lamb

A01 Lemon Grass Flavoured Pork Chop (with Kin Ying Pork)	\$69
A04 Thai Sweet & Sour Pork with Fresh Mango(KinYing Pork)	\$69
A07 Steamed Spareribs with Sour Plums (with Kin Ying Pork)	\$69
A08 Steam Meat Cake with Duck Egg & Mushroom (with KinYing Pork)	\$69
A102 Zhenjiang Ribs	\$72
A108 Pork & Prawn Curd Sheet Rolls	\$69
A139 Stir-fry Young Soy Beans & Pork Mince with small dried shrimp	\$69
A25 Pan-fried Meat cake with Lotus Root (* with fresh meat)	\$69
A31 Steamed Spareribs with Shrimp paste (with Kin Ying Pork)	\$69
A49 Stir-fry Kidney Bean & Minced Pork with Preserved Vegetable (* with yin king prok)	\$59
A88 Pan-fry U.S.A Pork in Korean Style	\$69
B03 Stir-fry Beef with Broccoli & Cauliflower (* with fresh meat; serves 2)	\$69
B07 Stir-fried Beef with fresh Tomato (* with fresh meat)	\$69
B08 Stir-fry Beef with Peach (* with fresh meat; serves 2)	\$69
B11 Stir-fried Beef with assorted Peppers & Sweet Peas (* with fresh meat)	\$69
B14 Stir-fried Beef shreds with Preserved Vegetable	\$69
B23 Beef & Loofah with Soybean sauce (* with fresh meat)	\$69
B24 Shortribs with Peach in Thai style	\$69
B76 Pan-fried Garlic heart with beef roll	\$69
B89stir-fried Beef shreds with kimchi	\$69
Vegetable/Vegetarian	
E05 Vegetarian Curry with Pumpkin	\$59
E100 Stir-fried Black Fungus and Okra with garlic and lily	\$69
E14 Stewed Assorted Mushrooms with Tofu	\$59
E21 Steam Eggplant with Garlic & Bean Vermicelli	\$59
E25 Stewed Vegetarian Chicken with Hairy Marrow & Black Fungus	\$69
E26 Braise Pumpkin with Garlic & Enoki	\$49
E32 Stir-fried Bitter Melon with Garlic & Black Bean sauce	\$59
E35 Stir-fry Loofah with Qi Zi & Bean Vermicelli	\$59
E54 Braise Deep-fried Tofu Puff	\$59
E70 Stir-fry Sweet Peas with Assorted Vegetables	\$59
E75 Steamed with garlic & Bean vermicelli	\$49
E76 Vegetarian Abalone slices with Jade Melon	\$69
E78 Assorted Vegetables with Dried Shrimp and Vermicelli	\$59
E90 Crab meat with braised	\$69

Soup

F05 Pork Shank & Carrots Soup (* with fresh meat;)	\$89
F100 Pork shin soup with fresh meat	\$89
F103 Japanese style - Miso soup	\$59
F110 White CloudEars with apple and pear ,Lean Pork Soup	\$89
F111 Sweet Corn, Carrot, Burdock and Pork Soup	\$99
F116 Sweet Corn He Ye Lianzai Pork Tangying Wen	\$89
F18 Pork Shank, Papaya, White Fungus Soup *	\$89
F23 Pork Shank, Old Cucumber & Adzuki Bean Soup (* with fresh meat; serves 4)	\$89
F25 Bitter Melon with Pork, Apple Quick Soup (* with fresh meat; serves 4)	\$79
F45 Pork Shank, Sweet & Bitter Apricot Kernels & Apple Soup (* with fresh meat)	\$89
F59 Tender Pork ribs & Winter Melon Soup (* with fresh meat; serves 4)	\$89
F72 Huai Shan, Qi Zi, Kamei Chicken Soup(* with fresh meat)	\$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	\$69
D04 Stir-fried Fish fillet with Celery & Sweet Corn	\$59
D100 Honey grapefruit Fish fillets	\$59
D101 Stir-fried Squid with Garlic, cashew nut & Broccoli with XO source	\$89
D112 Salmon steak fried black garlic	\$89
D12 Stir-fried Fish fillet with Preserved Black Bean & Pepper	\$69
D13 Braise Fish fillet with assorted Mushrooms	\$69
D17 Stir-fried Prawns with Broccoli & Garlic	\$89
D50 Stir-fry Shrimp with Loofah	\$79
D62 Steam Scallop with Tofu in Black Bean Sauce	\$89
D90 Pan-fry Scallops with Loofah & Lily	\$89
D95 Dry shrimp with garlic steamed zucchini	\$69
Set	
Q168 Nutritious Meal Set - Steamed Kamei Chicken with Mushroom, Cloud Ears and Lily Buds, Stir-fried Broccoli with Fish fillet, White CloudEars with fresh coconut Kam Mei Chicken Soup	\$239
Q205 convenience meal set: Pan-fried Meat cake with Lotus Root, Deep-fried Chicken with poman sauce, Nutritious Mixed Vegetables Soup	\$159
Q239 High Fiber Steamed Pork	\$169

Others

black garlic 110g	\$58
Black Garlic 260g	\$128
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)	\$69
C111 Apple & Honey with Chicken Wings	\$69
C114 Mushrooms fungus steamed Kamei chicken	\$99
C118 Aluminium foil with KaMei Chicken	\$99
C13 Stir-fry Chicken with Cucumber & Black Fungus	\$59
C27 Teriyaki Chicken (Lee Kum Kee sauce)	\$69
C30 Chicken Wings flavoured with Lemongrass & Garlic	\$59
C31 Stewed Chicken with Fermented Red Bean Curd sauce (# with chilled chicken)	\$69
C34 Stew Chicken & Pumpkin with Preserved Black Bean	\$59
C35 Stir-fried Chicken with Preserved Vegetable in Garlic sauce	\$69
C37 Fried Chicken with Choi Sum	\$59
C38 Stir-fry Chicken with Sweet Peas & Mango in Thai style	\$59
C59 Steam Kamei Chicken with Spice Ginger	\$99
C62 Taiwanese Stew Kamei Chicken	\$99
C67 Chicken with stewed-mushrooms	\$89

Assorted Mushrooms with Broccoli		Cake with KinYing Pork, Deep-fried Chicken with Lemon sauce & Norwegian Salmon Head & Tomato Soup	
G02 Carrot (Each catty)	\$19	Q248 Zhenjiang Ribs, Braise Assorted Mushrooms with Broccoli & Sweet Corn, Carrot, Burdock and Pork Soup (* with fresh meat)	\$229
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		
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		
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.



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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

