



07.2017 (下) & Order Form
(2017-07-16 - 2017-07-31)

<http://cookeasy.tungwahcsd.org>

Pork/Beef/Lamb

A04 Thai Sweet & Sour Pork with Fresh Mango (KinYing Pork)	\$69
A06 Pork Chop with Chinese Five Spices (with Kin Ying Pork)	\$69
A102 Zhenjiang Ribs	\$72
A116 Pork & Crabmeat Curd Sheet Rolls	\$89
A125 Steam Meatcake with Black Fungus Dried Chinese Lycium *	\$69
A160 High Fiber Steamed Pork Cake with Local Squid *	\$69
A164 Steam meatcake (Kin Ying Pork) with olive vegetable and lotus leaves	\$69
A19 Fried Pork jowl meat with XO sauce (* with fresh meat)	\$69
A20 Braised Pork Chop with Fresh Pineapple & Apple (* with fresh meat)	\$69
A29 Steamed Spareribs in Soybean & Garlic sauce with Konnyaku (Kin Ying Pork)	\$69
A31 Steamed Spareribs with Shrimp paste (with Kin Ying Pork)	\$69
A38 Pan-fried Pork chop with Chinese 5 spices (* with fresh meat)	\$69
A48 Eggplant with Pork in Sichuan style (with KinYing Pork)	\$69
A88 Pan-fry U.S.A Pork in Korean Style	\$69
B04 Stir-fry Beef with Young Ginger & Pineapple (* with fresh meat; serves 2)	\$69
B05 Steamed Beef with Pickled Mustard (* with fresh meat)	\$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
B55 Stir-fry Beef rib with Peach in Thai style (* with fresh meat; serves 2)	\$69
B87 Kung Pow Beef	\$69
B89stir-fried Beef shreds with kimchi	\$69

Vegetable/Vegetarian

E10 Assorted Mushrooms & Celery Cabbage in Pot	\$59
E100 Stir-fried Black Fungus and Okra with garlic and lily	\$69
F103 Stir-fried Preserved Olive, Minced KinYing Pork and Kale	\$69
E11 Hairy Marrow, Dried Shrimp & Bean Vermicelli in Pot	\$69
E12 Stir-fried Assorted Vegetables with Thyme in Italian style	\$59
E16 Stir-fried Assorted Vegetables	\$49
E25 Stewed Vegetarian Chicken with Hairy Marrow & Black Fungus	\$59
E28 Stir-fry fresh Mushroom with Sweet Peas	\$59
E35 Stir-fry Loofah with Qi Zi & Bean Vermicelli	\$59
E39 Steam Pumpkin with Lily	\$59

Soup

F101 Snow Pear , Carrots and Bitter Fungus Soup *	\$89
F102 Pork Liver & Pork Soup	\$89
F110 White CloudEars with apple and pear ,Lean Pork Soup	\$89
F123 Pumpkin Tomato Potato Soup	\$69
F124 Ka Mei Chicken with fresh coconut &White Fungus soup	\$129
F14 Loofah, Fish slices & Bean Vermicelli Soup	\$89
F18 Pork Shank, Papaya, White Fungus Soup *	\$89
F46 Nutritious Mixed Vegetables Soup	\$69
F62 Red Carrot, Water Chestnut & Pig Lung Soup (* with fresh meat; for additional fresh meat, pls. enquire for price)	\$129
F88 Thomson Kudzu, Lablab Bean & Pork Shank Soup (* with fresh meat)	\$99
F92 Norwegian Salmon Head & Tomato Soup	\$89

Seafood

D02 Sweet & Sour Fish fillet in Thai style	\$69
D04 Stir-fried Fish fillet with Celery & Sweet Corn	\$69
D100 Honey grapefruit Fish fillets	\$69
D46 Jade Melon & Scallop in Soup	\$79
D62 Steam Scallop with Tofu in Black Bean Sauce	\$89
D68 Pan-fry Sole Fillet with Celery & Courgettes	\$69
D70 Stir-fried Squid with Garlic in XO Sauce (Serves 2)	\$69
D71 Stir-fried Prawn with Jade Melon & Garlic	\$79
D73 Stir-fried prawn & Squid with Broccoli	\$69
D75 Steam Loofah with garlic & crabmeat	\$69
D77 Stir-fry fillet with Asparagus & mango	\$69
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 pomanlo sauce, Nutritious Mixed Vegetables Soup	\$159
Q248 Zhenjiang Ribs,Braise Assorted Mushrooms with Broccoli & Sweet Corn, Carrot, Burdock and Pork Soup (* with fresh meat)	\$199

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

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
C111 Apple & Honey with Chicken Wings	\$69
C112 Stir-fry Kamei chicken with green curry in Thai style	\$118
C119 Stemed Kami Chicken with dried Shrimp	\$99
C122 Steamed Goji & Shaoxing yellow wine with Kamei Chicken	\$99
C127 Aluminium foil rosemary herbs with Kamei Chicken	\$99
C131 Stir-fried Chicken with Celery & Cashew Nuts with XO source	\$99
C24 Deep-fried Chicken with Lemon sauce	\$59
C28 Stir-fried Chicken Wing with Lemongrass & Honey	\$69
C30 Chicken Wings flavoured with Lemongrass & Garlic	\$69
C58 Green apple with green pepper stir-fired with chicken	\$69
C59 Steam Kamei Chicken with Spice Ginger	\$119
C67 Chicken with stewed-mushrooms	\$99
C98 Kamei chicken with potato in curry	\$99

- E40 Stir-fried Mushroom with Celery Cabbage \$59
- E58 Stir-fry Bok Choy with Garlic \$29
- E77 Stir-fried Vegetarian chicken with peach & Thai source \$59
- E79 Stri-fried Loofah vegetable of Abalone \$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
- G22 Bitter Melon (Each catty) \$19
- G23 Jade Melon (Each catty) \$19
- G25 Sweet Com (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 HK Island - Free delivery service for order of HK\$250 or more. Delivery charge of HK\$30 applies for order less than HK\$250.
- customers/members: 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

