



9.2017 (上半年) & Order Form  
(2017-09-01 - 2017-09-30)

<http://cookeasy.tungwahcsd.org>

#### Pork/Beef/Lamb

A08 Steam Meat Cake with Duck Egg & Mushroom ( with KinYing Pork)	\$69
A126 Steam Spareribs with Dried Shrimp *	\$69
A151 Steam Sliced Meat with Lily & Pumpkin	\$59
A22 Stewed Hairy Marrow with Mushroom & Pork shreds (* with fresh meat)	\$69
A26 Curry Spareribs with shallots (* with fresh meat)	\$79
A34 Steamed Spareribs & Pumpkin with Soybean paste (* with fresh meat)	\$79
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
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)	\$59
A84 Steam Meatcake with Mushroom and Dried Squid in Water Lily leaf (* with fresh meat; serves 2)	\$59
A88 Pan-fry U.S.A Pork in Korean Style	\$79
B16 Sichuan spicy Beef (* with fresh meat; Lee Kum Kee sauce)	\$59
B19 Shortribs & Pineapple with Honey sauce (serves 2)	\$72
B21 Stir-fried Beef with Bitter Melon (* with fresh meat; Lee Kum Kee sauce)	\$69
B26 Stir-fried Beef with Asparagus & Mango (* with fresh meat)	\$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
E15 Vegetarian Stew with Lotus Root & Snow Peas	\$52
E16 Stir-fried Assorted Vegetables	\$49
E20 Stir-fry Mushroom with Black Fungus & Loofah	\$59
E28 Stir-fry fresh Mushroom with Sweet Peas	\$59
E29 Braised fresh Mushroom	\$49

#### Soup

F01 Pork balls with Pickled Mustard & Bean Vermicelli Soup (* with fresh meat;)	\$79
F02 Pork, Winter Melon & Seaweed 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
F123 Pumpkin Tomato Potato Soup	\$59
F14 Loofah, Fish slices & Bean Vermicelli Soup	\$69
F16 Vegetarian Borsch	\$69
F18 Pork Shank, Papaya, White Fungus Soup *	\$89
F25 Bitter Melon with Pork, Apple Quick Soup (* with fresh meat; serves 4)	\$79
F96 Dried Bok Choy, fresh Bok Choy & Prok Soup	\$89

#### Seafood

D02 Sweet & Sour Fish fillet in Thai style	\$59
D04 Stir-fried Fish fillet with Celery & Sweet Corn	\$69
D100 Honey grapefruit Fish fillets	\$59
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
D93 silver fish dried steamed Hairy Cucumber	\$69

#### Set

Q199 Healthy meal set - Deep-fried Chicken with pomanlo sauce, Eggplant steamed with pumpkin, preserved vegetables and minced pork, Fuzzy melon, salted egg & sliced meat soup	\$159
Q239 High Fiber Steamed Pork Cake with KinYing Pork, Deep-fried Chicken with Lemon sauce & Norwegian Salmon Head & Tomato Soup	\$149
Q249 Fresh meal set: Kin Ying Pork Stuffed Gourds, Stir-fry Chicken with Cucumber & Black Fungus, Nutritious Mixed Vegetables Soup	\$169

#### 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

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
C103 Malaysian Satay Chicken	\$69
C106 Stir-fried chicken wing with garlic & fish source	\$69
C108 Stir-fried chicken with Chinese Kale	\$59
C120 Steamed Chicken with Black Fungus and Qi Zi	\$69
C129 Chicken in Hot & Spicy Sauce (Kamei Chicken)	\$99
C130 Stewed Cordyceps Sinensis with Kami chicken	\$99
C19 Stir-fried Chicken with Sweet Peas & Mango	\$59
C20 Stir-fried Chicken with Celery, assorted Peppers & Mango	\$59
C24 Deep-fried Chicken with Lemon sauce	\$69
C30 Chicken Wings flavoured with Lemongrass & Garlic	\$69
C73 Steamed Kamei chicken with mushroom & red	\$99
C77 Chicken with eggplant and tofu puff in Black Bean Sauce	\$69
C98 Kamei chicken with potato in curry	\$99

- with Baby Chinese Cabbage
- E31 Braised Crab fillet with Mushroom & Baby Chinese Cabbage \$59
- E37 Braised Minced Pork with Hairy Marrow in XO sauce \$69
- E60 Vegetarian Abalone slices with Chinese Lettuce \$72
- 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

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)

