



10.2017 (上半月) & Order Form
(2017-10-01 - 2017-10-31)

<http://cookeasy.tungwahcsd.org>

Pork/Beef/Lamb

A03 Deep-fried Pork Chop with Curry Sauce in Japanese style	\$79
A05 Steam Meatcake with Mushroom & Dried Squid (* with fresh meat)	\$69
A07 Steamed Spareribs with Sour Plums (with Kin Ying Pork)	\$69
A102 Zhenjiang Ribs	\$88
A20 Braised Pork Chop with Fresh Pineapple & Apple (* with fresh meat)	\$69
A27 Stir-fry Kidney Bean & minced Pork with Black Pepper (* with fresh meat)	\$59
A28 Steamed Pork Jowl meat with Preserved Vegetable (* with fresh meat)	\$69
A29 Steamed Spareribs in Soybean & Garlic sauce with Konnyaku (Kin Ying Pork)	\$69
A33 Fried Shortribs with fresh Pineapple in Peking style (* with fresh meat)	\$69
A47 Japanese Teriyaki Pork (* with fresh meat; Lee Kum Kee sauce)	\$69
A48 Eggplant with Pork in Sichuan style (with KinYing Pork)	\$69
A60 Pork & Lotus Root Bean Curd Sheet rolls (* with fresh meat) (serves 2)	\$52
A88 Pan-fry U.S.A Pork in Korean Style	\$69
B11 Stir-fried Beef with assorted Peppers & Sweet Peas (* with fresh meat)	\$69
B30 Stir-fried Beef with Celery & Lily (* with fresh meat)	\$69
B35 Stir-fry shortribs with fresh Mango & Pineapple	\$69
B39 Stir-fried string beans with shortribs	\$69
B56 Pan-fry Beef Steak with Garlic (serves 2)	\$72
B87 Kung Pow Beef	\$69
B89stir-fried Beef shreds with kimchi	\$69
Vegetable/Vegetarian	
E06 Stir-fry Vegetable Juliennes with Dried Bean Curd	\$49
E10 Assorted Mushrooms & Celery Cabbage in Pot	\$59
E11 Hairy Marrow, Dried Shrimp & Bean Vermicelli in Pot	\$69
E25 Stewed Vegetarian Chicken with Hairy Marrow & Black Fungus	\$69
E26 Braise Pumpkin with Garlic & Enoki	\$49
E28 Stir-fry fresh Mushroom with Sweet Peas	\$55
E45 Loofah with Assorted Mushrooms & Miso in Soup	\$59
E58 Stir-fry Bok Choy with Garlic	\$29
E65 Pan-fry Vegetarian Chicken with Courgette in XO sauce	\$69
E79 Stri-fried Loofah vegetable of Abalone	\$69
E90 Crab meat with braised Assorted Mushrooms with Broccoli	\$69
G02 Carrot (Each catty)	\$19

Soup

F09 Peanut, Black-eyed Peas, Chicken Feet & Pork Shank Soup*	\$99
F10 Pork slices, Salted Egg & Hairy Marrow Soup (* with fresh meat)	\$79
F108 Ka Mei Chicken with fresh coconut & White Fungus soup	\$119
F11 Fish Skin, Thousand-Year Egg & Coriander Soup	\$69
F110 White CloudEars with apple and pear ,Lean Pork Soup	\$99
F123 Pumpkin Tomato Potato Soup	\$69
F15 Coconut & Chicken Soup	\$99
F46 Nutritious Mixed Vegetables Soup	\$69
F68 Fungus, Red Carrot & Pork Soup	\$99
Seafood	
D02 Sweet & Sour Fish fillet in Thai style	\$69
D10 Stir-fry Broccoli with Fish fillet (High-fibre Meal)	\$59
D112 Salmon steak fried black garlic	\$89
D58 Stir-fry Shrimp with Mushroom and Winter Bamboo Shoots	\$79
D62 Steam Scallop with Tofu in Black Bean Sauce	\$89
D66 Pan-fry Scallops with Loofah & Lily	\$89
D70 Stir-fried Squid with Garlic in XO Sauce (Serves 2)	\$69
D73 Stir-friedSquid with Broccoli	\$69
D75 Steam Loofah with garlic & crabmeat	\$69
D76 Pan Fried Salmon Fillet with BBQ Sauce + selected Vegetable	\$89
D95 Dry shrimp with garlic steamed zucchini	\$69
Set	
Q217 convenience meal set: Deep-fried Chicken with Pomelo, Steam Meatcake with Mushroom & Dried Squid (* with fresh meat),Pork, Winter Melon & Seaweed Soup	\$139
Q248 Zhenjiang Ribs,Braise Assorted Mushrooms with Broccoli & Sweet Corn, Carrot, Burdock and Pork Soup (* with fresh meat)	\$199
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	
C10 Stir-fried Chicken with Celery & Cashew Nuts	\$69
C106 Stir-fried chicken wing with garlic & fish source	\$69
C113Stir-fried Sweet pepper with chicken fillet	\$69
C12 Fried Chicken with Black Bean sauce (# with chilled chicken)	\$69
C122 Steamed Goji & Shaoxing yellow wine with Kamei Chicken	\$99
C127 Aluminium foil rosemary herbs with Kamei Chicken	\$99
C129 Chicken in Hot & Spicy Sauce (Kamei Chicken)	\$99
C138 Japanese Teriyaki Chicken Fillet	\$69
C17 Pan-fry Chicken steak with Onion sauce	\$69
C29 Stir-fried Chicken with Pepper in Sichuan style	\$69
C49 Deep-fried Chicken with Pomelo	\$69
C67 Chicken with stewed-mushrooms	\$99

- 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 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

