

**Pork/Beef/Lamb**

A01 Lemon Grass Flavoured Pork Chop (with Kin Ying Pork)	\$69
A05 Steam Meatcake with Mushroom & Dried Squid (* with fresh meat)	\$69
A07 Steamed Spareribs with Sour Plums (with Kin Ying Pork)	\$79
A108 Kin Ying Pork & Prawn Curd Sheet Rolls	\$79
A148 Aluminium foil with BBQ pork	\$79
A151 Steam Sliced Meat with Lily & Pumpkin	\$69
A27 Stir-fry Kidney Bean & minced Pork with Black Pepper (with Kin Ying meat)	\$69
A47 Japanese Teriyaki Pork (* with fresh meat; Lee Kum Kee sauce)	\$69
A63 Steam Kin Ying Meatcake with Whitebait	\$69
B05 Steamed Beef with Pickled Mustard (* with fresh meat)	\$69
B15 Fried Beef & Spring Onion with Oyster sauce (* with fresh meat)	\$69
B16 Sichuan spicy Beef (* with fresh meat; Lee Kum Kee sauce)	\$69
B19 Shortribs & Pineapple with Honey sauce (serves 2)	\$69
B34 Fried Beef slices with Leek	\$69
B37 Beef Roll with Enoki Mushroom & Carrot (Lee Kum Kee sauce; serves 2)	\$69

**Vegetable/Vegetarian**

E01 Vegetarian Eight Treasures	\$69
E05 Vegetarian Curry with Pumpkin	\$59
E14 Stewed Assorted Mushrooms with Tofu	\$59
E15 Vegetarian Stew with Lotus Root & Snow Peas	\$59
E16 Stir-fried Assorted Vegetables	\$49
E25 Stewed Vegetarian Chicken with Hairy Marrow & Black Fungus	\$69
E37 Braised Minced Pork with Hairy Marrow in XO sauce	\$69
E45 Loofah with Assorted Mushrooms & Miso in Soup	\$59
E74 Stir-fry Luffa & Dried Fungus with Garlic Heart	\$59
E76 Vegetarian Abalone slices with Jade Melon	\$69

**Soup**

F02 Pork, Winter Melon & Seaweed Soup (* with fresh meat)	\$69
F07 Spareribs, Sea Coconut & Pear	\$99
F09 Peanut, Black-eyed Peas, Chicken Feet & Pork Shank Soup*	\$99
F110 White CloudEars with apple and pear ,Lean Pork Soup	\$99
F111 Sweet Corn, Carrot, Burdock and Pork Soup	\$99
F124 Ka Mei Chicken with fresh coconut & White Fungus soup	\$129
F18 Pork Shank, Papaya, White Fungus Soup *	\$99
F68 Fungus, Red Carrot & Pork Soup	\$99
F98 Ka Mei Chicken with pork , white fungus , dried coconut & Ficus carica soup (*with fresh meat)	\$129

**Seafood**

D04 Stir-fried Fish fillet with Celery & Sweet Corn	\$69
D08 Pan-fried stuffed Green Pepper, Eggplant & Mushroom	\$59
D10 Stir-fry Broccoli with Fish fillet (High-fibre Meal)	\$69
D102 Steamed Minced Dace *	\$69
D13 Braise Fish fillet with assorted Mushrooms	\$69
D17 Stir-fried Prawns with Broccoli & Garlic	\$79
D45 Thai Green Curry Prawn	\$88
D63 Stem Sole Fillet With Water Lily Leaf	\$69
D66 Pan-fry Scallops with Loofah & Lily	\$79

**Set**

Q157 Convenient Set - Meatloaf with Squid (Kin Ying Pork), Stir-fry Chicken and Choy Sum, Assorted Vegetable Soup	\$169
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	\$219
Q259 Convenience meal set: Vietamese Pork Chop (Kin Ying Pork), Stir-fry Chicken with Young Ginger & Pineapple, Dried seaweed, minced meat & fuzzy melon 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
S28 Pickled Young Ginger	\$45
Z06 Pork Knuckles & Ginger Stew (Serves 4) (limited quantity & require 14 days pre-ordering)	\$220
Z08 Pork Knuckles & Ginger Stew (Serves 8) (limited quantity & require 14 days pre-ordering)	\$350
Z09 Pork Knuckles & Ginger Stew (Serves 12) (limited quantity & require 14 days pre-ordering)	\$500

**Chicken/Duck**

C08 Stew Chicken Fillet with Chestnut	\$99
C09 Chicken & Deep-fry Bean Curd Puff Pot in Taiwanese style (with Kamei Chicken )	\$99
C102 Stir-fry Chicken with Green Scallion & Eggplants	\$69
C112 Stir-fry Kamei chicken with green curry in Thai style	\$99
C22 Stewed Chicken with Mushroom, Ginger & Onion (with Kamei Chicken)	\$99
C28 Stir-fried Chicken Wing with Lemongrass & Honey	\$69
C49 Deep-fried Chicken with Pomelo	\$69
C73 Steamed Kamei chicken with mushroom & red	\$99
C79 Chicken with Lily Buds and Fresh Young Ginger	\$79

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.



3.2018 (上半月) & Order Form  
(2018-03-01 - 2018-03-31)

<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 - **By Cash/Cheque/Credit card**  
Free delivery service for order of **HK\$300** or more.  
Delivery charge of **HK\$40** applies for order less than **HK\$300**

Kowloon & N.T. - **By Cash & Cheque**  
Free delivery service for order of **HK\$300** or more.  
Delivery charge of **HK\$50** applies for order less than **HK\$300**

Kowloon & N.T. - **By Credit Card**

Amount	HK\$10 discount	Exemption HK\$50 delivery fee
<HK\$200	✗	✗
HK\$200-\$499.99	✓	✗
HK\$500 or above	✓	✓

**Delivery time:**

Monday to Saturday - 3:00 to 6:00 p.m  
(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: Prepaid with Credit card**

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.

**\* Attention:**

For Extend Area and New Territories, Please contact us to confirm the delivery coverage before place order.

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 (HK Island) / 2616 9571 (N.T. & Kowloon)
- Tel: 2870 9214 (HK Island) / 2562 5878 (N.T. & Kowloon)
- Office hour: 9:00 am - 5:00 pm Monday to Friday  
9:00 am - 13:00 pm Saturday  
(except public holidays)
- Email: cookeasy@tungwah.org.hk (HK Island)  
cpc@tungwah.org.hk (N.T. & Kowloon)

