

Pork/Beef/Lamb

A07 Steamed Spareribs with Sour Plums (with Kin Ying Pork)	\$69
A11 Steamed Meat Cake with Preserved Vegetable (with Kin Ying Pork)	\$69
A115 Stir-fired USA Pork with Pineapple (serves 2)	\$79
A15 Steam Meatcake with Mushroom & Water Chestnut (with Kin Ying Pork)	\$69
A18 Steamed Pork with Shrimp paste (* with fresh meat)	\$69
A38 Pan-fried Pork chop with Chinese 5 spices (* with fresh meat)	\$79
A39 Pan-fry stuffed Lotus Root slices (* with fresh meat; serves 2)	\$69
A44 Stir-fried Minced Pork & Hairy Marrow with XO sauce (with Kin Ying Pork)	\$69
B05 Steamed Beef with Pickled Mustard (* with fresh meat)	\$69
B16 Sichuan spicy Beef (* with fresh meat; Lee Kum Kee sauce)	\$69
B21 Stir-fried Beef with Bitter Melon (* with fresh meat; Lee Kum Kee sauce)	\$69
B24 Shortribs with Peach in Thai style	\$69
B25 Stir-fried Beef shreds with Pitaya & Pepper* (serves 2)	\$69
B37 Beef Roll with Enoki Mushroom & Carrot (Lee Kum Kee sauce; serves 2)	\$69
B54 Eggplant & Shortribs Pot (Lee Kum Kee sauce;)	\$69

Vegetable/Vegetarian

E05 Vegetarian Curry with Pumpkin	\$59
E12 Stir-fried Assorted Vegetables with Thyme in Italian style	\$59
E16 Stir-fried Assorted Vegetables	\$59
E25 Stewed Vegetarian Chicken with Hairy Marrow & Black Fungus	\$59
E29 Braised fresh Mushroom with Baby Chinese Cabbage	\$49
E35 Stir-fry Loofah with Qi Zi & Bean Vermicelli	\$59
E54 Braise Deep-fried Tofu Puff	\$59
E76 Vegetarian Abalone slices with Jade Melon	\$69
G10 Baby Chinese Cabbage (Each pack)	\$19
G11 Celtuce (Each catty)	\$19
G14 Choy Sum (Each catty)	\$19

Soup

F05 Pork Shank & Carrots Soup (* with fresh meat;)	\$99
F10 Pork slices, Salted Egg & Hairy Marrow Soup (* with fresh meat)	\$79
F15 Coconut & Chicken Soup	\$99
F16 Vegetarian Borsch	\$69
F23 Pork Shank, Old Cucumber & Adzuki Bean Soup (* with fresh meat; serves 4)	\$99
F29 Pork Shank, Carrot & Corn Soup *	\$99
F59 Tender Pork ribs & Winter Melon Soup (* with fresh meat; serves 4)	\$99
F91 White Fungus, Lean Pork, Kamei Chicken Soup (with fresh meat)	\$99

Seafood

D100 Honey grapefruit Fish fillets	\$69
D112 Salmon steak fried black garlic	\$79
D17 Stir-fried Prawns with Broccoli & Garlic	\$79
D22 Stir-fry Fish fillet with Chili sauce (serves 2)	\$59
D45 Thai Green Curry Prawn	\$79
D46 Jade Melon & Scallop in Soup	\$79
D70 Stir-fried Squid with Garlic in XO Sauce (Serves 2)	\$79
D86 Fillets of Sole with Asparagus Rolls	\$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	\$219
Q205 convenience meal set: Pan-fried Meat cake with Lotus Root, Deep-fried Chicken with pomanlo sauce, Nutritious Mixed Vegetables Soup	\$169
Q248 Zhenjiang Ribs,Braise Assorted Mushrooms with Broccoli & Sweet Corn, Carrot, Burdock and Pork Soup (* with fresh meat)	\$209

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

C10 Stir-fried Chicken with Celery & Cashew Nuts	\$69
C103 Malaysian Satay Chicken	\$69
C109 Stir-fried choy sum with chicken fillet	\$69
C122 Steamed Goji & Shaoxing yellow wine with Kamei Chicken	\$99
C124 Curry Chicken Wings with Garlic	\$69
C27 Teriyaki Chicken	\$59
C29 Stir-fried Chicken with Pepper in Sichuan style	\$69
C49 Deep-fried Chicken with Pomelo	\$69
C73 Steamed Kamei chicken with mushroom & red	\$99

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)

