

Pork/Beef/Lamb

A07 Steamed Spareribs with Sour Plums (with Kin Ying Pork)	\$69
A08 Steam Meat Cake with Duck Egg & Mushroom (with KinYing Pork)	\$69
A110 Pork Ribs with Honey Peach	\$69
A163 Kin Ying Pork Stuffed Gourds	\$69
A170 Lemon Cake Ribs with Spicy Potato Wedge	\$79
A19 Fried Pork jowl meat with XO sauce (* with fresh meat)	\$69
A24 Pan-fry Meatcake with Pumpkin (* with fresh meat)	\$69
A47 Japanese Teriyaki Pork (* with fresh meat; Lee Kum Kee sauce)	\$69
A88 Pan-fry U.S.A Pork in Korean Style	\$79
B06 Beef, Enoki, Bean Vermicelli Satay Pot (serves 2)	\$69
B07 Stir-fried Beef with fresh Tomato (* with fresh meat)	\$69
B11 Stir-fried Beef with assorted Peppers & Sweet Peas (* with fresh meat)	\$79
B22 Steam Shortribs with Sa Cha sauce	\$69
B37 Beef Roll with Enoki Mushroom & Carrot (Lee Kum Kee sauce; serves 2)	\$69
B56 Pan-fry Beef Steak with Garlic (serves 2)	\$69
B89 stir-fried Beef shreds with kimchi	\$69

Vegetable/Vegetarian

E07 Assorted Vegetables in Pot with Fermented Red Bean Curd sauce	\$59
E15 Vegetarian Stew with Lotus Root & Snow Peas	\$59
E20 Stir-fry Mushroom with Black Fungus & Loofah	\$59
E25 Stewed Vegetarian Chicken with Hairy Marrow & Black Fungus	\$59
E28 Stir-fry fresh Mushroom with Sweet Peas	\$59
E34 Assorted Mushrooms, Lily & Chinese Celery in Pot	\$59
E36 Braise Assorted Mushrooms with Broccoli	\$69
E69 Stir-fried with Assorted Vegetable in Halloween Style	\$59
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
F08 Pork Shank, Dried Fig & Pear Soup (* with fresh meat;)	\$119
F123 Pumpkin Tomato Potato Soup	\$69
F127 Tender Pork ribs, Hyacinth Bean & Kudzu Soup	\$99
F15 Coconut & Chicken Soup	\$99
F59 Tender Pork ribs & Winter Melon Soup (* with fresh meat; serves 4)	\$99
F68 Fungus, Red Carrot & Pork Soup	\$99
F83 Ching Po Leung (Chinese Herbs) with Fresh Pork Shank Soup*	\$99

Seafood

D02 Sweet & Sour Fish fillet in Thai style	\$69
D100 Honey grapefruit Fish fillets	\$69
D101 Stir-fried Squid with Garlic, cashew nut & Broccoli with XO source	\$79
D102 Steamed Minced Dace *	\$69
D22 Stir-fry Fish fillet with Chili sauce (serves 2)	\$69
D49 Stir-fry Scallop with Pitaya	\$79
D58 Stir-fry Shrimp with Mushroom and Winter Bamboo Shoots	\$69
D86 Fillets of Sole with Asparagus Rolls	\$69

Set

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)	\$199
Q251 Nutritious Set: Stir-fried pork with preserved olive leaves, Kin Yin Pig Meatball with Vegetable in Shanghainese style, 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
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

C106 Stir-fried chicken wing with garlic & fish source	\$69
C113 Stir-fried Sweet pepper with chicken fillet	\$69
C129 Chicken in Hot & Spicy Sauce (Kamei Chicken)	\$99
C170 Steamed Ka Mei Chicken with Bolete Mushroom & Black Fungus	\$99
C171 Steamed Lotus Leaf Ka Mei Chicken with Red Dates & Kohlrabi	\$99
C172 Hong Kong Swiss Chicken Wings	\$69
C23 Chicken in Clay Pot (# with chilled chicken)	\$99
C27 Teriyaki Chicken	\$59
C59 Steamed Kamei Chicken with Spice Ginger	\$99
C79 Chicken with Lily Buds and Fresh Young Ginger	\$69

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)

