

Pork/Beef/Lamb

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
A11 Steamed Meat Cake with Preserved Vegetable (with Kin Ying Pork)	\$69
A115 Stir-fired USA Pork with Pineapple (serves 2)	\$79
A134 Steamed Meat-cake with lotus & dried shrimp(* with fresh meat; serves 2)	\$69
A170 Lemon Cake Ribs with Spicy Potato Wedge	\$79
A25 Pan-fried Meat cake with Lotus Root (* with fresh meat)	\$79
A38 Pan-fried Pork chop with Chinese 5 spices (* with fresh meat)	\$79
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	\$69
B18 Stir-fried Beef & Vegetable in Sa Cha sauce (* with fresh meat)	\$69
B24 Shortribs with Peach in Thai style	\$79
B25 Stir-fried Beef shreds with Pitaya & Pepper* (serves 2)	\$69
B39 Stir-fried string beans with shortribs	\$79
B54 Eggplant & Shortribs Pot	\$79
B69 Beef & Asparagus with Green Scallion	\$79
B89stir-fried Beef shreds with kimchi	\$69
Vegetable/Vegetarian	
E05 Vegetarian Curry with Pumpkin	\$59
E07 Assorted Vegetables in Pot with Fermented Red Bean Curd sauce	\$59
E10 Assorted Mushrooms & Celery Cabbage in Pot	\$59
E14 Stewed Assorted Mushrooms with Tofu	\$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	\$59
E35 Stir-fry Loofah with Qi Zi & Bean Vermicelli	\$59
E54 Braise Deep-fried Tofu Puff	\$59
E76 Vegetarian Abalone slices (with Cretaceous Extract) 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
F07 Spareribs, Sea Coconut & Pear	\$99
F10 Pork slices, Salted Egg & Hairy Marrow Soup (* with fresh meat)	\$79
F123 Pumpkin Tomato Potato Soup	\$69
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
F91 White Fungus, Lean Pork, Kamei Chicken Soup (with fresh meat)	\$99
Seafood	
D04 Stir-fried Fish fillet with Celery & Sweet Corn	\$69
D112 Salmon steak fried black garlic	\$79
D17 Stir-fried Prawns with Broccoli & Garlic	\$79
D45 Thai Green Curry Prawn	\$79
D46 Jade Melon & Scallop in Soup	\$79
D50 Stir-fry Shrimp with Loofah	\$79
D62 Steam Scallop with Tofu in Black Bean Sauce	\$79
D70 Stir-fried Squid with Garlic in XO Sauce (Serves 2)	\$79
D77 Stir-fry fillet with Asparagus & mango	\$79
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
Q215 Summer Set: Stir-fry Kidney Bean & Minced Pork with Preserved Vegetable (with yin king prok), Stir-fry shortribs with fresh Mango & Pineapple, White CloudEars with fresh coconut Kam Mei Chicken Soup	\$199
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	
C04 Stir-fry Chicken with Peach	\$69
C113Stir-fried Sweet pepper with chicken fillet	\$69
C123 Stir-fried preserved olive leaves ,Sweet Peas with chicken fillet	\$69
C124 Curry Chicken Wings with Garlic	\$69
C13 Stir-fry Chicken with Cucumber & Black Fungus	\$69
C16 Steamed Chicken with Pepper slices in Preserved Bean Curd sauce (with 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
C22 Stewed Chicken with Mushroom, Ginger & Onion (with Kamei Chicken)	\$99
C27 Teriyaki Chicken	\$59

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,



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)

