



蘇浙小學

2023年度09月份學生午膳飯盒訂購表

全月訂購，連同繳費收據於 08月11日前提交回學校，逾期恕不接受。
退餐時間：09:00前通知校方，退款隔月餐單退回。

電話錄音通訊：9:00am-5:00pm (假期除外)，電話：2126-6557

7-Eleven



4439900000008549

Circle-K / VANGO / U-Select Shop



9999344000000857

<input type="checkbox"/> 銀行付款 中銀(香港) 012-735-0-002070-8 滙豐銀行 112-198700-011	<input type="checkbox"/> PPS 繳費靈 商戶編號9833 付款編號： 日期： 金額： *請先登記繳費靈帳號
<input type="checkbox"/> 便利店   	

學生訂購飯盒之總金額	
每餐費用：	\$27.0
09月份訂餐日數：	21 日
應繳款午膳金額：港幣 \$567.0	

學生姓名：_____
班 別：_____
學 號：_____
繳費靈編號：_____

請按指示填滿圓圈："●"
若因填寫錯漏而未能讀取，
將會以"A"餐取代

訂購 / 不訂購

請在正本收據背後寫上學校名稱, 學生姓名, 班別及學號, 並釘於餐單左上角一併交回

日期	星期	A款 (健康餐)	B款 (特式風味餐)	C款 (粉麵小食餐) (份量較飯餐為少)	D款 (健康素食餐)	選餐代號			
						A	B	C	D
01-09	五	洋蔥汁牛肉絲藜麥飯	黑椒雞扒飯	鮮茄肉絲扭扭粉	低脂白汁雜菌紅腰豆飯	○	○	○	○
04-09	一	南瓜汁牛肉絲紅米飯	香菇蒸雞扒飯	俄國肉片螺絲粉	白菌百頁豆腐飯	○	○	○	○
05-09	二	南瓜蒸雞糙米飯	蒜香汁肉絲飯	蘑菇吞拿魚肉碎通粉	啡菌汁雜菜鮑魚菇甘筍飯	○	○	○	○
06-09	三	木耳蒸雞球紅米飯	台式肉燥(豬)飯	鮮茄牛肉片通粉	香芋菇絲三色豆飯	○	○	○	○
07-09	四	洋蔥汁牛肉絲糙米飯	香菇肉粒有機豆腐飯	香辣雞扒配熱狗包配雜菜	紅腰豆雪耳鮮菇飯	○	○	○	○
08-09	五	蟲草花蒸雞球燕麥飯	越式香茅豬柳飯	黑椒牛肉片扭扭粉(微辣)	低脂白汁磨菇素豆飯	○	○	○	○
11-09	一	昆布蒸肉片紅米飯	黃薑汁牛肉絲飯	啡菌雞球通粉	洋蔥汁薯仔蘑菇紅腰豆飯	○	○	○	○
12-09	二	黑椒汁牛肉絲藜麥飯(微辣)	越式香茅雞扒飯	茄茸雜菜肉片螺絲粉	鮮茄銀耳腰豆雜菌飯	○	○	○	○
13-09	三	香菇甘筍蒸牛肉糙米飯	京都汁豬柳飯	魚柳包拼粟米粒	甜咖喱雞腩菇素豉飯	○	○	○	○
14-09	四	南瓜蒸肉餅糙米飯	淡黑椒牛柳絲飯	低脂白汁粟米肉粒通粉	粟米磨菇雪耳有機豆腐飯	○	○	○	○
15-09	五	雲耳蒸牛肉紅米飯	和風金菇肉片飯	拿坡里吞拿魚香草扭扭粉	鮮茄薯仔磨菇腰豆飯	○	○	○	○
18-09	一	紅棗杞子蒸雞糙米飯	茄子牛肉鬆飯	巴馬臣芝士蘑菇豚肉螺絲粉	黃薑汁豆乾秀珍菇飯	○	○	○	○
19-09	二	香芋蒸雞球燕麥飯	低脂白汁牛肉飯	香濃粟米肉粒扭扭粉	雜菌紅腰豆乾飯	○	○	○	○
20-09	三	南瓜甘筍蒸肉片糙米飯	沙薑雞中翼飯	和風金菇牛肉通粉	黑椒汁雜菜鮑魚菇甘筍飯	○	○	○	○
21-09	四	薯仔蒸雞紅米飯	鮮茄牛肉片飯	南瓜汁肉粒扭扭粉	低脂芝士蘑菇紅蘿蔔飯	○	○	○	○
22-09	五	洋蔥蒸雞扒紅米飯	蒜香豬柳飯	欖油香草烤車厘茄伴拿破侖牛肉醬意粉	茄子雙菇紅腰豆飯	○	○	○	○
25-09	一	馬蹄蒸肉餅藜麥飯	南瓜汁雞絲飯	土耳其紅腰豆牛肉醬配意大利包	粟米雜菌腐竹飯	○	○	○	○
26-09	二	淡咖喱雞扒紅米飯	滑蛋香菇牛肉片飯	鮮茄肉片通粉	低脂白汁荔芋南瓜紅腰豆飯	○	○	○	○
27-09	三	沙薑蒸雞中翼紅米飯	台式牛肉燥飯	低脂芝士汁雞球螺絲粉	黃豆腐竹雪耳飯	○	○	○	○
28-09	四	金菇蒸牛肉片藜麥飯	鮮茄肉絲飯	蜜汁雞腩配燒賣+雜菜	五香汁紅腰豆木耳腐竹飯	○	○	○	○
29-09	五	黑椒蒸牛柳絲糙米飯	甜咖喱雞球飯	低脂白汁豚肉扭扭粉	香芋菇絲腐竹飯	○	○	○	○

重要提示：生產廠房亦會處理含有麩質的穀物、甲殼類、奶類、蛋類、魚類、花生、大豆、木本堅果等可能涉及致敏源。

一般採用優質去骨魚柳，但當中可能含有微量魚骨，請家長因應學生需要小心選擇餐款。

註：圖解(豆類) 花生 蛋類 菇類
(甲殼類) 魚類 奶類 木本堅果



Kiangsu and Chekiang Primary School
Meal Box Order Form of Sep,2023



Monthly order, together with the payment receipt should be submitted to the school before 11th August, overdue will not be accepted.
 Meal refund time: notify the school before 09:00, and the refund will be returned every other month.

Telephone recording communication: 9:00am-5:00pm (except holidays), Tel: 2126-6557

<input type="checkbox"/> Bank payment Bank of China (HK) : 012-735-0-002070-8 HSBC : 112-198700-011	<input type="checkbox"/> PPS 繳費靈 Merchant Code 9833 payment number : _____ Date : _____ Amt : _____ * Pls get a PPS account
<input type="checkbox"/> Convenient Store 	

Meal Order Total Amount	
Price per meal :	\$27.0
School days in Sep :	21 days
Total Amount : HK \$567.0	

Name : _____
 Class : _____
 Class No. : _____
 PPS number : _____

Please fill the circle as directed : "●"
 If it cannot be read due to an error or omission, will be replaced with an "A" meal

Order / Not Order

Please write down name of school, student and class on the payment slip and staple on the top left corner

日期	星期	Meal code			
		A (Healthy Meal)	B (Typical Style Meal)	C (Snack Meal or Noodles Meal)	D (Vegetarian Meal)
01-09	Fri	Shded beef in onion sauce with quinoa rice	Chicken fillet in black pepper sauce with rice	Shredded pork in tomato sauce with twisty pasta	Red kidney bean and mixed mushroom in light cream sauce with rice
04-09	Mon	Sliced pork in pumpkin sauce with red rice	Steamed chicken chop and black mushroom with rice	Sliced pork in tomato sauce with fusilli	Hundred pages tofu in white mushroom sauce with rice
05-09	Tue	Steamed chicken and pumpkin with brown rice	Shredded pork in garlic sauce with rice	Minced pork, mushroom and tuna with macaroni	Mixed vegetables and abalone mushroom and carrot in mushroom sauce with rice
06-09	Wed	Steamed chicken and tree fungus with red rice	Minced pork in soya sauce with rice	Sliced beef in tomato sauce with macaroni	Tricolor beans, taro and shredded mushroom with rice
07-09	Thu	Shredded beef in onion sauce with brown rice	Diced pork, black mushroom and organic tofu with rice	Spicy Chicken fillet with Hot Dog Bun and Mixed Vegetable	Red kidney bean and snow fungus and mushroom with rice
08-09	Fri	Steamed shredded chicken and cordyceps with oat rice	Pork chops in vietnamese lemongrass sauce in rice	Sliced pork in black pepper sauce with twisty pasta (Hot)	Soy beans and mushroom in light cream sauce with rice
11-09	Mon	Sliced pork, sea-tangle with red rice	Shredded beef in turmeric sauce with rice	Chicken in mushroom sauce with macaroni	Potato and mushroom and red kidney bean in onion sauce with rice
12-09	Tue	Shredded beef in black pepper sauce in quinoa rice (Hot)	Chicken fillet in vietnamese lemongrass sauce in rice	Sliced pork and mixed fruit in tomato sauce with fusilli	Kidney beans, snow fungus and mushroom in toamto sauce with rice
13-09	Wed	Steamed beef, black mushroom and carrot with red rice	Pork fillet in sweet and sour sauce with rice	Fish fillet bun and Corns	Coprinus comatus and soy beans in sweet curry with rice
14-09	Thu	Steamed ground pork and pumpkin with Brown Rice	Shredded beef with black pepper sauce with rice (Hot)	Diced pork and corn in light cream sauce with macaroni	Sweet Corn, mushroom, snow fungus and organic tofu rice
15-09	Fri	Steamed Beef and snow fungus with red rice	Sliced pork and enoki mushroom in soya sauce with rice	Tuna in Tomato-based Sauce with Twisty Pasta	Kidney beans, mushroom and potato in tomato sauce with rice
18-09	Mon	Steamed chicken, goji berries and red dates with brown rice	Minced beef and eggplant with rice	Sliced pork and mushroom in parmesan cheese sauce with twisty pasta	Braised Chestnuts and mushrooms in turmeric sauce
19-09	Tue	Steamed chicken and taro with oat rice	Beef Slices in Low Fat Creamy Sauce	Diced pork in corn sauce with twisty pasta	Red kidney bean, mixed mushroom and dry bean with rice
20-09	Wed	Steamed pork, pumpkin and carrot with brown rice	Chicken wings in ginger sauce with rice	Sliced beef and enoki mushroom in soya sauce with macaroni	Mixed vegetables and abalone mushroom and carrot in black pepper sauce in rice (Hot)
21-09	Thu	Steamed chicken and potato with red rice	Sliced beef in tomato sauce with rice	Diced pork in pumpkin sauce with twisty pasta	Mushrooms and carrot in light cheese sauce with rice
22-09	Fri	Chicken fillet in onion sauce with red rice	Pork fillet in garlic sauce with rice	Minced beef and roasted tomato with spaghetti	Red kidney beans, mushroom and eggplants with rice
25-09	Mon	Steamed ground pork and water chestnuts with quinoa rice	Shredded chicken in Pumpkin Sauce with rice	Minced beef, red kidney beans in tomato sauce with ciabatta	Bean curd, mixed mushrooms and corns with rice
26-09	Tue	Chicken Steak in Light Curry Sauce with Red Rice	Sliced beef, scramble egg and mushroom with rice	Sliced pork in tomato sauce with macaroni	Taro, pumpkin and red kidney bean in light cream sauce with rice
27-09	Wed	Steamed chicken wings in ginger sauce with red rice	Minced beef in soya sauce with rice	Chicken strips in light cheese sauce with twisty pasta	Soy beans, bean curd and snow fungus with rice
28-09	Thu	Steamed sliced beef and mushroom with quinoa rice	Shredded pork in tomato sauce with rice	Chicken leg in Swiss sauce and siu mai penne and mixed vegetable	Red kidney bean and fungus and dried bean curd in spiced sauce in rice
29-09	Fri	Steamed shredded beef in black pepper with brown rice	Chicken in sweet curry with rice	Sliced pork in light cream sauce with twisty pasta	Bean curd, shredded mushroom and taro with rice

Important: The production plant will also handle gluten-containing grains, crustaceans, milk, eggs, fish, peanuts, soybeans, tree nuts, etc. that may involve allergens.

Note: Illustration (beans, peanuts, eggs, mushrooms, crustaceans, fish, milk, tree nuts)

Generally, high-quality boneless fish fillet is used, but it may contain trace amounts of fish bones, parents are advised to choose meals carefully according to students' needs.