



Caritas Resurrection School

(Mar 2026)

Supplier : Hong Kong Gourmet Limited

Name :

Class :

No. :

Date	A	B	C (Nutritious)	D (Veggie & Healthy)
2/3	Mon	Nil		
3/3	Tue	Rice w/ Satay Pork Loin (mild)#★▲◆◎※⊕	Udon w/ Minced Meat & Mushroom & Chicken Steak in Taiwanese Style#★■	Corn Rice w/ Beef, Mixed Veggies & Red Kidney Bean in Portuguese Style#★◆
4/3	Wed	Rice w/ Chicken Leg in Italian Style #★	Macaroni w/ Curry Pork Loin in Light Style (mild)#★	Red Rice w/ Steamed Egg & Chicken in Japanese Style#★●
5/3	Thur	Rice w/ Pork in Onion sauce#★	Baked Fusilli w/ Chicken Steak & Mushroom in Pumpkin Sauce#★◆■	Cereal Rice w/ Chicken & Dried Gluten & Taro in Soymilk (low-fat)#★◆
6/3	Fri	Rice w/ Chicken in Portuguese Style#★◆	Onion & Pork Chop Bun + Spaghetti in Japanese Style#★	Corn Rice w/ Pork Loin & Tomatoes#★
9/3	Mon	Rice w/ Pork Chop & Peach#★	Rigatoni w/ Beef in Japanese Style#★	Quinoa Rice w/ Chicken in Soymilk (low-fat)#★
10/3	Tue	Rice w/ Chicken Steak, Onion & Tomatoes#★	Spaghetti w/ Pork Loin & Mushroom in Soymilk (low-fat)#★◆■	Red Rice w/ Beef & Tomatoes#●
11/3	Wed	Rice w/ Sliced Pork & Corn Kernel#★◆	Hot Dog + Spaghetti w/ Minced Beef & Tomatoes#★◆■	Carrot Rice w/ Chicken & Assorted Veggies#★◆
12/3	Thur	Rice w/ Chicken Leg & Mushroom & Black Pepper (mild)#★◆■	Rigatoni w/ Pork Loin in Pumpkin Sauce#★◆	Quinoa Rice w/ Steamed Mushroom & Minced Pork#★■
13/3	Fri	Nil		
16/3	Mon	Rice w/ Chicken in Japanese Style#★	Braised Spaghetti w/ Pork Chop & Corn Kernel #★◆	Carrot Rice w/ Pork & Onion#★
17/3	Tue	Rice w/ Steamed Egg, Minced Pork & Corn Kernel#★●	Rigatoni w/ Chicken in Japanese Style#★	Baked Quinoa Rice w/ Beef & Potatoes in Portuguese Style#★◆
18/3	Wed	Rice w/ Beef & Corn Kernel#★◆	Rigatoni w/ Pork & Mixed Veggies in Italian Style#★	Cereal Rice w/ Chicken in Soymilk (low-fat)#★◆
19/3	Thur	Rice w/ Braised Sliced Pork & Corn Kernel in Pumpkin Sauce#★◆	Rice ball + Chicken Drumstick in Korean Style (mild)#★■	Brown Rice w/ Pork, Mushroom & Baby Corn#★
20/3	Fri	Nil		
23/3	Mon	Rice w/ Pork Loin, Mushroom & Tomatoes#★■	Fusilli w/ Chicken Steak in Onion Sauce#★	Red Rice w/ Beef & Tomatoes#●
24/3	Tue	Rice w/ Steamed Chicken, Wolfberry & Cordyceps flower#★	Fusilli w/ Pork in Soymilk (low-fat)#★◆	Quinoa Rice w/ Pork & Hairy Gourd #★
25/3	Wed	Rice w/ Beef & Mixed Veggies in Borsch Sauce#★	Corn Bun w/ Grilled Pork in American style + Spaghetti in Onion Sauce#★	Corn Rice w/ Chicken in Pumpkin Sauce#★◆
26/3	Thur	Rice w/ Soy-Marinated Chicken Leg#★	Rigatoni w/ Chicken & Mixed Veggies in Italian Style#★	Cereal Rice w/ Pork & Dried Gluten & Taro in Soymilk (low-fat)#★◆
27/3	Fri	Rice w/ Chicken, Mushroom & Cheese#★◆■	Spaghetti w/ Pork Chop in Onion Sauce#★	Baked Red Rice w/ Minced Beef in Italian Style#★◆
30/3	Mon	Nil		
31/3	Tue	Nil		

For Ordering Lunch Box : HK\$30.00 X 17 days = HK\$510.00
Refund 0 days, Actual Amount HK\$510.00

Deadline : 06/02/2026

(Late submission must not be accepted. Sorry for any inconvenience)

Payment method :

A. Bank in slip ; A/C Name : VITALAND SERVICES LTD

Banks of East Asia ; A/C No. : 514-40-33204-6

Banks of China(HK) ; A/C No. : 012-875-0-024073-4

HSBC ; A/C No. : 511-143281-001

B. Payment via 7-11 Convenience Store ~ Please pay again in case of lost of receipt

Payment via 7-11 Convenience Store : HK\$510.00

7-11(MCS) 001512423



Please write down the student name, class no. and telephone no. on the back of the receipt.

Submit : Please return the whole order form & bank receipt / receipt of 7-11 to School.

(7-11 staff please return the entire order form to the customer)

Leave Procedure : Please notify us via Whatsapp message to 6796 7182 before 9am on the day of meal box cancellation.

(Please indicate in the message with: School Name, Student Name, Class, Student Number and Meal Box Cancellation Date)

Fill it up : ○→●Must order for the entire month					
Please use ball pen to fill up your choice					
Date	A	B	C	D	NIL
2/3	Mon	Ⓐ	Ⓑ	Ⓒ	Ⓓ ●
3/3	Tue	Ⓐ	Ⓑ	Ⓒ	Ⓓ Ⓔ
4/3	Wed	Ⓐ	Ⓑ	Ⓒ	Ⓓ Ⓔ
5/3	Thur	Ⓐ	Ⓑ	Ⓒ	Ⓓ Ⓔ
6/3	Fri	Ⓐ	Ⓑ	Ⓒ	Ⓓ Ⓔ
9/3	Mon	Ⓐ	Ⓑ	Ⓒ	Ⓓ Ⓔ
10/3	Tue	Ⓐ	Ⓑ	Ⓒ	Ⓓ Ⓔ
11/3	Wed	Ⓐ	Ⓑ	Ⓒ	Ⓓ Ⓔ
12/3	Thur	Ⓐ	Ⓑ	Ⓒ	Ⓓ Ⓔ
13/3	Fri	Ⓐ	Ⓑ	Ⓒ	Ⓓ ●
16/3	Mon	Ⓐ	Ⓑ	Ⓒ	Ⓓ Ⓔ
17/3	Tue	Ⓐ	Ⓑ	Ⓒ	Ⓓ Ⓔ
18/3	Wed	Ⓐ	Ⓑ	Ⓒ	Ⓓ Ⓔ
19/3	Thur	Ⓐ	Ⓑ	Ⓒ	Ⓓ Ⓔ
20/3	Fri	Ⓐ	Ⓑ	Ⓒ	Ⓓ ●
23/3	Mon	Ⓐ	Ⓑ	Ⓒ	Ⓓ Ⓔ
24/3	Tue	Ⓐ	Ⓑ	Ⓒ	Ⓓ Ⓔ
25/3	Wed	Ⓐ	Ⓑ	Ⓒ	Ⓓ Ⓔ
26/3	Thur	Ⓐ	Ⓑ	Ⓒ	Ⓓ Ⓔ
27/3	Fri	Ⓐ	Ⓑ	Ⓒ	Ⓓ Ⓔ
30/3	Mon	Ⓐ	Ⓑ	Ⓒ	Ⓓ ●
31/3	Tue	Ⓐ	Ⓑ	Ⓒ	Ⓓ ●



(Mar 2026)

School : Caritas Resurrection School

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NO. : _____

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A/C Name : VITALAND SERVICES LTD

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HSBC

A/C No. : 511-143281-001

A/C Name : VITALAND SERVICES LTD

Payment via 7-11 Convenience Store

Remark :

- Set A will be given to student if their forms are filled unclearly. Sorry for any inconvenience caused.
- The above menu has been approved by Tetra Nutritional Consultation Centre Co. Ltd.
- Attention : Fish products will have small bones.
- Every set will be served fresh vegetables.
- Tailor-made sauce consists of less oil & plenty of vegetables, to meet the guidelines for lunch. All sauces such as cream sauce, cheese sauce, curry sauce, portuguese sauce, satay sauce, carbonara sauce, taro sauce, napoleon sauce, etc. make from low-fat milk or cheese & w/out any butter, lard cream, palm oil, coconut oil, nasi lemak etc. saturated at. All meats are w/out skin & fat before cooking (exclude chicken leg, chicken wing & drumstick)
- All carbohydrate items contain little allergenic substances-cereals containing gluten.
- Factory is also help the food consisting crustacean products, egg products, fish products, peanuts, soybeans & their products, milk products & cereals containing gluten & their products. Pay attention before you choice.
- * cereals containing gluten (namely wheat, rye barley, oats, spelt, their hybridized strains & their products) - ✖ crustacean & their products - ▲ fish & their products - ◆ milk & their products (including lactose) - ■ fresh mushroom - ★ soybeans & their products - ● eggs & their products - ◎ peanuts & their products - ○ tree nuts & their products - ♥ to provide healthy quality food & make it easier to be absorbed, above meals are made of fresh vegetables & meat soup & condensed into sauce.

【 Please return the whole order form to Vitaland, receipt will be issued after stamp verification 】