



Caritas Resurrection School

(Apr 2026)

Supplier : Hong Kong Gourmet Limited

Name :

Class :

No. :

Date	A	B	C (Nutritious)	D (Veggie & Healthy)	
1/4	Wed			Nil	
2/4	Thur			Nil	
3/4	Fri			Nil	
6/4	Mon			Nil	
7/4	Tue			Nil	
8/4	Wed			Nil	
9/4	Thur			Nil	
10/4	Fri			Nil	
13/4	Mon	Rice w/ Satay Pork Chop (mild)#★▲◆ ◎※⊕	Baked Rigatoni w/ Chicken in Soymilk#★◆	Red Rice w/ Chicken & Tomatoes#★	Rice w/ Soy Bean, Assorted Veggies in Italian Style#★
14/4	Tue	Rice w/ Minced Meat & Mushroom & Chicken Steak in Taiwanese Style#★■	Fusilli w/ Beef in Carrot Sauce#★◆	Corn Rice w/ Steamed Minced Pork & Cereal#●	Rice w/ Chickpea & Seitan Sliced Chicken in Portuguese Style#★◆
15/4	Wed	Rice w/ Pork Loin, Mushroom & Tomatoes#★■	Onion & Chicken Steak Bun + Spaghetti w/ Corn Kernel#★	Brown Rice w/ Pork in Garlic Sauce# ★	Rice w/ Cauliflower & Baby Corn & Fresh soy knot#★
16/4	Thur	Rice w/ Soy-Marinated Chicken Leg#★	Spaghetti w/ Pork Loin in Garlic Sauce#★	Quinoa Rice w/ Beef & Red Kidney Bean in Carrot Sauce#★◆	Rice w/ Chickpea & Potatoes in Soymilk (low-fat)#★◆
17/4	Fri	Rice w/ Grilled Chicken Drumstick in American Style#★	Braised Rice Vermicelli w/ Chicken in Singaporean Style (mild)#★	Corn Rice w/ Pork Loin & Tomatoes#★ ●	Rice w/ Soy Bean & Stewed Lo-hon Veggies#★
20/4	Mon	Rice w/ Chicken in Garlic Sauce#★	Rigatoni w/ Pork Loin, Mushroom & Tomatoes#★■	Cereal Rice w/ Chicken in Soymilk (low-fat)#★◆	Rice w/ Mixed Veggies & Dried Gluten in Carrot Sauce#★◆
21/4	Tue	Baked Rice w/ Minced Beef in Italian Style#★◆	Macaroni w/ Roasted Chicken Wing & Corn Kernel#★◆	Brown Rice w/ Pork in Pumpkin Sauce# ★◆	Rice w/ Potatoes & Red Kidney Bean in Italian Style#★
22/4	Wed	Rice w/ Satay Chicken Leg (mild)#★▲ ◆◎※⊕	Fusilli w/ Pork in Soymilk (low- fat)#★◆	Brown Rice w/ Chicken & Tomatoes#★	Rice w/ Stewed Assorted Mushroom & Fresh Soy Knot#★■
23/4	Thur	Rice w/ Pork Chop & Tomatoes#★	Udon w/ Beef, Mixed Veggies & Mushroom#★■	Red Rice w/ Steamed Minced Chicken# ★	Rice w/ Mixed Veggies in Soymilk (low-fat)#★◆
24/4	Fri	Rice w/ Pork, Assorted Veggies & Mushroom#★■	Rice ball + Chicken Steak, Mushroom & Black Pepper (mild)#★■	Cereal Rice w/ Pork & Taro in Soymilk (low-fat)#★◆	Rice w/ Seitan Sliced Chicken & Mixed Veggies in Italian Style#★
27/4	Mon	Rice w/ Steamed Chicken & Shiitake Mushroom#★	Spaghetti w/ Pork Chop & Mixed Veggies in Italian Style#★	Baked Quinoa Rice w/ Chicken Steak in Portuguese Style#★◆	Rice w/ Mixed Veggies, Carrot & Fresh soy knot#★◆
28/4	Tue	Rice w/ Braised Sliced Pork & Corn Kernel in Pumpkin Sauce#★◆	Udon w/ Satay Chicken Steak (mild)# ★▲◆◎※⊕	Red Rice w/ Beef & Carrot#★	Rice w/ Dried Gluten in Taiwanese Style#★
29/4	Wed			Nil	
30/4	Thur			Nil	

For Ordering Lunch Box : HK\$30.00 X 12 days = HK\$360.00

Deadline : 13/03/2026

Refund 0 days, Actual Amount HK\$360.00

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

Payment method :

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

Payment via 7-11 Convenience Store : HK\$360.00

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

7-11(MCS) 001512423

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

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)



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

Fill it up : ○ → ● Must order for the entire month

Please use ball pen to fill up your choice

Date	A	B	C	D	NIL	
1/4	Wed	Ⓐ	Ⓑ	Ⓒ	Ⓓ	●
2/4	Thur	Ⓐ	Ⓑ	Ⓒ	Ⓓ	●
3/4	Fri	Ⓐ	Ⓑ	Ⓒ	Ⓓ	●
6/4	Mon	Ⓐ	Ⓑ	Ⓒ	Ⓓ	●
7/4	Tue	Ⓐ	Ⓑ	Ⓒ	Ⓓ	●
8/4	Wed	Ⓐ	Ⓑ	Ⓒ	Ⓓ	●
9/4	Thur	Ⓐ	Ⓑ	Ⓒ	Ⓓ	●
10/4	Fri	Ⓐ	Ⓑ	Ⓒ	Ⓓ	●
13/4	Mon	Ⓐ	Ⓑ	Ⓒ	Ⓓ	○
14/4	Tue	Ⓐ	Ⓑ	Ⓒ	Ⓓ	○
15/4	Wed	Ⓐ	Ⓑ	Ⓒ	Ⓓ	○
16/4	Thur	Ⓐ	Ⓑ	Ⓒ	Ⓓ	○
17/4	Fri	Ⓐ	Ⓑ	Ⓒ	Ⓓ	○
20/4	Mon	Ⓐ	Ⓑ	Ⓒ	Ⓓ	○
21/4	Tue	Ⓐ	Ⓑ	Ⓒ	Ⓓ	○
22/4	Wed	Ⓐ	Ⓑ	Ⓒ	Ⓓ	○
23/4	Thur	Ⓐ	Ⓑ	Ⓒ	Ⓓ	○
24/4	Fri	Ⓐ	Ⓑ	Ⓒ	Ⓓ	○
27/4	Mon	Ⓐ	Ⓑ	Ⓒ	Ⓓ	○
28/4	Tue	Ⓐ	Ⓑ	Ⓒ	Ⓓ	○
29/4	Wed	Ⓐ	Ⓑ	Ⓒ	Ⓓ	●
30/4	Thur	Ⓐ	Ⓑ	Ⓒ	Ⓓ	●



(Apr 2026)

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- HSBC
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- Payment via 7-11 Convenience Store

Remark :

1. Set A will be given to student if their forms are filled unclearly. Sorry for any inconvenience caused.
2. The above menu has been approved by Tetra Nutritional Consultation Centre Co. Ltd.
3. Attention : Fish products will have small bones.
4. Every set will be served fresh vegetables.
5. 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 (exclue chicken leg, chicken wing & drumstick)
6. All carbohydrate items contain little allergenic substances-cereals containing gluten.
7. Factory is also help the food consisting crustacean products, egg products, fish products, peanuts, soybeans & their products.
8. * 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.