



佛 教 黃 鳳 翎 中 學  
BUDDHIST WONG FUNG LING COLLEGE

香港佛教聯合會主辦 SPONSORED BY THE HONG KONG BUDDHIST ASSOCIATION

11 EASTERN HOSPITAL ROAD, CAUSEWAY BAY, HONG KONG TEL : 2577 9485 FAX : 2881 0148 Website : <http://www.bwflc.edu.hk>  
香港銅鑼灣東院道十一號 電話 : 2577 9485 傳真 : 2881 0148 網址 : <http://www.bwflc.edu.hk>

1 June 2018

2017/2018 Notice to Parents A55\_e  
Lunch at School for Junior Form Students

Dear Parents / Guardians,

This is school policy for junior form students to lunch at school so that they can enrich their learning experience through participation in extra-curricular activities, as well as polish their socialization skills and avoid meeting vice companions.

Vitaland Services Limited will be the lunch caterer providing meals set at \$22 in the next academic year. Your child is strongly advised to complete and submit to school office the attached order form with cheque (payable to "Vitaland Services Limited") or payment slip on or before 6/6/2018, Wednesday for September. Parents can also opt for either taking lunch to children or have them bring to school their own lunch on school days.

If parents need to wait until after summer for decision be made over whether to order lunch for September, the school still accepts completed order form on 3/9/2018 the latest. However, the lunch of the following day, i.e. 4/9/2018, will be at decision of the caterer.

Mr. LEE Wai-shing

Principal



**Reply slip**

**(Please return to the class teacher on or before 6/6/2018)**

Dear Principal,

This serves to acknowledge receipt of circular 2017/2018 A55\_e concerning lunch at school for junior form students. Here below is our decision for the arrangement

- \* Order lunch from Vitaland Services Limited
- My child will bring his/her own lunch
- I/We will take him/her lunch
- Decision be made after summer vacation

From: \_\_\_\_\_  
(Student's name)

\_\_\_\_\_  
(Parent's Signature)

\_\_\_\_\_  
(Parent's name)

Date: \_\_\_\_\_

\*please insert '√' into appropriate box





# BUDDHIST WONG FUNG LING COLLEGE

(September 2018)

Supplier : Hong Kong Gourmet Limited Student Name : \_\_\_\_\_ Class : \_\_\_\_\_ No. ( \_\_\_\_\_ )

Date	A (Energy Rich)	B (Regional Features)	C (Nutritious)	D (Veggie & Healthy)
3/9 Mon	Rice w/ Sliced Pork, Sesame Oil	Rice w/ Roasted Chicken Steak in Garlic Sauce	Red Rice w/ Sliced Beef, Oyster Mushroom & Seasonal Veggie	Penne Rigate w/ Veggie & Bean Curd Puff in Pumpkin Sauce
4/9 Tue	Rice w/ Chicken & Mustard in Oyster Sauce	Spaghetti w/ Shredded Pork & Mixed Veggie in Cream Sauce	Cereal Rice w/ Fish Fillet in Red Bell Pepper Sauce	Rice w/ Seasonal Ground, Dried Bean Curd & Assorted Mushroom
5/9 Wed	Rice w/ Pork Chop & Pineapple in Sweet & Sour	Rice w/ Curry Chicken & Potatoes in Light Style (mild)	Job's Tears Rice w/ Diced Beef, Mixed Veggie & Tomatoes	Spaghetti w/ Bean Curd Puff & Mixed Veggie in Corn Sauce
6/9 Thu	Rice w/ Chicken & Turnip in Five Spice Sauce	Rice w/ Roasted Chicken Steak in Japanese Style	Brown Rice w/ Fish Fillet in Black Pepper Sauce (mild)	Mixed Veggie & Red Kidney Bean in Italian Style
7/9 Fri	Rice w/ Chicken & Potatoes in Portuguese Style	Spaghetti w/ Shredded Pork & Mixed Veggie in Italian Style	Red Rice w/ Tofu, Diced Pork & Assorted Veggie	Spaghetti w/ Bean Curd Puff, Mixed Veggie & Potatoes in Portuguese Style
12/9 Wed	Rice w/ Chicken & Onion in BBQ Sauce	Udon w/ Assorted Veggie & Minced Pork in Japanese Style	Red Rice w/ Sliced Beef & Turnip in Five Spice Sauce	Rice w/ Curry Bean Curd Stick & Potatoe in Light Style (mild)
13/9 Thu	Rice w/ Steamed Minced Pork & Kernel Corn	Rice w/ Chicken & Onion in Cream Sauce	Five Grain Rice w/ Sliced Beef & Taro in Five Spice Sauce	Penne Rigate w/ Veggie, Mushroom & Chickpeas in Yellow Bell Pepper Sauce
14/9 Fri	Rice w/ Minced Beef & Diced Potatoes	Rice w/ Curry Mixed Veggie & Pork Chop in Light Style (mild)	Job's Tears Rice w/ Chicken, Bamboo Shoot & Zucchini	Rice Noodle w/ Mixed Veggie & Vegetarian Meat Floss in Taiwanese Style
17/9 Mon	Rice w/ Chicken & Potatoes in Yellow Bean Paste	Spaghetti w/ Sliced Pork & Mixed Veggie in Carrot Sauce	Corn Rice	Rice w/ Vegetarian Chicken & Mushroom in Hokkin Style
18/9 Tue	Steak in Hawaii Style	Mixed Veggie in Pumpkin Sauce	Black Fungus & Hairy Gourd	Spaghetti w/ Chickpeas & Potatoes in Pumpkin Sauce
19/9 Wed	Rice w/ Steamed Minced Pork, Water Chestnut & Cereal	Rice w/ Chicken & Mushroom in Cream Sauce	Brown Rice w/ Fish Fillet in Sweet & Sour Sauce	Fusilli w/ Mixed Veggie, Carrot & Red Kidney Bean in Cream & Corn Sauce
20/9 Thu	Rice w/ Chicken & Sesame in Japanese Style	Rice w/ Curry Sliced Pork & Potatoes in	Red Rice w/ Sliced Pork & Seasonal Veggie	Rice Noodle w/ Bean Curd Puff & L-Chain Veggie
21/9 Fri	Veggie in Portuguese Style	Mushroom in BBQ Sauce	Job's Tears Rice w/ Sliced Beef in Mushroom Sauce	Rice w/ Steamed Egg, Vegetarian Meat Floss & Kernel Corn
24/9 Mon	Rice w/ Steamed Minced Pork & Cereal	Spaghetti w/ Chicken & Mixed Veggie	NIL	
25/9 Tue	Rice w/ Slaty Sliced Pork & Pineapple (mild)	Rice w/ Chicken Steak in Onion Sauce	Brown Rice w/ Organic Tofu, Beef Floss & Assorted Veggie	Spaghetti w/ Vegetarian Diced Pork & Mushroom in Yellow Bell Pepper Sauce
26/9 Wed	Rice w/ Sliced Pork in Sweet & Sour Sauce	Rice w/ Chicken Fillet & Mixed Veggie in Portuguese Style	Red & Brown Rice w/ Beef, Potatoes & Onion	Fusilli w/ Bean Curd Puff & Potatoe in Carrot Sauce
27/9 Thu	Rice w/ Pork Chop, Mushroom & Tomatoes	Twist Noodle w/ Minced Beef & Kernel Corn	Cereal Rice w/ Fish Fillet & Seasonal Veggie	Rice w/ Baby Cabbages, Dried Bean Curd & Assorted Mushroom

For Ordering Lunch Box : HK\$22.00 X 18 days = HK\$396.00

Deadline : 6/6/2018

(Late submission must not be accepted. Sorry for any inconvenience.)  
Payment via 7-11 Convenience Store : HK\$396.00

Payment :  
 A. Cheque (payable to "VITALAND SERVICES LTD").  
 B. Bank in slip : Name of Bank : Banks of China (HK)  
 A/C No. : 012-875-0-024073-4 : A/C Name : VITALAND SERVICES LTD  
 C. Payment via 7-11 Convenience Store



7-11(MCS) 0003555425  
(7-11店員請將整份訂購表交回顧客)

# Please write down the school name, student name, class no. & telephone no. on the back of the receipt.  
 Submit :  
 Please return the right hand side order form and cheque / bank receipt / receipt of 7-11 to School  
 Leave Procedure :  
 For any enquiries, please contact Vitaland Truck Shop Supervisor at 2577 0088

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

Fill it up : ○ → ●

Please use ball pen to fill up your choice

Date	A	B	C	D	NIL
3/9 Mon	(A)	(B)	(C)	(D)	(●)
4/9 Tue	(A)	(B)	(C)	(D)	(N)
5/9 Wed	(A)	(B)	(C)	(D)	(N)
6/9 Thu	(A)	(B)	(C)	(D)	(N)
7/9 Fri	(A)	(B)	(C)	(D)	(N)
10/9 Mon	(A)	(B)	(C)	(D)	(N)
11/9 Tue	(A)	(B)	(C)	(D)	(N)
12/9 Wed	(A)	(B)	(C)	(D)	(N)
13/9 Thu	(A)	(B)	(C)	(D)	(N)
14/9 Fri	(A)	(B)	(C)	(D)	(N)
17/9 Mon	(A)	(B)	(C)	(D)	(N)
18/9 Tue	(A)	(B)	(C)	(D)	(N)
19/9 Wed	(A)	(B)	(C)	(D)	(N)
20/9 Thu	(A)	(B)	(C)	(D)	(N)
21/9 Fri	(A)	(B)	(C)	(D)	(N)
24/9 Mon	(A)	(B)	(C)	(D)	(N)
25/9 Tue	(A)	(B)	(C)	(D)	(●)
26/9 Wed	(A)	(B)	(C)	(D)	(N)
27/9 Thu	(A)	(B)	(C)	(D)	(N)
28/9 Fri	(A)	(B)	(C)	(D)	(N)



(September 2018)

School : BUDDHIST WONG FUNG LING COLLEGE

Name : \_\_\_\_\_

Class : \_\_\_\_\_

No. : \_\_\_\_\_

學號 : 1 → 011  
 ● 1 ● 2 ● 3  
 ○ 1 ○ 2 ○ 3

For Ordering Lunch Box : (HK\$22.00 X 18 days) = HK\$396.00

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 Cheque  
 Payable to "VITALAND SERVICES LTD"  
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 ~A/C Name : VITALAND SERVICES LTD  
 Payment via 7-11 Convenience Store

Remark :  
 1. The above menu has been approved by Tetra Nutrition Consultation Center Co., Ltd.  
 2. Attention : Fish products will have small bones.  
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 4. Attention : Fish products will have small bones.  
 5. All sauces such as cream sauce, cheese sauce, curry sauce, pomogreese sauce, asay sauce, carbonara sauce, trio sauce, napoleon sauce, etc. make from low fat milk or cheese & without any butter, hard cream, palm oil, coconut oil, nastlemak etc.  
 6. All carbohydrate items contain little or no trans fat (contain trans fat & cholesterol)  
 7. Factory is also help the food consisting cristaean products, egg products, fish products, peanuts, soybeans & their products, dried bean curd, mushroom, corn, etc. products. **Pay attention before you choose their products!**  
 8. **Crustacean & their products** : shellfish, prawns, crabs, etc. **Crustacean & their products** : shellfish, prawns, crabs, etc.  
 9. **Eggs & their products** : eggs & their products. **Eggs & their products** : eggs & their products.  
 10. **Fresh mushroom** : fresh mushroom.  
 11. **Fresh vegetables** : fresh vegetables.  
 12. **Fresh meat** : fresh meat.  
 13. **Fresh seafood** : fresh seafood.  
 14. **Fresh fruit** : fresh fruit.  
 15. **Fresh nuts** : fresh nuts.  
 16. **Fresh grains** : fresh grains.  
 17. **Fresh legumes** : fresh legumes.  
 18. **Fresh oils** : fresh oils.  
 19. **Fresh herbs** : fresh herbs.  
 20. **Fresh spices** : fresh spices.  
 21. **Fresh seasonings** : fresh seasonings.  
 22. **Fresh condiments** : fresh condiments.  
 23. **Fresh dressings** : fresh dressings.  
 24. **Fresh marinades** : fresh marinades.  
 25. **Fresh sauces** : fresh sauces.  
 26. **Fresh pastes** : fresh pastes.  
 27. **Fresh powders** : fresh powders.  
 28. **Fresh granules** : fresh granules.  
 29. **Fresh flakes** : fresh flakes.  
 30. **Fresh crumbs** : fresh crumbs.  
 31. **Fresh bits** : fresh bits.  
 32. **Fresh pieces** : fresh pieces.  
 33. **Fresh chunks** : fresh chunks.  
 34. **Fresh cubes** : fresh cubes.  
 35. **Fresh strips** : fresh strips.  
 36. **Fresh shreds** : fresh shreds.  
 37. **Fresh dices** : fresh dices.  
 38. **Fresh minces** : fresh minces.  
 39. **Fresh purées** : fresh purées.  
 40. **Fresh soups** : fresh soups.  
 41. **Fresh stews** : fresh stews.  
 42. **Fresh casseroles** : fresh casseroles.  
 43. **Fresh braises** : fresh braises.  
 44. **Fresh roasts** : fresh roasts.  
 45. **Fresh bakes** : fresh bakes.  
 46. **Fresh fries** : fresh fries.  
 47. **Fresh crisps** : fresh crisps.  
 48. **Fresh chips** : fresh chips.  
 49. **Fresh nuggets** : fresh nuggets.  
 50. **Fresh patties** : fresh patties.  
 51. **Fresh cutlets** : fresh cutlets.  
 52. **Fresh steaks** : fresh steaks.  
 53. **Fresh chops** : fresh chops.  
 54. **Fresh roasts** : fresh roasts.  
 55. **Fresh kebabs** : fresh kebabs.  
 56. **Fresh skewers** : fresh skewers.  
 57. **Fresh kebabs** : fresh kebabs.  
 58. **Fresh skewers** : fresh skewers.  
 59. **Fresh kebabs** : fresh kebabs.  
 60. **Fresh skewers** : fresh skewers.