



樂施會
OXFAM
Hong Kong

無窮世界
World
Without
Poverty

參賽編號：HK2526-
(由本會填寫)

I. 設計要求 Design requirements

- 為服務對象設計一款午膳套餐 (可包含主食、主菜、配菜、湯品、飲料等組合)

Design a lunch set for service target (which may include a combination of staple foods, main dishes, side dishes, soups, beverages, etc.).

- 內容需包括套餐名稱、食材配搭、營養價值、烹調步驟及手法，及適合服務對象的原因

The content should include the name of the lunch set, ingredient combinations, nutritional value, cooking steps and methods, and the reasons why it is suitable for the service target.

必要條件 Requirement	自選條件 (一個或以上) Self-selected requirement (one or above)
■ 符合服務對象所需 Address the needs of service target ■ 食材選擇得宜 Appropriate ingredient selection ■ 營養均衡 Achieve nutritional balance ■ 至少使用 3 種以上食材，菜式風格不限 Include at least 3 ingredients; dish style is unlimited ■ 只可使用明火或微波爐烹調 Use only flame cooking and microwave	■ 低食材成本 (以 \$30 為上限，調味料無需計算在內) Lower ingredient cost (up to \$30, excluding seasonings) ■ 善用剩菜 / 剩食 (仍具食用價值，但未被使用或棄置的食物) Make good use of food that is still-edible but has not been used or discarded ■ 應用綠色飲食 (如使用本地或鄰近地區食材、有機食材、素食等) Apply Green diet (such as using local or nearby ingredients, organic ingredients, vegetarian food, etc.)

II. 設計理念 Concept of Design

1. 服務對象 Service target

- ☐ A. 長者英婆婆 (戴假牙，患「三高」 (高血壓、高血糖、高血脂))

A. Grandma Ying, wearing dentures and suffering from 'three highs' (high blood pressure, high blood glucose and high blood lipid).

- ☐ B. 清潔工明哥 (外判清潔工友，需要負責街道上的清潔和清理垃圾桶)

B. Uncle Ming, working as an outsourced cleaning worker and is responsible for cleaning the streets and rubbish bins.



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2. ☀ 午膳套餐內容 Lunch set menu

套餐名稱 Name of lunch set menu : _____

菜式 Dish ()

菜式名稱 Name of dish	_____ ☐ 主食 Staple foods ☐ 主菜 Main dish ☐ 配菜 Side dish ☐ 湯品 Soup ☐ 飲料 Beverage ☐ 其他 Other : _____
使用食材 Ingredients used	
營養價值 Nutritional value	
烹調步驟及手法 Cooking methods	

菜式 Dish ()

菜式名稱 Name of dish	_____ ☐ 主食 Staple foods ☐ 主菜 Main dish ☐ 配菜 Side dish ☐ 湯品 Soup ☐ 飲料 Beverage ☐ 其他 Other : _____
使用食材 Ingredients used	
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使用食材 Ingredients used	
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使用食材 Ingredients used	
營養價值 Nutritional value	
烹調步驟及手法 Cooking methods	

*如有需要請自行複印此頁

*Please photocopy this page if necessary

3. 自選條件（一項或以上） Self-selected requirement (one or above)

- ☐ 低食材成本（以\$30為上限，調味料無需計算在內） Lower ingredient costs (up to \$30, excluding seasonings)
- ☐ 善用剩菜／剩食（仍具食用價值，但未被使用或棄置的食物） Make good use of food that is still-edible but has not been used or discarded
- ☐ 綠色飲食（如使用本地或鄰近地區食材、有機食材、素食等） Apply Green diet (such as using local or nearby ingredients, organic ingredients, vegetarian food, etc.)

設計符合以上自選條件的原因 The reasons why the menu meet the above requirements

4. 設計適合服務對象的原因 The reasons why the menu is suitable for the service target

III. 其他輔助及補充資料（如有） Other supporting and supplementary information (If any)