



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.

<u>必要</u> 條件 Requirement	<u>自選</u> 條件 (一個或以上) Self-selected requirement (one or above)
<ul style="list-style-type: none"> ■ 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 	<ul style="list-style-type: none"> ■ 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. 拾荒者薇姨 (50歲，於社區收拾廢棄紙皮，變賣賺取收入)

B. **Auntie May**, aged 50, collects discarded cardboard in the community and sells it for income.



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	_____ <input type="checkbox"/> 主食 Staple foods <input type="checkbox"/> 主菜 Main dish <input type="checkbox"/> 配菜 Side dish <input type="checkbox"/> 湯品 Soup <input type="checkbox"/> 飲料 Beverage <input type="checkbox"/> 其他 Other : _____
使用食材 Ingredients used	
營養價值 Nutritional value	
烹調步驟及手法 Cooking methods	

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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**



樂施會
OXFAM
Hong Kong

無窮世界
World
Without
Poverty

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

A large empty rectangular box intended for providing supporting and supplementary information.