



小一學生適用

聖公會馬鞍山主風小學 2018年2月份午膳訂購表格

小一至小二的卡路里約 533 至 633
小三至小六的卡路里約 633 至 800
中學生及老師的卡路里約 750 至 900

需要收據

****餐單必須全月訂購****

日期	星期	餐款	是週甜品	A
1	四	不用在校午膳		
2	五	馬蹄糕配鮮茄汁烤豬柳飯	飲品	■
5	一	香濃蘑菇汁雞皇配香菇飯(合掌瓜)		■
6	二	粟米肉片配紅米飯(南瓜)		■
7	三	素Pizza摺包配西式雞絲意粉(粟米)		■
8	四	香草雞翼 + 芝士腸飯	生果	■
9	五	野菌烤魚柳配粟米飯(木瓜)		■
12	一	新年假期		
13	二			
14	三			
15	四			
16	五			
19	一			
20	二			
21	三			
22	四			
23	五			
26	一	中式蜜汁肉片配白飯(椰菜)		■
27	二	香煎雞皇配糙米飯(木瓜)		■
28	三	蜜汁肉片配燕麥飯(南瓜)		■

請連同7-11、OK或華潤萬家Vango繳費收據及此餐單於 25/1 前交回班主任，逾期恕不接
受。

如欲索取餐單或因缺席取消訂飯必須於當日上午8:30-10:00前致電 2637-3215登記，繳費資
料附設於餐單背頁。

成份及其圖示：
🍌：芝麻 🍄：香菇 🍌：牛油果 🍌：牛油果 🍌：牛油果
🍌：芝麻 🍄：香菇 🍌：牛油果 🍌：牛油果 🍌：牛油果

🍌：此款食物含花生，若對花生有敏感人士請勿選購此款

🍌：此款食物含蠶豆，若有蠶豆一六一一類過敏反應者請勿選購此款

🍌：繳費資料附設於餐單背頁，請依據「本月應繳費用」繳費。



小二學生適用

聖公會馬鞍山主風小學
2018年2月份午膳訂購表格

小一至小二的卡路里約 533 至 633
小三至小六的卡路里約 633 至 800
中學生及老師的卡路里約 750 至 900

需要收據

請將所選擇的餐款在右面的空格填滿，例：■。在每天的三款餐款中，選擇一款。如填寫不清楚一律當作A處理。

****餐單必須全月訂購****

日期	星期	A	B	C	是甜品	A	B	C			
1	四	不用在校午膳				1					
2	五	昆布上湯肉片配紅米飯(紹菜)	蒜香蜜汁牛肉配粟米飯(木瓜)	馬蹄糕配鮮茄汁烤豬柳飯	飲品	2	<input type="checkbox"/>	<input type="checkbox"/>			
5	一	木耳粉絲枝竹配粟米亞麻籽飯(紹菜)	香濃蘑菇汁雞皇配香菇飯(合掌瓜)	糯米雞(豬及雞)		5	<input type="checkbox"/>	<input type="checkbox"/>			
6	二	翠肉瓜雲耳雞絲配有營飯(翠肉瓜)	粟米肉片配紅米飯(南瓜)	西班牙洋蔥雞皇配白飯(木瓜)		6	<input type="checkbox"/>	<input type="checkbox"/>			
7	三	蜆肉上湯雞皇配燕麥飯(蘿蔔)	中式香草肉片配紫紅米飯(紹菜)	素Pizza摺包配西式雞絲意粉(粟米)		7	<input type="checkbox"/>	<input type="checkbox"/>			
8	四	銀湖雞絲配香菇飯(紹菜)	夏威夷肉片配糙米飯(南瓜)	香草雞翼+芝士腸飯	生果	8	<input type="checkbox"/>	<input type="checkbox"/>			
9	五	五香湯雞配有營飯(蘿蔔)	野菌烤鱼柳配粟米飯(木瓜)	原盅冬菇馬蹄蒸肉餅飯		9	<input type="checkbox"/>	<input type="checkbox"/>			
12	一	新年假期				12					
13	二							13			
14	三							14			
15	四							15			
16	五							16			
19	一							19			
20	二							20			
21	三							21			
22	四							22			
23	五							23			
26	一				西茄薯仔雞心豆配紅米飯(南瓜)	牛肝菌汁牛肉配燕麥飯(合掌瓜)	中式蜜汁肉片配白飯(椰菜)		26	<input type="checkbox"/>	<input type="checkbox"/>
27	二				香茄雞皇配糙米飯(木瓜)	焗燒肉片配金粟飯(紹菜)	和風洋蔥牛肉配白飯(蘿蔔)		27	<input type="checkbox"/>	<input type="checkbox"/>
28	三	蜜汁肉片配燕麥飯(南瓜)	香芋鱈魚雞粒肉餅配有營飯(紹菜)	滑雞+海南味飯配迷你時蔬		28	<input type="checkbox"/>	<input type="checkbox"/>			

請連同4.11、OK或華潤萬家Vango繳費收據及此餐單於 25/1 前交回班主任，逾期恕不接

受。
如欲索取餐單或因缺席取消訂飯必須於當日上午8:30-10:00前致電 2637-3215登記，繳費資料附設於餐單背頁。

成份及其製品指示
🍌: 芝麻 🍌: 薄荷 🍌: 蒜茸 🍌: 蒜末 🍌: 蒜油
🍌: 中粒幼動物 🍌: 蛋類 🍌: 奶類 🍌: 木本堅果

🍌: 此款式食物含花生，若對花生有敏感人士請勿選擇此款

🍌: 此款食物含蛋豆，若有過敏請一六一一聯繫醫院醫務部或至 (GARDEN) 人士請勿選擇此款

🍌: 繳費資料附設於餐單背頁，請依據「本月應繳費用」繳費



小三至小四學生適用

聖公會馬鞍山主風小學
2018年2月份午膳訂購表格

小一至小二的手錶里約 533 至 633
小三至小六的手錶里約 633 至 800
中學生及老師的手錶里約 750 至 900

需要收據

請將所選擇的餐款在右面的空格填滿，例：■，在每天的四款餐款中，選擇一款，如填寫不清楚一律當作A處理。

****餐單必須全月訂購****

日期	星期	A款	B款	C款	D款	是甜品	A	B	C	D				
1	四	不用在校午餐												
2	五	昂布上湯肉片配紅米飯(紹菜)	蒜香蜜汁牛肉配粟米飯(木瓜)	馬蹄糕配鮮茄汁烤豬柳飯	香焗香菇雞茸包配香茹雞肉碎通心米粉(椰菜)	飲品	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
5	一	木耳粉絲枝竹配粟米亞麻籽飯(紹菜)	香濃蘑菇汁雞皇配香菇飯(合掌瓜)	糯米雞(豬及雞)	西式肉醬(牛)配通心米粉(椰菜)		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
6	二	翠肉瓜雲耳雞絲配有營飯(翠肉瓜)	粟米肉片配紅米飯(南瓜)	西班牙洋蔥雞皇配白飯(木瓜)	濃茄醬肉碎(牛及豬)墨西哥卷配三式芝士肉粒麥皮麵(粟米)		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
7	三	靚肉上湯雞皇配燕麥飯(蘿蔔)	中式香草肉片配紫紅米飯(紹菜)	素Pizzad摺包配西式雞絲意粉(粟米)	蒸水蛋配烤蒜香薯仔肉餅飯(椰菜)		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
8	四	銀湖雞絲配香菇飯(紹菜)	夏威夷肉片配糙米飯(南瓜)	香草雞翼 + 芝士腸飯	叉燒包配雪菜肉絲 + 肉丸米線	生果	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
9	五	五香滑雞配有營飯(蘿蔔)	野菌烤魚柳配粟米飯(木瓜)	原盅冬菇馬蹄蒸肉餅飯	西班牙焗烤牛肉粒炊飯配迷你時蔬		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
12	一	新年假期												
13	二													
14	三													
15	四													
16	五													
19	一													
20	二													
21	三													
22	四													
23	五													
26	一					西茄薯仔雞心豆配紅米飯(南瓜)	牛肝菌汁牛肉配燕麥飯(合掌瓜)	中式蜜汁肉片配白飯(椰菜)	芝士牛角包配茄汁雞翼通心米粉		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
27	二					香茹雞皇配糙米飯(木瓜)	焗燒肉片配金粟飯(紹菜)	和風洋蔥牛肉配白飯(蘿蔔)	野菌香草雞球配烏冬(椰菜)		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
28	三	蜜汁肉片配燕麥飯(南瓜)	香芋鱈魚雞粒肉餅配有營飯(紹菜)	滑雞 + 海南味飯配迷你時蔬	意式碎肉摺包(合豬及牛)配三重芝士味牛肉意粉(粟米)		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				

請逕向7-11、OK或華潤康家Vango繳費收據及此餐單於25/1前交回班主任，逾期恕不接

受。
如欲索取餐單或因缺席取消訂飯必須於當日上午8:30-10:00前致電 2637-3215登記，繳費資料附設於餐單背頁。

成份及其製品標示：

 ❗：如欲查詢食花生、蛋類、甲殼類動物、牛奶、大豆、小麥、椰菜、花生、芥末、燕麥、椰菜、非油炸、木本堅果
 ❗：此款式食物含蛋豆，若有過敏一六一一級應即致電學校秘書室(6670)Dafocoy)人士查詢詳情
 ❗：繳費資料附設於餐單背頁，請依填：「本月應繳費用」繳費。



小五至小六學生適用

聖公會馬鞍山主風小學
2018年2月份午膳訂購表格

小一至小二的卡路里約 533 至 633
小三至小六的卡路里約 633 至 800
中學生及老師的卡路里約 750 至 900

需要收據

****餐單必須 全月
訂購****

日期	星期	餐款	是日配菜	飯麵類	是煙甜品	A				
1	四	不用在校午膳								
2	五	鮮茄汁魚柳	昆布上湯肉片	紹菜	紅米飯	飲品				
5	一	香濃蘑菇汁雞皇	中式蜜汁豬柳	粟米	白飯					
6	二	雲耳雞絲	粟米汁肉片	椰菜	糙米飯					
7	三	蜆肉上湯雞皇	肉醬(牛)	菜心	燕麥米飯					
8	四	叉燒包配雪菜肉絲 + 肉丸米線					生果			
9	五	蒸馬蹄肉餅	野菌雞皇	油蔴菜	紅米飯					
12	一	新年假期					12			
13	二									13
14	三									14
15	四									15
16	五									16
19	一					19				
20	二					20				
21	三					21				
22	四					22				
23	五					23				
26	一	意式肉片	芝士汁雞皇	粟米	紅米飯					
27	二	和風洋蔥牛肉	碳燒肉片	紹菜	燕麥米飯					
28	三	意式碎肉摺包(含豬及牛)配三重芝味牛肉意粉(粟米)					椰菜			

請連同7-11、OK或華潤萬家Vango繳費收據及此餐單於 25/1 前交回班主任，
如欲索取餐單或因缺席取消訂飯必須於當日上午8:30-10:00前致電 2637-3215登
繳費資料附設於餐單背頁。

成始及其製品：芝麻、花生、甲殼類動物、蛋類、木本堅果

 此款式食物含花生，若有花生過敏人士請勿選購此款
 此款式食物含蠶豆，若有蠶豆過敏人士請勿選購此款
 繳費資料附設於餐單背頁，請依據「本月應繳費用」繳費



SKH MA ON SHAN HOLY SPIRIT PRIMARY SCHOOL

Menu Form of February 2018

P.1 TO P.2 Calorie : 533 - 633
 P.3 TO P.6 Calorie : 633 - 800
 Teacher Calorie : 750 - 900

Receipt

Select the choice from Menu A to D and please fill in the blank for you choice. For example :

Day	Week	A	B	C	D	Weekly Dessert	A	B	C	D				
1	Thu	Not staying School for lunch					1							
2	Fri	Pork Slices in Seaweed Broth w/ Brown Rice (Tienstin Cabbage)	Beef in Honey Garlic Sauce w/ Corn Rice (Papaya)	Pork Fillet in Tomato Sauce w/ Rice + Mini Steamed Water Chestnut Crystal Cake	Mixed Chicken & Shitake Bun + Rice Macaroni w/ Minced Chicken in Tomato Sauce (Cabbage)	Drink	2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
5	Mon	Bean Curd Stick, Black Fungus & Fine Vermicelli w/ Corn & Flaxseed Rice (Cabbage)	Chicken in Mushroom Brown Sauce w/ Mushroom Rice (Chayote)	Stuffed Glutinous Rice in Lotus Leaf (Pork & Chicken)	Rice Macaroni w/ Bolognese (Beef/Cabbage)	5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
6	Tue	Shredded Chicken & Black Fungus w/ Colourful Rice (Zucchini)	Pork Slices in Corn Sauce w/ Brown Rice (Pumpkin)	Chicken & Onion in Spanish Sauce w/ Rice (Papaya)	Tomato Minced Meat Tortille (Beef & Pork) + Oat Noodle w/ Diced Pork in Three Typ Cheese Sauce (Corn)	6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
7	Wed	Chicken in Clam Broth w/ Oat Rice (White Turnip)	Pork Slices in Chinese Herb Sauce w/ Purple Brown Rice (Tienstin Cabbage)	Veg Folded Pizza + Spaghetti w/ Shredded Chicken in Italian Sauce (Corn)	Grilled Garlic Flavored Pork & Potato Patty w/ Rice + Steamed Egg (Cabbage)	7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
8	Thu	Shredded Chicken in Egg White Sauce w/ Mushroom Rice (Tienstin Cabbage)	Pork Slices in Hawaii Sauce w/ Brown Rice (Pumpkin)	Chicken Wings & Cheese Sausage in Herb Sauce w/ Rice	Steamed Char Siu Bun + Rice Noodle w/ Preserved Meat & Veg & Pork Meatball	8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
9	Fri	Spicy Chicken w/ Colourful Rice (White Turnip)	Fish Fillet in Mushroom Herb Sauce w/ Corn Rice (Papaya)	Steamed Rice w/ Shitake Mushroom, Water Chestnut & Pork Patty	Tomato Flavored Rice w/ Diced Beef + Mini Veg.	9	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
12	Mon	Chinese New Year Holiday					12							
13	Tue									13				
14	Wed									14				
15	Thu									15				
16	Fri									16				
19	Mon									19				
20	Tue									20				
21	Wed									21				
22	Thu									22				
23	Fri									23				
26	Mon	Chickpea & Potato in Tomato Sauce w/ Brown Rice (Pumpkin)	Beef in Porcini Sauce w/ Oat Rice (Chayote)	Pork Slices in Chinese Honey Sauce w/ Rice (Cabbage)	Cheese Croissant + Rice Macaroni w/ Chicken Wings in Tomato Sauce	26	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
27	Tue	Chicken in Tomato Sauce w/ Brown Rice (Papaya)	Grilled Pork Slices w/ Yam & Corn Rice (Tienstin Cabbage)	Beef & Onion in Teriyaki Sauce w/ Rice (White Turnip)	Udon w/ Chicken in Mushroom Herb Sauce (Cabbage)	27	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
28	Wed	Pork Slices in Honey Sauce w/ Oat Rice (Pumpkin)	Grilled Chicken, Taro & Octopus Patty w/ Colourful Rice (Tienstin Cabbage)	Chicken w/ Hainanese Rice + Mini Veg	Italian Minced Meat Folded Sandwiches (Pork & Beef) + Spaghetti w/ Diced Beef + Three Typed Cheese Sauce (Corn)	28	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				

Please return this menu form and receipt on or before 25th January, 2018 (THU).

Price : \$ 18.50 per day (Total: 9 days) Total : \$ 166.5

- Notice : (1) This month's absent refund will be deducted in the menu fee every other month.
 (2) Cancel order arrangement : if the students or teachers want to cancel the order, please contact us between 8:30am - 9:30am on that day or before.

Ingredients symbol: Quaker Oat White Rice Meat Contains High Fat Food Source Contains High Calcium Food Source High Fat Contains High Protein Contains High Calcium Contains High Iron Contains High Vitamin Contains High Fiber Contains High Omega-3 Contains High Omega-6 Contains High Omega-9 Contains High Omega-12 Contains High Omega-15 Contains High Omega-18 Contains High Omega-21 Contains High Omega-24 Contains High Omega-27 Contains High Omega-30 Contains High Omega-33 Contains High Omega-36 Contains High Omega-39 Contains High Omega-42 Contains High Omega-45 Contains High Omega-48 Contains High Omega-51 Contains High Omega-54 Contains High Omega-57 Contains High Omega-60 Contains High Omega-63 Contains High Omega-66 Contains High Omega-69 Contains High Omega-72 Contains High Omega-75 Contains High Omega-78 Contains High Omega-81 Contains High Omega-84 Contains High Omega-87 Contains High Omega-90 Contains High Omega-93 Contains High Omega-96 Contains High Omega-99 Contains High Omega-102 Contains High Omega-105 Contains High Omega-108 Contains High Omega-111 Contains High Omega-114 Contains High Omega-117 Contains High Omega-120 Contains High Omega-123 Contains High Omega-126 Contains High Omega-129 Contains High Omega-132 Contains High Omega-135 Contains High Omega-138 Contains High Omega-141 Contains High Omega-144 Contains High Omega-147 Contains High Omega-150 Contains High Omega-153 Contains High Omega-156 Contains High Omega-159 Contains High Omega-162 Contains High Omega-165 Contains High Omega-168 Contains High Omega-171 Contains High Omega-174 Contains High Omega-177 Contains High Omega-180 Contains High Omega-183 Contains High Omega-186 Contains High Omega-189 Contains High Omega-192 Contains High Omega-195 Contains High Omega-198 Contains High Omega-201 Contains High Omega-204 Contains High Omega-207 Contains High Omega-210 Contains High Omega-213 Contains High Omega-216 Contains High Omega-219 Contains High Omega-222 Contains High Omega-225 Contains High Omega-228 Contains High Omega-231 Contains High Omega-234 Contains High Omega-237 Contains High Omega-240 Contains High Omega-243 Contains High Omega-246 Contains High Omega-249 Contains High Omega-252 Contains High Omega-255 Contains High Omega-258 Contains High Omega-261 Contains High Omega-264 Contains High Omega-267 Contains High Omega-270 Contains High Omega-273 Contains High Omega-276 Contains High Omega-279 Contains High Omega-282 Contains High Omega-285 Contains High Omega-288 Contains High Omega-291 Contains High Omega-294 Contains High Omega-297 Contains High Omega-300 Contains High Omega-303 Contains High Omega-306 Contains High Omega-309 Contains High Omega-312 Contains High Omega-315 Contains High Omega-318 Contains High Omega-321 Contains High Omega-324 Contains High Omega-327 Contains High Omega-330 Contains High Omega-333 Contains High Omega-336 Contains High Omega-339 Contains High Omega-342 Contains High Omega-345 Contains High Omega-348 Contains High Omega-351 Contains High Omega-354 Contains High Omega-357 Contains High Omega-360 Contains High Omega-363 Contains High Omega-366 Contains High Omega-369 Contains High Omega-372 Contains High Omega-375 Contains High Omega-378 Contains High Omega-381 Contains High Omega-384 Contains High Omega-387 Contains High Omega-390 Contains High Omega-393 Contains High Omega-396 Contains High Omega-399 Contains High Omega-402 Contains High Omega-405 Contains High Omega-408 Contains High Omega-411 Contains High Omega-414 Contains High Omega-417 Contains High Omega-420 Contains High Omega-423 Contains High Omega-426 Contains High Omega-429 Contains High Omega-432 Contains High Omega-435 Contains High Omega-438 Contains High Omega-441 Contains High Omega-444 Contains High Omega-447 Contains High Omega-450 Contains High Omega-453 Contains High Omega-456 Contains High Omega-459 Contains High Omega-462 Contains High Omega-465 Contains High Omega-468 Contains High Omega-471 Contains High Omega-474 Contains High Omega-477 Contains High Omega-480 Contains High Omega-483 Contains High Omega-486 Contains High Omega-489 Contains High Omega-492 Contains High Omega-495 Contains High Omega-498 Contains High Omega-501 Contains High Omega-504 Contains High Omega-507 Contains High Omega-510 Contains High Omega-513 Contains High Omega-516 Contains High Omega-519 Contains High Omega-522 Contains High Omega-525 Contains High Omega-528 Contains High Omega-531 Contains High Omega-534 Contains High Omega-537 Contains High Omega-540 Contains High Omega-543 Contains High Omega-546 Contains High Omega-549 Contains High Omega-552 Contains High Omega-555 Contains High Omega-558 Contains High Omega-561 Contains High Omega-564 Contains High Omega-567 Contains High Omega-570 Contains High Omega-573 Contains High Omega-576 Contains High Omega-579 Contains High Omega-582 Contains High Omega-585 Contains High Omega-588 Contains High Omega-591 Contains High Omega-594 Contains High Omega-597 Contains High Omega-600 Contains High Omega-603 Contains High Omega-606 Contains High Omega-609 Contains High Omega-612 Contains High Omega-615 Contains High Omega-618 Contains High Omega-621 Contains High Omega-624 Contains High Omega-627 Contains High Omega-630 Contains High Omega-633 Contains High Omega-636 Contains High Omega-639 Contains High Omega-642 Contains High Omega-645 Contains High Omega-648 Contains High Omega-651 Contains High Omega-654 Contains High Omega-657 Contains High Omega-660 Contains High Omega-663 Contains High Omega-666 Contains High Omega-669 Contains High Omega-672 Contains High Omega-675 Contains High Omega-678 Contains High Omega-681 Contains High Omega-684 Contains High Omega-687 Contains High Omega-690 Contains High Omega-693 Contains High Omega-696 Contains High Omega-699 Contains High Omega-702 Contains High Omega-705 Contains High Omega-708 Contains High Omega-711 Contains High Omega-714 Contains High Omega-717 Contains High Omega-720 Contains High Omega-723 Contains High Omega-726 Contains High Omega-729 Contains High Omega-732 Contains High Omega-735 Contains High Omega-738 Contains High Omega-741 Contains High Omega-744 Contains High Omega-747 Contains High Omega-750 Contains High Omega-753 Contains High Omega-756 Contains High Omega-759 Contains High Omega-762 Contains High Omega-765 Contains High Omega-768 Contains High Omega-771 Contains High Omega-774 Contains High Omega-777 Contains High Omega-780 Contains High Omega-783 Contains High Omega-786 Contains High Omega-789 Contains High Omega-792 Contains High Omega-795 Contains High Omega-798 Contains High Omega-801 Contains High Omega-804 Contains High Omega-807 Contains High Omega-810 Contains High Omega-813 Contains High Omega-816 Contains High Omega-819 Contains High Omega-822 Contains High Omega-825 Contains High Omega-828 Contains High Omega-831 Contains High Omega-834 Contains High Omega-837 Contains High Omega-840 Contains High Omega-843 Contains High Omega-846 Contains High Omega-849 Contains High Omega-852 Contains High Omega-855 Contains High Omega-858 Contains High Omega-861 Contains High Omega-864 Contains High Omega-867 Contains High Omega-870 Contains High Omega-873 Contains High Omega-876 Contains High Omega-879 Contains High Omega-882 Contains High Omega-885 Contains High Omega-888 Contains High Omega-891 Contains High Omega-894 Contains High Omega-897 Contains High Omega-900 Contains High Omega-903 Contains High Omega-906 Contains High Omega-909 Contains High Omega-912 Contains High Omega-915 Contains High Omega-918 Contains High Omega-921 Contains High Omega-924 Contains High Omega-927 Contains High Omega-930 Contains High Omega-933 Contains High Omega-936 Contains High Omega-939 Contains High Omega-942 Contains High Omega-945 Contains High Omega-948 Contains High Omega-951 Contains High Omega-954 Contains High Omega-957 Contains High Omega-960 Contains High Omega-963 Contains High Omega-966 Contains High Omega-969 Contains High Omega-972 Contains High Omega-975 Contains High Omega-978 Contains High Omega-981 Contains High Omega-984 Contains High Omega-987 Contains High Omega-990 Contains High Omega-993 Contains High Omega-996 Contains High Omega-999