What is claimed is:

~~1. A tableware which is a tray having a recess at the center lower section of the tray, characterized in that a hollow cup holder and a plurality of hollow food container holders are provided around the recess, and a fork/spoon and a cutter are mounted at the top edge of the tray and are secured by pairs of brackets, thereby cup and food containers are removably snugged respectively into the cup holder and the container holders.~~

~~2. The tableware as set forth in Claim 1, wherein the four corners of the tray are each provided with a securing hole.~~

~~3. The tableware as set forth in Claim 1, wherein central recess of the tray with a depth sufficient to hold a plate containing rice or the like.~~

~~4. The tableware as set forth in Claim 1, wherein the fork and the cutter or the like are secured to the tray by the brackets.~~

~~5~~1. A hanging support means for use together with ~~the~~ tableware ~~as set forth in Claim 1~~being a tray having a hollow cup holder and a plurality of hollow food container holders, characterized in that an adjustable telescopic pole mounted perpendicularly with a plurality of H shaped configuration horizontal tray support, and the ends of the tray supports are raised so as to engage with ~~the~~ securing hole~~s~~ provided at the corners of the tray.

~~6~~2. The hanging support means as set forth in Claim ~~3~~1, wherein the distance between the edge of the tray support is the distance between the securing holes along the X-axis so as to allow the engagement of the tray onto the support means.

~~7~~3. The hanging support means as set forth in Claim ~~3~~1, wherein the other end of the telescopic pole is mounted either onto a ceiling or on the floor.

~~8~~4. The hanging support means as set forth in Claim ~~4~~1, wherein the height of the horizontal tray support is adjusted to a position at which the user can comfortably eat at a standing position, avoiding the use of a sitting mean for the user.

~~9~~5. The hanging support means as set forth in Claim ~~3~~1, wherein the tray support is made from material which is strong enough to hold the tray with food.

~~10~~6. The hanging support means as set forth in Claim ~~9~~1, wherein the tray support is made from stainless steel or iron.