

K1-P2 Lunch Menu 菜單

SON 聯國學校

Date 日期		Main Dish 1 主菜1	Main Dish 2 主菜2	Vegetables 時蔬	Staple 主食
3 Mar 2025	Mon 星期一	Satay Beef 沙爹牛柳	Tofu with Minced Meat 肉碎扒豆腐	Chinese Cabbage in Broth 上湯大白菜	Rice 白米飯
4 Mar 2025	Tue 星期二	Chicken with Lemon Sauce 西檸雞球	Teriyaki Fish Nuggets 醬燒龍利魚片	Sweet Corn and Carrot 粟米紅蘿蔔粒	Rice 白米飯
5 Mar 2025	Wed 星期三	Pork Chop Cutlet 吉列肉排	Chicken with Mushrooms in Cream Sauce 雜菌忌廉雞球	Stir-fried Broccoli 清炒西蘭花	Penne 長通粉
6 Mar 2025	Thur 星期四	Macanese Minchi Pork 乾免治豬肉	Cauliflower with Scrambled Eggs 椰菜花炒蛋	Chinese Cabbage 白菜粒	Rice 白米飯
7 Mar 2025	Fri 星期五	Braised Chicken with Bean Curd Stick 腐竹燜雞	Stir fried Beans with Prawns 豆角炒蝦仁	Choi Sum 菜心	Rice 白米飯

10 Mar 2025	Mon 星期一	Potatoes and Minced beef 乾免治牛肉	Sweet Corn and Ham with Tomato Sauce 茄汁粟米火腿粒	Seasonal Vegetables 合時蔬菜	Rice 白米飯
11 Mar 2025	Tue 星期二	Pan Fried Lotus Root Cake 煎蓮藕餅	Coconut Curry Chicken 南洋椰香雞	Seasonal Vegetables 合時蔬菜	Rice 白米飯
12 Mar 2025	Wed 星期三	Chicken Fillet with Barbecue Sauce 燒汁雞扒	Scrambled Eggs with Crab Sticks 蟹肉炒蛋	Seasonal Vegetables 合時蔬菜	Fried Noodles with Soy Sauce 豉油皇炒麵
13 Mar 2025	Thur 星期四	Portuguese Stewed Beef 葡式燜牛柳	Sliced Pork with Pumpkin 南瓜肉片	Seasonal Vegetables 合時蔬菜	Rice 白米飯
14 Mar 2025	Fri 星期五	Fish Fillet in Sweet and Sour Sauce 糖醋魚片	Steamed Pork Patty with Shiitake Mushroom and Water Chestnut 香菇馬蹄蒸肉餅	Seasonal Vegetables 合時蔬菜	Rice 白米飯

17 Mar 2025	Mon 星期一	Satay Chicken Pieces 沙爹雞球	Stir fried King Oyster Mushroom with Pork 杏鮑菇炒肉丁	Seasonal Vegetables 合時蔬菜	Rice 白米飯
18 Mar 2025	Tue 星期二	Curry Fish Ball 咖喱魚蛋	Stir fried Beef with Cucumber 青瓜炒牛柳絲	Seasonal Vegetables 合時蔬菜	Rice 白米飯
19 Mar 2025	Wed 星期三	Ham, Egg and Cheese Sandwich 芝士火腿蛋治	Chicken Sausage 雞肉腸	Cherry Tomatoes 車厘番茄仔	/
20 Mar 2025	Thur 星期四	Holiday 假日			
21 Mar 2025	Fri 星期五	Holiday 假日			

24 Mar 2025	Mon 星期一	Chicken Steak in Swiss Sauce 瑞士雞扒	Scrambled Egg with Barbecued Pork 叉燒炒蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
25 Mar 2025	Tue 星期二	Satay Beef 沙爹牛柳	Chicken slices with Cauliflower 椰菜花雞片	Seasonal Vegetables 合時蔬菜	Rice 白米飯
26 Mar 2025	Wed 星期三	Stir fried Tofu Puff with Fish Cakes 豆卜炒魚滑	Portuguese Curry Chicken 葡式咖喱雞	Seasonal Vegetables 合時蔬菜	Fried Rice Noodles 家鄉炒米粉
27 Mar 2025	Thur 星期四	Crispy Chicken Pieces 鹽酥雞球	Pork with Japanese Eel Sauce 日式鰻魚汁豬肉	Seasonal Vegetables 合時蔬菜	Rice 白米飯
28 Mar 2025	Fri 星期五	Teriyaki Fish Nuggets 醬燒龍利魚片	Sweet Sour Pork 菠蘿咕嚕肉	Seasonal Vegetables 合時蔬菜	Rice 白米飯

31 Mar 2025	Mon 星期一	Portuguese Curry Beef 葡式咖喱牛柳	Scrambled Eggs with Sausage 香腸炒蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
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04-03-2025 (Tue 星期二)	Watercress & Pork Soup 蜜棗西洋菜湯		21-03-2025 (Fri 星期五)	Holiday 假日	Soup 餐湯
07-03-2025 (Fri 星期五)	Papaya with Snow Fungus and Chicken Feet 木瓜雪耳雞腳湯		25-03-2025 (Tue 星期二)	Lotus Root Pork Rib Soup 蓮藕排骨湯	
11-03-2025 (Tue 星期二)	Carrots and Corn Soup 青紅蘿蔔粟米湯		28-03-2025 (Fri 星期五)	Seaweed Winter Melon Soup 海帶冬瓜湯	
14-03-2025 (Fri 星期五)	Pork Bone with Snow Fungus & Figs Soup 雪耳無花果豬骨湯				
18-03-2025 (Tue 星期二)	Italian Vegetable Soup 意大利雜菜湯				

P3-F6 Lunch Menu 菜單

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日期		主菜1	主菜2	時蔬	主食
3 Mar 2025	Mon 星期一	Pork Chop Cutlet 吉列肉排	Chicken and Mushrooms in Cream Sauce 雜菌忌廉雞球	Seasonal Vegetables 合時蔬菜	Penne 長通粉
4 Mar 2025	Tue 星期二	Garlic Chicken Steak 蒜香雞扒	Stir fried Beans with Prawns 豆角炒蝦仁	Seasonal Vegetables 合時蔬菜	Rice 白米飯
5 Mar 2025	Wed 星期三	Sweet & Sour Pork 菠蘿咕嚕肉	Stir fried Beef with Cucumber 青瓜炒牛柳絲	Seasonal Vegetables 合時蔬菜	Rice 白米飯
6 Mar 2025	Thur 星期四	Satay Chicken Ball 沙爹雞球	Fried Pork with Pickled Radish 菜脯炒五花肉	Seasonal Vegetables 合時蔬菜	Fried rice with egg 蛋炒飯
7 Mar 2025	Fri 星期五	Portuguese Style Curry Beef Brisket 葡式咖喱牛腩	Scrambled Eggs with Cauliflower 椰菜花炒蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
10 Mar 2025	Mon 星期一	Chicken with Lemon Sauce 西檸雞球	Stir fried Tofu Puff with Fish Cakes 豆卜炒魚滑	Seasonal Vegetables 合時蔬菜	Rice 白米飯
11 Mar 2025	Tue 星期二	Pork with Japanese Eel Sauce 日式鰻魚汁豬肉	Braised Chicken with Bean Curd Sticks 枝竹燜雞	Seasonal Vegetables 合時蔬菜	Rice 白米飯
12 Mar 2025	Wed 星期三	Ham, Egg and Cheese Sandwich 芝士火腿蛋治	Chicken Sausage 雞肉腸	Cherry Tomatoes 車厘番茄仔	Fried Rice Noodles 家鄉炒米粉
13 Mar 2025	Thur 星期四	Satay Beef 沙爹牛柳	Mapo Tofu 麻婆豆腐	Seasonal Vegetables 合時蔬菜	Rice 白米飯
14 Mar 2025	Fri 星期五	Pork Chop with Onion 洋蔥豬扒	Curry Fish Ball 咖喱魚蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
17 Mar 2025	Mon 星期一	Peking Pork Chops 京都肉排	Chicken Slices with Cauliflower 椰菜花雞片	Seasonal Vegetables 合時蔬菜	Rice 白米飯
18 Mar 2025	Tue 星期二	Crispy Chicken Pieces 鹽酥雞球	Sweet Corn and Ham with Tomato Sauce 茄汁粟米火腿粒	Seasonal Vegetables 合時蔬菜	Fried rice with egg 蛋炒飯
19 Mar 2025	Wed 星期三	Teriyaki Fish Nuggets 醬燒龍利魚片	Scrambled Egg with Barbecued Pork 叉燒炒蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
20 Mar 2025	Thur 星期四	假日			
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24 Mar 2025	Mon 星期一	Stir fried King Oyster Mushroom with Pork 杏鮑菇炒肉丁	Swiss Sauce' Chicken Steak 瑞士雞扒	Seasonal Vegetables 合時蔬菜	Rice 白米飯
25 Mar 2025	Tue 星期二	Portuguese Style Curry Beef Brisket 葡式咖喱牛腩	Scrambled Eggs with Sausage 香腸炒蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
26 Mar 2025	Wed 星期三	Satay Chicken Pieces 沙爹雞球	Stir fried Bean Curd with Pork 豆干肉片	Seasonal Vegetables 合時蔬菜	Fried Noodles with Soy Sauce 豉油皇炒麵
27 Mar 2025	Thur 星期四	Sweet and Sour Sauce Fish 糖醋魚片	Stir fried Beans with Chicken Pieces 豆角炒雞球	Seasonal Vegetables 合時蔬菜	Rice 白米飯
28 Mar 2025	Fri 星期五	Potatoes and minced beef 乾免治牛肉	Baked Beans with Chicken Sausage 茄汁豆雞肉腸	Seasonal Vegetables 合時蔬菜	Fried rice with egg 蛋炒飯
31 Mar 2025	Mon 星期一	Coconut Curry Chicken 南洋椰香雞	Teriyaki Fish Nuggets 醬燒龍利魚片	Seasonal Vegetables 合時蔬菜	Rice 白米飯
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14-03-2025 (Fri 星期五)	Pork Bone With Snow Fungus & Figs Soup 雪耳無花果豬骨湯				
18-03-2025 (Tue 星期二)	Italian Vegetable Soup 意大利雜菜湯				