

K1 -P2 Lunch Menu 幼1 - 小二菜單

School of the Nations 聯合國學校

Date 日期		主菜1 Main Dish 1	主菜 2 Main Dish 2	Seasonal Vegetables 時菜	Staple 主食
1 Apr 2025	Tue 星期二	Macanese Minchi Pork 乾免治豬肉	Stir fried Beans with Prawns 豆角炒蝦仁	Chinese Cabbage 白菜粒	Rice 白米飯
2 Apr 2025	Wed 星期三	Japanese Curry Beef 日本咖喱燜牛柳	Fish Fillet with Lemon Sauce 西檸魚柳	Sweet Corn and Carrot 粟米紅蘿蔔粒	Rice 白米飯
3 Apr 2025	Thur星期四	Chicken with Mushrooms in Cream Sauce 雜菌忌廉雞球	Fried Egg 太陽蛋	Mashed Potato 薯仔蓉	Penne with Butter 牛油長通粉
4 Apr 2025	Fri 星期五	HOLIDAY 假期			
7 Apr 2025	Mon 星期一	Chicken Steak with Herbs 香草雞扒	Bolognese Sauce 鮮茄肉醬	Stir-fried Broccoli 清炒西蘭花	Penne with Tomato Sauce茄汁長通粉
8 Apr 2025	Tue 星期二	Braised Beef 逼牛尾 (要牛柳)	Tofu with Minced Meat 肉碎扒豆腐	Sweet Corn and Carrot 粟米紅蘿蔔粒	Rice 白米飯
9 Apr 2025	Wed 星期三	Fish Fillet in Sweet and Sour Sauce 糖醋魚柳	Stir-fried Cauliflower with Pork Slices 椰菜花肉片	Chinese Cabbage 白菜粒	Rice 白米飯
10 Apr 2025	Thur星期四	/	Curry Fish Ball 咖喱魚蛋	Seasonal Vegetables 合時蔬菜	Fried Noodles with Shredded Pork 肉絲炒麵
11 Apr 2025	Fri 星期五	Braised Chicken with Potatoes 薯仔燜雞球	Scrambled Eggs with Tomatoes 鮮茄滑蛋	Choi Sum 菜心	Rice 白米飯
14 Apr 2025	Mon 星期一	Japanese Curry Beef 日本咖喱燜牛柳	Sliced Pork with Pumpkin 南瓜肉片	Seasonal Vegetables 合時蔬菜	Rice 白米飯
15 Apr 2025	Tue 星期二	/	Honey Sausage Pineapple Bites 菠蘿雞肉腸	Seasonal Vegetables 合時蔬菜	Stir Fry Beef Rice Noodle 乾炒牛河
16 Apr 2025	Wed 星期三	Steamed Pork Patty with Shiitake Mushroom and Water Chestnut 香菇馬蹄蒸肉餅	Scrambled Eggs with Shrimp 蝦仁炒蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
17 Apr 2025	Thur星期四	Chicken Steak in Swiss Sauce 瑞士雞扒	Steam Lotus Root Cake 蓮藕餅	Seasonal Vegetables 合時蔬菜	Rice 白米飯
18 Apr 2025	Fri 星期五	Braised Fish Fillet with Bean Curd 枝竹燜魚柳	Sweet & Sour Pork 菠蘿咕嚕肉	Seasonal Vegetables 合時蔬菜	Fried rice with Egg 蛋炒飯
21 Apr 2025	Mon 星期一	Steam Pork Patty with Preserved Vegetables 梅菜蒸肉餅	Satay Chicken Ball 沙爹雞球	Seasonal Vegetables 合時蔬菜	Rice 白米飯
22 Apr 2025	Tue 星期二	Ground Beef burger 牛肉碎漢堡	French Fries 炸薯條	Cherry Tomatoes and Broccoli 西蘭花番茄仔	/
23 Apr 2025	Wed 星期三	Stewed Beef Brisket 柱候燜牛腩	Stir fried Beans with Prawns 豆角炒蝦仁	Seasonal Vegetables 合時蔬菜	Rice 白米飯
24 Apr 2025	Thur星期四	Chicken Steak with Garlic 蒜香雞扒	Scrambled Eggs with Sausage 香腸炒蛋	Seasonal Vegetables 合時蔬菜	Fried Rice Noodles 家鄉炒米粉
25 Apr 2025	Fri 星期五	Macanese Minchi Pork 乾免治豬肉	Fish Fillet with Lemon Sauce 西檸魚柳	Seasonal Vegetables 合時蔬菜	Rice 白米飯
2025 Apr 28-30	Mon- Wed 星期一至 星期三	HOLIDAY 假期			

01-04-2025 ( 星期二 )	Carrots and Corn Soup 青紅蘿蔔粟米湯	15-04-2025 ( 星期二 )	Tomato, Potato and Corn Soup 番茄薯仔粟米湯	Soup 餐湯
04-04-2025 ( 星期五 )	HOLIDAY 假日	18-04-2025 ( 星期五 )	Egg with Corn Soup 粟米蛋花湯	
08-04-2025 ( 星期二 )	Watercress & Pork Soup 蜜棗西洋菜湯	22-04-2025 ( 星期二 )	Italian Vegetable Soup 意大利雜菜湯	
11-04-2025 ( 星期五 )	Seaweed with Eggs Soup 紫菜蛋花湯	25-04-2025 ( 星期五 )	Papaya with Snow Fungus 木瓜雪耳湯	

P3 -F6 Lunch Menu 小三 - 中六菜單

School of the Nations 聯合國學校

Date 日期		Main Dish 1 主菜1	Main Dish 2 主菜 2	Seasonal Vegetables 時菜	Staple 主食
1 Apr 2025	Tue 星期二	Coca Cola Chicken Wings 可樂雞翼	Scrambled Egg with Barbecued Pork 叉燒炒蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
2 Apr 2025	Wed 星期三	Minced Beef with Potatoes 乾免治牛肉	Steamed Pork Patty with Water Chestnut 馬蹄蒸肉餅	Seasonal Vegetables 合時蔬菜	Rice 白米飯
3 Apr 2025	Thur星期四	Sweet and Sour Fish 糖醋魚片	Chicken Steak with Herbs 香草雞扒	Seasonal Vegetables 合時蔬菜	Rice 白米飯
4 Apr 2025	Fri 星期五	假期			
7 Apr 2025	Mon 星期一	Pork Chop with Garlic 蒜香豬扒	Steamed Eggs with Crabsticks 蟹柳蒸蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
8 Apr 2025	Tue 星期二	Apricot Chicken 蜜桃雞球	Corn and Pork Cubes in White Sauce 粟米肉粒	Seasonal Vegetables 合時蔬菜	Rice 白米飯
9 Apr 2025	Wed 星期三	/	Garlic Chicken Steak 蒜香雞扒	Seasonal Vegetables 合時蔬菜	Singapore Fried Vermicelli Noodles 星洲炒米(走椒)
10 Apr 2025	Thur星期四	Curry Beef Brisket 咖喱牛腩	Macanese Minchi 干免治豬肉	Seasonal Vegetables 合時蔬菜	Rice 白米飯
11 Apr 2025	Fri 星期五	Satay Chicken Pieces 沙爹雞球	Fish Fillet with Lemon Sauce 西檸魚柳	Seasonal Vegetables 合時蔬菜	Rice 白米飯
14 Apr 2025	Mon 星期一	Japanese Curry Beef 日本咖喱燜牛柳	Swiss Sauce Chicken Wing 瑞士雞亦	Seasonal Vegetables 合時蔬菜	Rice 白米飯
15 Apr 2025	Tue 星期二	Fish Fillet with Sweet and Sour Sauce 糖醋魚柳	Steam Lotus Root Cake 蓮藕餅	Seasonal Vegetables 合時蔬菜	Rice 白米飯
16 Apr 2025	Wed 星期三	Chicken and Mushrooms in Cream Sauce 雜菌忌廉雞球	Fried Egg 太陽蛋	Mashed Potato 薯仔蓉	Penne with Butter 牛油長通粉
17 Apr 2025	Thur星期四	Stewed Beef Brisket 柱候燜牛腩	Stir fried Beans with Prawns 豆角炒蝦仁	Seasonal Vegetables 合時蔬菜	Rice 白米飯
18 Apr 2025	Fri 星期五	Pork with Japanese Eel Sauce 日式鰻魚汁豚肉	Stir fried Cabbage with Shredded Chicken 椰菜炒雞絲	Seasonal Vegetables 合時蔬菜	Rice 白米飯
21 Apr 2025	Mon 星期一	/	Honey Sausage Pineapple Bites 菠蘿雞肉腸	Seasonal Vegetables 合時蔬菜	Stir Fry Beef Rice Noodle 乾炒牛河
22 Apr 2025	Tue 星期二	Pork Chop with Onion 洋蔥豬扒	Scrambled Eggs with Shrimp 蝦仁炒蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
23 Apr 2025	Wed 星期三	Fish Fillet in Sweet Corn Sauce 粟米龍利魚	Tofu with Minced Meat 肉碎扒豆腐	Seasonal Vegetables 合時蔬菜	Rice 白米飯
24 Apr 2025	Thur星期四	Curry Chicken 咖喱雞	Apricot Shrimp 蜜桃蝦球	Seasonal Vegetables 合時蔬菜	Rice 白米飯
25 Apr 2025	Fri 星期五	Sweet & Sour Pork 菠蘿咕嚕肉	Satay Beef 沙爹牛柳	Seasonal Vegetables 合時蔬菜	Fried rice with Egg 蛋炒飯
2025 Apr 28-30	Mon- Wed 星期一至 星期三	HOLIDAY 假期			
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11-04-2025 ( 星期五 )	Seaweed with Eggs Soup 紫菜蛋花湯		25-04-2025 ( 星期五 )	Papaya with Snow Fungus 木瓜雪耳湯	