

K1 - P2 Lunch Menu 幼一至小二菜單

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
2 Jun 2025	Mon 星期一	Pork Chop with Tomato Sauce 沙丹豬柳	Scrambled Eggs with Cabbage 椰菜炒蛋	Braised Chinese Cabbage with Broth 上湯大白菜	Rice 白米飯
3 Jun 2025	Tue 星期二	Porguguese Stewed Beef 葡式燜牛肉	Fuzzy Melon with Minced Pork 肉碎扒節瓜	Stir-fried Choy Sum 清炒菜心	Rice 白米飯
4 Jun 2025	Wed 星期三	Chicken Fillet with Barbecue Sauce 燒汁雞扒	Bolognese Sauce (Pork) 鮮茄肉醬（豬肉）	Mixed Vegetables 西式什菜	Penne with Tomato Sauce 茄汁長通粉
5 Jun 2025	Thur星期四	Satay Beef 沙爹牛肉	Stir-fried Long Beans with Pork 豆角炒肉片	Braised Bok Choy with Broth 上湯白菜仔	Rice 白米飯
6 Jun 2025	Fri 星期五	Peking Pork Chops 京都肉排	Braised Chicken with Potatoes 薯仔燜雞	Chinese Cabbage & Zucchini 大白菜翠玉瓜	Rice 白米飯
9 Jun 2025	Mon 星期一	Fish Fillet with Cream Corn Sauce 忌廉粟米魚柳	Baked Beans with Chicken Sausage 茄汁豆雞肉腸	choy-sum with soup 上湯菜心	Rice 白米飯
10 Jun 2025	Tue 星期二	Honey Sausage Pineapple Bites 菠蘿雞肉腸	/	Mixed Vegetables 西式什菜	Fried Noodles with Shredded Pork 肉絲炒麵
11 Jun 2025	Wed 星期三	Macanese Minchi Beef with Potatoes 乾免治牛肉	Stir Fried Chicken with Broccoli 西蘭花炒雞柳	Stir-fried Chinese Cabbage with Garlic 蒜蓉大白菜	Rice 白米飯
12 Jun 2025	Thur星期四	Sweet & Sour Pork 菠蘿咕嚕肉	Steamed Eggs with Crabsticks 蟹柳蒸蛋	Stir Fry Cabbage with Glass Noodles 椰菜炒粉絲	Rice 白米飯
13 Jun 2025	Fri 星期五	Baked Portuguese Chicken 焗葡國雞	Steamed Pumpkin and Pork Ribs 南瓜蒸肉排	Scrambled Eggs with Tomatoes 番茄煮蛋	Rice 白米飯
16 Jun 2025	Mon 星期一	Sweet & Sour Chicken Bites 咕嚕雞球	Fuzzy Melon with Minced pork 肉鬆節瓜莆	Braised Chinese Cabbage with Broth 上湯大白菜	Rice 白米飯
17 Jun 2025	Tue 星期二	Stir-fried Bean Curd with Shredded Pork 豆乾炒肉絲	Braised Chicken with Potatoes 薯仔燜雞	Stir-fried Broccoli 清炒西蘭花	Rice 白米飯
18 Jun 2025	Wed 星期三	Braised Beef Brisket 紅燒牛腩	Chicken Slices with Cauliflower 椰菜炒雞片	Stir-fried Bok Choy with Garlic 蒜蓉白菜仔	Fried rice with Egg 蛋炒飯
19 Jun 2025	Thur星期四	Macanese Minchi Pork 乾免治豬肉	Chicken with Mushrooms in Cream Sauce 忌廉蘑菇雞球	Mixed Vegetables 西式什菜	Rice 白米飯
20 Jun 2025	Fri 星期五	Taiwanese Braised Pork 台式滷肉	Stir-fried Beans with Beef 豆角炒牛肉	Choi Sam with Oyster Sauce 蠔油菜心	Rice 白米飯
23 Jun 2025	Mon 星期一	Braised Beef Brisket with Daikon 白蘿蔔燜牛腩	Portuguese Coconut Chicken 葡汁雞柳	Chinese Cabbage & Zucchini 大白菜翠玉瓜	Rice 白米飯
24 Jun 2025	Tue 星期二	Fried Fish Fillet Burger 魚柳漢堡包	French Fries 炸薯條	Cherry Tomatoes and Broccoli 西蘭花,番茄仔	/
25 Jun 2025	Wed 星期三	Satay Pork Chop with Onion 沙爹洋蔥豬扒	Scrambled Eggs with Crab Sticks 蟹柳炒蛋	Stir-fried Chinese Cabbage 清炒大白菜	Fried Rice Noodles 炒米粉
26 Jun 2025	Thur星期四	Chicken Steak with Tomato Sauce 沙丹雞扒	Deep-fried Pork Chop 香酥肉排	Braised Bok Choy with Broth 上湯白菜仔	Rice 白米飯
03-06-2025 （星期二）	Potato, Carrot And Corn Pork Soup 薯仔紅蘿蔔粟米湯	17-06-2025 （星期二）	Pork Bone With Snow Fungus & Figs Soup 雪耳無花果豬骨湯	Soup 餐湯	
06-06-2025 （星期五）	Seaweed with Eggs Soup 紫菜蛋花湯	20-06-2025 （星期五）	Seaweed Winter Melon Soup 海帶冬瓜湯		
10-04-2025 （星期二）	Italian Vegetable Soup 意大利雜菜湯	24-06-2025 （星期二）	Creamy Pumpkin Soup 南瓜忌廉湯		
13-06-2025 （星期五）	Egg with Corn Soup 粟米蛋花湯				

P3 - F6 Lunch Menu 小三 - 中六菜單

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
2 Jun 2025	Mon 星期一	Peking Pork Chops 京都肉排	Braised Chicken with Potatoes 薯仔燜雞	Braised Chinese Cabbage with Broth 上湯大白菜	Rice 白米飯
3 Jun 2025	Tue 星期二	Baked Portuguese Chicken 焗葡國雞	Bolognese Sauce 鮮茄蓉肉醬	Mixed Vegetables 西式什菜	Spaghetti with tomato sauce 茄汁意粉
4 Jun 2025	Wed 星期三	Braised Beef Brisket 逼牛尾 (要牛腩)	Stir-fried Beans with Prawns 豆角炒蝦仁	Stir-fried Choy Sum 清炒菜心	Rice 白米飯
5 Jun 2025	Thur星期四	Macanese Minchi Pork 乾免治豬肉	Fish Fillet with Lemon Sauce 西檸魚柳	Braised Bok Choy with Broth 上湯白菜仔	Rice 白米飯
6 Jun 2025	Fri 星期五	Garlic Chicken Steak 蒜香雞扒	Steamed Eggs with Crabsticks 蟹柳蒸蛋	Chinese Cabbage & Zucchini 大白菜翠玉瓜	Rice 白米飯
9 Jun 2025	Mon 星期一	Stir-fried Satay Beef with Cabbage 沙爹牛肉炒椰菜	Chicken Steak with tomato sauce 沙丹雞扒	Stir Fry Cabbage with Glass Noodles 椰菜炒粉絲	Rice 白米飯
10 Jun 2025	Tue 星期二	Fried Fish Fillet Burger 魚柳漢堡包	French Fries 炸薯條	Mixed Vegetables 西式什菜	Spaghetti Bolognese 肉醬意粉
11 Jun 2025	Wed 星期三	Braised Chicken with Potatoes 薯仔燜雞	Fish Fillet in Sweet and Sour Sauce 糖醋魚柳	Stir-fried Bok Choy with Garlic 蒜蓉大白菜	Rice 白米飯
12 Jun 2025	Thur星期四	Honey Sausage Pineapple Bites 菠蘿雞肉腸	/	Mixed Vegetables 西式什菜	Fried Noodles with Shredded Pork 肉絲炒麵
13 Jun 2025	Fri 星期五	Braised Beef Brisket with Daikon 白蘿蔔燜牛腩	Pan-fried Egg with Tomato and Pork 番茄肉片煮蛋	Stir-fried Choy Sum 清炒菜心	Rice 白米飯
16 Jun 2025	Mon 星期一	Coca Cola Chicken Wings 可樂雞翅	Scrambled Eggs with Cabbage 椰菜炒蛋	Braised Chinese Cabbage with Broth 上湯大白菜	Rice 白米飯
17 Jun 2025	Tue 星期二	Beef Curry 咖喱牛腩（不辣）	Fuzzy Melon with Minced Pork 肉鬆節瓜蓴	Stir-fried Broccoli 清炒西蘭花	Rice 白米飯
18 Jun 2025	Wed 星期三	Pork Chop with Garlic 蒜香豬扒	Scrambled Eggs with Crab Sticks 蟹柳炒蛋	Stir-fried Bok Choy with Garlic 蒜蓉白菜仔	Fried Rice Noodles 炒米粉
19 Jun 2025	Thur星期四	Braised Chicken with Potatoes 薯仔燜雞	Steamed Egg with Dried Shrimp and Glass Noodles 蝦米粉絲蒸蛋	Mixed Vegetables 西式什菜	Rice 白米飯
20 Jun 2025	Fri 星期五	Satay Onion Pork Chop 沙爹洋蔥豬扒	Minced Beef with Potatoes 乾免治牛肉	Choi Sam with Oyster Sauce 蠔油菜心	Rice 白米飯
23 Jun 2025	Mon 星期一	Braised Pork with Lotus Root 蓮藕悶肉排	Stir-fried Beans with Prawns 豆角炒蝦仁	Chinese Cabbage & Zucchini 大白菜翠玉瓜	Rice 白米飯
24 Jun 2025	Tue 星期二	Braised Beef Brisket with Daikon 白蘿蔔燜牛腩	Peking Pork Chops 京都肉排	Stir-fried Choy Sum with Garlic 蒜蓉菜心	Rice 白米飯
25 Jun 2025	Wed 星期三	Chicken Chop with Tomato Sauce 沙丹雞扒	Stir-fried Beans with Pork Slices 豆角炒肉片	Stir-fried Chinese Cabbage 清炒大白菜	Rice 白米飯
26 Jun 2025	Thur星期四	Braised Beef Brisket 紅燒牛腩	Stir-fried Cabbage with Shredded Pork 椰菜炒肉絲	Braised Bok Choy with Broth 上湯白菜仔	Fried Rice with Egg 蛋炒飯
03-06-2025 （星期二）		Potato, Carrot And Corn Pork Soup 薯仔紅蘿蔔粟米湯	17-06-2025 （星期二）	Pork Bone With Snow Fungus & Figs Soup 雪耳無花果豬骨湯	Soup 餐湯
06-06-2025 （星期五）		Seaweed with Eggs Soup 紫菜蛋花湯	20-06-2025 （星期五）	Seaweed Winter Melon Soup 海帶冬瓜湯	
10-04-2025 （星期二）		Italian Vegetable Soup 意大利雜菜湯	24-06-2025 （星期二）	Creamy pumpkin soup 南瓜忌廉湯	
13-06-2025 （星期五）		Egg with Corn Soup 粟米蛋花湯			