

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
1 Sep 2025	Mon 星期一	Steamed Pork Patty with Mushrooms and Water Chestnut 香菇馬蹄蒸肉餅	Chicken with Zucchini 翠玉瓜雞球	Seasonal Vegetables 合時蔬菜	Rice 白米飯
2 Sep 2025	Tue 星期二	Beef Brisket in Coconut Curry 南洋椰香牛腩	Scrambled Eggs with Crab Sticks 蟹柳炒蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
3 Sep 2025	Wed 星期三		Curry Fish Ball 咖喱魚蛋	Stir-fried Cabbage with Garlic 蒜蓉炒椰菜	Fried Noodles with Shredded Chicken 炒雞絲麵
4 Sep 2025	Thur星期四	Fish Fillet in Sweet and Sour Sauce 糖醋魚柳	Stir-fried King Oyster Mushroom with Pork 杏鮑菇炒肉丁	Seasonal Vegetables 合時蔬菜	Rice 白米飯
5 Sep 2025	Fri 星期五	Chicken in Satay Sauce 沙爹雞球	Stir-fried Beans with Prawns 豆角炒蝦仁	Seasonal Vegetables 合時蔬菜	Rice 白米飯
8 Sep 2025	Mon 星期一	Pork Chop Cutlet 吉列豬扒	Bolognese Sauce 鮮茄蓉肉醬	Seasonal Vegetables 合時蔬菜	Fusilli Pasta 螺絲粉
9 Sep 2025	Tue 星期二	Braised Chicken with Potatoes 薯仔燜雞	Steamed Egg with Minced Pork 肉碎蒸水蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
10 Sep 2025	Wed 星期三	Braised Beef Brisket with Daikon 白蘿蔔燜牛腩	Stir-fried Fish Tofu and Prawns 魚腐炒蝦仁	Seasonal Vegetables 合時蔬菜	Rice 白米飯
11 Sep 2025	Thur星期四	Chicken Sausage 雞肉腸	Pork with Japanese Eel Sauce 日式鰻魚汁豬肉	Seasonal Vegetables 合時蔬菜	Fried rice with Egg 蛋炒飯
12 Sep 2025	Fri 星期五	Apricot Chicken 蜜桃雞球	Tofu with Minced Meat 肉碎扒豆腐	Seasonal Vegetables 合時蔬菜	Rice 白米飯
15 Sep 2025	Mon 星期一	Steam Pork Patty with Preserved Vegetables 梅菜蒸肉餅	Stir-fried Long Beans with Chicken 豆角炒雞球	Seasonal Vegetables 合時蔬菜	Rice 白米飯
16 Sep 2025	Tue 星期二	Luncheon Meat & Egg Sandwich 餐蛋治	French Fries 炸薯條	Cherry Tomatoes and Broccoli 西蘭花番茄仔	
17 Sep 2025	Wed 星期三	Chicken Wings in Swiss Sauce 瑞士雞亦	Braised Beef Brisket 逼牛腩	Seasonal Vegetables 合時蔬菜	Rice 白米飯
18 Sep 2025	Thur星期四	Pork Chop with Onion 洋蔥豬扒	Chicken with Mushrooms Cream Sauce 忌廉蘑菇雞球	Seasonal Vegetables 合時蔬菜	Rice 白米飯
19 Sep 2025	Fri 星期五	Garlic Chicken Steak 蒜香雞扒	Fried Egg 太陽蛋	Seasonal Vegetables 合時蔬菜	Fried Rice Noodles 家鄉炒米粉
22 Sep 2025	Mon 星期一	Fish Fillet with Lemon Sauce 西檸魚柳	Scrambled Egg with Barbecued Pork 叉燒炒蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
23 Sep 2025	Tue 星期二	Hainanese Chicken Chop 海南雞扒	Stir-fried Pork Slices with Cucumber 青瓜炒肉片	Seasonal Vegetables 合時蔬菜	Turmeric Rice 黃色油飯
24 Sep 2025	Wed 星期三	Satay Beef 沙爹牛肉	Stir-fried Shrimp with French Beans 四季豆炒蝦仁	Seasonal Vegetables 合時蔬菜	Rice 白米飯
25 Sep 2025	Thur星期四	Braised Chicken with Bean Curd Stick 腐竹燜雞	Curry Fish Ball 咖喱魚蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
26 Sep 2025	Fri 星期五	Pan-Fried Fish Filet 香煎龍利魚	Chicken Breast in Tomato Sauce 茄汁燴雞胸肉	Stir-fried Broccoli 清炒西蘭花	Macaroni with Butter 牛油通心粉
29 Sep 2025	Mon 星期一	Steamed Eggs with Crabsticks 蟹柳蒸蛋	Braised Beef Brisket with Tomatoes and Carrots 番茄紅蘿蔔燜牛肉	Chinese Cabbage 白菜粒	Rice 白米飯
30 Sep 2025	Tue 星期二	Coca Cola Chicken Wings 可樂雞翅	Deep-fried Pork Chop 香酥肉排	Choi Sum 菜心	Rice 白米飯
02-09-2025 (星期二)		Pork Bone With Snow Fungus & Figs Soup 雪耳無花果豬骨湯	19-09-2025 (星期五)	Egg with Corn Soup 粟米蛋花湯	Soup 餐湯
05-09-2025 (星期五)		Winter Melon and Barley Soup 冬瓜薏米湯	23-09-2025 (星期二)	Italian Vegetable Soup 意大利雜菜湯	
09-09-2025 (星期二)		Apple Snow Pear Soup 蘋果雪梨湯	26-09-2025 (星期五)	Seaweed Winter Melon Soup 海帶冬瓜湯	
12-09-2025 (星期五)		Seaweed with Eggs Soup 紫菜蛋花湯	30-09-2025 (星期二)	Japanese Miso Tofu Soup 日式麵豉豆腐湯	
16-09-2025 (星期二)		Tomato, Potato and Corn Soup 番茄薯仔粟米湯			

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
1 Sep 2025	Mon 星期一	Fish Fillet with Lemon Sauce 西檸魚柳	Scrambled Egg with Barbecued Pork 叉燒炒蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
2 Sep 2025	Tue 星期二	Garlic Chicken Steak 蒜香雞扒	Bolognese Sauce 鮮茄蓉肉醬	Seasonal Vegetables 合時蔬菜	Penne 長通粉
3 Sep 2025	Wed 星期三	Braised Beef Brisket with Daikon 白蘿蔔燜牛腩	Stir-fried Fish Curd and Prawns 魚腐炒蝦仁	Seasonal Vegetables 合時蔬菜	Rice 白米飯
4 Sep 2025	Thur星期四	Chicken in Satay Sauce 沙爹雞球	Steam Pork Patty with Preserved Vegetables 梅菜蒸肉餅	Seasonal Vegetables 合時蔬菜	Rice 白米飯
5 Sep 2025	Fri 星期五	Deep-fried Pork Chop 香酥肉排	Stir-fried Long Beans with Chicken 豆角炒雞球	Seasonal Vegetables 合時蔬菜	Rice 白米飯
8 Sep 2025	Mon 星期一	Beef in Satay Sauce 沙爹牛肉	Fish Fillet with Sweet and Sour Sauce 糖醋魚柳	Seasonal Vegetables 合時蔬菜	Rice 白米飯
9 Sep 2025	Tue 星期二	Pork Chop with Onion 洋蔥豬扒	Honey Sausage Pineapple Bites 菠蘿雞肉腸	Seasonal Vegetables 合時蔬菜	Fried rice with Egg 蛋炒飯
10 Sep 2025	Wed 星期三	Braised Chicken with Potatoes 薯仔燜雞	Sliced Pork with Pumpkin 南瓜肉片	Seasonal Vegetables 合時蔬菜	Rice 白米飯
11 Sep 2025	Thur星期四	Sweet & Sour Pork 菠蘿咕嚕肉	Stir-fried Shrimp with French Beans 四季豆炒蝦仁	Seasonal Vegetables 合時蔬菜	Rice 白米飯
12 Sep 2025	Fri 星期五	Hainanese Chicken Chop 海南雞扒	Stir-fried Pork Slices with Cucumber 青瓜炒肉片	Seasonal Vegetables 合時蔬菜	Turmeric Rice 黃色油飯
15 Sep 2025	Mon 星期一	Macanese Minchi Pork 乾免治豬肉	Curry Chicken 咖喱雞	Seasonal Vegetables 合時蔬菜	Rice 白米飯
16 Sep 2025	Tue 星期二	Curry Beef Brisket 咖喱牛腩	Fuzzy melon with Minced Pork肉碎節瓜	Seasonal Vegetables 合時蔬菜	Rice 白米飯
17 Sep 2025	Wed 星期三	Lemon Pork Chop 西檸豬扒	Stir-fried Broccoli with Chicken Pieces 西蘭花炒雞球	Seasonal Vegetables 合時蔬菜	Rice 白米飯
18 Sep 2025	Thur星期四		Curry Fish Ball 咖喱魚蛋	Stir-fried Cabbage with Garlic 蒜蓉炒椰菜	Fried Noodles with Shredded Chicken 炒雞絲麵
19 Sep 2025	Fri 星期五	Lemongrass Pork Chop 香茅煎豬扒	Stir-fried Beans with Prawns 豆角炒蝦仁	Seasonal Vegetables 合時蔬菜	Rice 白米飯
22 Sep 2025	Mon 星期一	Fried Chicken Steak 香煎雞扒	Scrambled Eggs with Crab Sticks 蟹柳炒蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
23 Sep 2025	Tue 星期二	Cheese, Luncheon Meat & Egg Sandwich 芝士餐蛋治	French Fries 炸薯條	Cherry Tomatoes and Broccoli 西蘭花番茄仔	
24 Sep 2025	Wed 星期三	Peking Pork Chops 京都骨	Chicken with Zucchini 翠玉瓜雞球	Seasonal Vegetables 合時蔬菜	Rice 白米飯
25 Sep 2025	Thur星期四	Coca Cola Chicken Wings 可樂雞翼	Stir fried Tofu Puff with Fish Cakes 豆卜炒魚滑	Seasonal Vegetables 合時蔬菜	Rice 白米飯
26 Sep 2025	Fri 星期五	Minced Beef with Potatoes 乾免治牛肉	Mapo Tofu 麻婆豆腐	Seasonal Vegetables 合時蔬菜	Rice 白米飯
29 Sep 2025	Mon 星期一	Salt Baked Chicken Leg 鹽焗雞腿	Stir-fried King Oyster Mushroom with Pork 杏鮑菇炒肉丁	Seasonal Vegetables 合時蔬菜	Rice 白米飯
30 Sep 2025	Tue 星期二	Pork Chop Cutlet 吉列豬扒	Bolognese Sauce 鮮茄蓉肉醬	Seasonal Vegetables 合時蔬菜	Fusilli Pasta 螺絲粉
02-09-2025 (星期二)		Pork Bone With Snow Fungus & Figs Soup 雪耳無花果豬骨湯	19-09-2025 (星期五)	Egg with Corn Soup 粟米蛋花湯	Soup 餐湯
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12-09-2025 (星期五)		Seaweed with Eggs Soup 紫菜蛋花湯	30-09-2025 (星期二)	Japanese Miso Tofu Soup 日式麵豉豆腐湯	
16-09-2025 (星期二)		Tomato, Potato and Corn Soup 番茄薯仔粟米湯			