

K1-K3 Lunch Menu 幼一至三菜單

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 Oct 2025	Wed 星期三	假期			
2 Oct 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	Butter spaghetti 牛油意粉
3 Oct 2025	Fri 星期五	Coconut Curry Chicken 南洋椰香雞	Stir-fried Beef with Cucumber 青瓜炒牛肉	Choi Sum 菜心	Rice 白米飯
6 Oct 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
7 Oct 2025	Tue 星期二	假期			
8 Oct 2025	Wed 星期三	Shredded Chicken 手撕雞	Tofu with Minced Meat 肉碎扒豆腐	Seasonal Vegetables 合時蔬菜	Rice 白米飯
9 Oct 2025	Thur星期四	Fish Fillet in Sweet and Sour Sauce 糖醋魚塊	Corn and Pork Cubes in White Sauce 粟米肉粒	Seasonal Vegetables 合時蔬菜	Fried Noodles with Soy Sauce 豉油皇炒麵
10 Oct 2025	Fri 星期五	Chicken in Satay Sauce 沙爹雞球	Zucchini with Pork Slices 節瓜肉片	Seasonal Vegetables 合時蔬菜	Rice 白米飯
13 Oct 2025	Mon 星期一	Pork Chop Cutlet 吉列豬扒	Chicken with Mushrooms Cream Sauce 忌廉蘑菇雞球	Seasonal Vegetables 合時蔬菜	Spaghetti 意粉
14 Oct 2025	Tue 星期二	Braised Chicken with Mashroom 冬菇燜雞	Steamed Egg with Minced Pork 肉碎蒸水蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
15 Oct 2025	Wed 星期三	Satay Beef 沙爹牛肉	Steam Lotus Root Cake 蓮藕餅	Seasonal Vegetables 合時蔬菜	Rice 白米飯
16 Oct 2025	Thur星期四	Apricot Chicken 蜜桃雞球	Baked Beans with Chicken Sausage 茄汁豆雞肉腸	Seasonal Vegetables 合時蔬菜	Fried rice with Egg 蛋炒飯
17 Oct 2025	Fri 星期五	Coconut Curry Chicken 南洋椰香雞	Pork with Winter Melon 冬瓜肉絲	Seasonal Vegetables 合時蔬菜	Rice 白米飯
20 Oct 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
21 Oct 2025	Tue 星期二	Corned beef scrambled egg sandwich 蛋牛治	French Fries 炸薯條	Cherry Tomatoes and Broccoli 西蘭花,番茄仔	
22 Oct 2025	Wed 星期三	假期			
23 Oct 2025	Thur星期四	假期			
24 Oct 2025	Fri 星期五	Garlic Chicken Steak 蒜香雞扒	Minced Beef in Tomato Sauce with Egg 鮮茄蛋免治牛肉	Seasonal Vegetables 合時蔬菜	Rice 白米飯
27 Oct 2025	Mon 星期一	Fish Fillet in Sweet and Sour Sauce 糖醋魚塊	Scrambled Egg with Barbecued Pork 叉燒炒蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
28 Oct 2025	Tue 星期二	Hainanese Chicken Chop 海南雞扒	Fuzzy Melon with Minced pork 肉鬆節瓜莆	Seasonal Vegetables 合時蔬菜	Rice 白米飯
29 Oct 2025	Wed 星期三	假期			
30 Oct 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	Fried Rice Noodles 炒米粉
31 Oct 2025	Fri 星期五	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
3/10/2025 Fri 星期五	Winter Melon and Barley Soup 冬瓜薏米湯		21/10/2025 Tue 星期二	Italian Vegetable Soup 意大利雜菜湯	
7/10/2025 Tue 星期二	假期		24/10/2025 Fri 星期五	Seaweed with Eggs 紫菜蛋花湯	
10/10/2025 Fri 星期五	Carrots and Corn Soup 青紅蘿蔔粟米湯		28/10/2025 Tue 星期二	Japanese Miso Tofu Soup 日式麵豉豆腐湯	
14/10/2025 Tue 星期二	Lotus Root Pork Rib Soup 蓮藕排骨湯		31/10/2025 Fri 星期五	Apple Snow Pear Soup 蘋果雪梨湯	
17/10/2025 Fri 星期五	Egg with Corn Soup 粟米蛋花湯				

Date 日期		Main Dish 1 主菜1	Main Dish 2 主菜 2	Seasonal Vegetables 時菜	Staple 主食
1 Oct 2025	Wed 星期三	假期			
2 Oct 2025	Thur星期四	Curry Beef Brisket 咖喱牛腩	Stir-fried Pork Slices with Cucumber 青瓜炒肉片	Seasonal Vegetables 合時蔬菜	Rice 白米飯
3 Oct 2025	Fri 星期五	Garlic Chicken Steak 蒜香雞扒	Bolognese Sauce 鮮茄蓉肉醬	Seasonal Vegetables 合時蔬菜	Spaghetti 意粉
6 Oct 2025	Mon 星期一	Pan-Fried Fish Filet 香煎龍利魚	Corn and Pork Cubes in White Sauce 粟米肉粒	Seasonal Vegetables 合時蔬菜	Rice 白米飯
7 Oct 2025	Tue 星期二	假期			
8 Oct 2025	Wed 星期三	Curry Beef Brisket 咖喱牛腩	Steam Egg with Vermicelli and Minced Pork 肉碎粉絲水蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
9 Oct 2025	Thur星期四	Chicken in Satay Sauce 沙爹雞球	Stir-fried Pork Slices with Courgette 翠玉瓜炒肉片	Seasonal Vegetables 合時蔬菜	Rice 白米飯
10 Oct 2025	Fri 星期五	Pork Chop with Onion 洋蔥豬扒	Stir-fried Long Beans with Chicken 豆角炒雞球	Seasonal Vegetables 合時蔬菜	Rice 白米飯
13 Oct 2025	Mon 星期一	Chicken Fillet with Barbecue Sauce 燒汁雞扒	Scrambled Eggs with Tomatoes 鮮茄滑蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
14 Oct 2025	Tue 星期二	Pork Chop with Onion 洋蔥豬扒	Curry Fish Ball 咖喱魚蛋	Seasonal Vegetables 合時蔬菜	Fried rice with Egg 蛋炒飯
15 Oct 2025	Wed 星期三	Steamed Chicken with Mushroom 冬菇蒸雞	Sliced Pork with Pumpkin 南瓜肉片	Seasonal Vegetables 合時蔬菜	Rice 白米飯
16 Oct 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
17 Oct 2025	Fri 星期五	Satay Beef 沙爹牛肉	Fuzzy melon with Minced Pork 肉碎節瓜	Seasonal Vegetables 合時蔬菜	Rice 白米飯
20 Oct 2025	Mon 星期一	Corn and Pork Cubes in White Sauce 粟米肉粒	Pan-Fried Fish Filet 香煎龍利魚	Seasonal Vegetables 合時蔬菜	Rice 白米飯
21 Oct 2025	Tue 星期二	Pork with Japanese Eel Sauce 日式鰻魚汁豚肉	Stir Fried Chicken with Broccoli 西蘭花炒雞柳	Seasonal Vegetables 合時蔬菜	Rice 白米飯
22 Oct 2025	Wed 星期三	假期			
23 Oct 2025	Thur星期四	假期			
24 Oct 2025	Fri 星期五	Macanese Minchi Pork 乾免治豬肉	Coconut Curry Chicken 南洋椰香雞	Seasonal Vegetables 合時蔬菜	Rice 白米飯
27 Oct 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
28 Oct 2025	Tue 星期二	Corned beef scrambled egg sandwich 蛋牛治	French Fries 炸薯條	Cherry Tomatoes and Broccoli 西蘭花,番茄仔	Spaghetti with tomato sauce 茄汁意粉
29 Oct 2025	Wed 星期三	假期			
30 Oct 2025	Thur星期四	Pork Chop Cutlet 吉列豬扒	Corn with Chicken pieces 粟米雞粒	Seasonal Vegetables 合時蔬菜	Rice 白米飯
31 Oct 2025	Fri 星期五	Peking Pork Chops 京都骨	Mapo Tofu 麻婆豆腐	Seasonal Vegetables 合時蔬菜	Rice 白米飯
3/10/2025 Fri 星期五		Winter Melon and Barley Soup 冬瓜薏米湯	21/10/2025 Tue 星期二		Italian Vegetable Soup 意大利雜菜湯
7/10/2025 Tue 星期二		假期	24/10/2025 Fri 星期五		Seaweed with Eggs 紫菜蛋花湯
10/10/2025 Fri 星期五		Carrots and Corn Soup 青紅蘿蔔粟米湯	28/10/2025 Tue 星期二		Japanese Miso Tofu Soup 日式麵豉豆腐湯
14/10/2025 Tue 星期二		Lotus Root Pork Rib Soup 蓮藕排骨湯	31/10/2025 Fri 星期五		Apple Snow Pear Soup 蘋果雪梨湯
17/10/2025 Fri 星期五		Egg with Corn Soup 粟米蛋花湯			