

K1 - K3 Lunch Menu 幼一至幼三菜單

School of the Nations 聯國學校

Date 日期		主菜1 Main Dish 1	主菜 2 Main Dish 2	Seasonal Vegetables 時菜	Staple 主食
2 Feb 2026	Mon 星期一	Braised Chicken with bean Curd sheet 枝竹燶雞	Peking Pork 京都肉排	Seasonal Vegetables 合時蔬菜	Rice 白米飯
3 Feb 2026	Tue 星期二	Stewed Beef Brisket with Curry and Coconut Milk 咖喱椰汁燶牛腩	Pan-fried Fish Fillet 吉列魚柳	Seasonal Vegetables 合時蔬菜	Rice 白米飯
4 Feb 2026	Wed 星期三	Pork Chop with Onion 洋蔥豬扒	chicken breast white sauce 白汁雞胸肉	Seasonal Vegetables 合時蔬菜	Butter spaghetti 牛油意粉
5 Feb 2026	Thur 星期四	Braised Fish Fillet with Tofu 豆腐燶魚柳	Stir-fried Pprl with Cucumber 青瓜炒肉片	Seasonal Vegetables 合時蔬菜	Rice 白米飯
6 Feb 2026	Fri 星期五	Braised Beef Brisket in Satay Sauce 沙爹牛肉	Braised Chicken Steak in Oyster Sauce 蠔油燶雞扒	Seasonal Vegetables 合時蔬菜	Rice 白米飯
9 Feb 2026	Mon 星期一	Minced Pork with Tofu 肉碎扒豆腐	Scrambled Eggs with Shrimp 蝦仁炒蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
10 Feb 2026	Tue 星期二	Stewed Beef Brisket 柱候燶牛腩	Deep-fried Pork Chop 香酥肉排	Seasonal Vegetables 合時蔬菜	Rice 白米飯
11 Feb 2026	Wed 星期三	Scrambled Egg with Barbecued Pork 叉燒炒蛋	/	Seasonal Vegetables 合時蔬菜	Fried Noodles with Shredded Chicken 炒雞絲麵
12 Feb 2026	Thur 星期四	Sweet and Sour Sauce Shrimp 糖醋蝦球	Braised Pork with Taro 芋頭燶肉丁	Seasonal Vegetables 合時蔬菜	Rice 白米飯
13 Feb 2026	Fri 星期五	Shared Lunch 午餐分享日			
16 - 20 Feb 2026 星期一 至 星期五		Chinese New Year Holiday 農曆新年假期			
23 Feb 2026	Mon 星期一	Braised Beef Brisket in Satay Sauce 沙爹牛肉	Apricot Chicken 蜜桃雞球	Seasonal Vegetables 合時蔬菜	Rice 白米飯
24 Feb 2026	Tue 星期二	Pork chop Sandwich 豬扒治	French Fries 薯條	Mixed Vegetables 西式什菜	/
25 Feb 2026	Wed 星期三	Sweet and Sour Pork with Pineapple 菠蘿咕嚕肉	Stir-fried Shrimp with Beans 四季豆炒蝦仁	Seasonal Vegetables 合時蔬菜	Rice 白米飯
26 Feb 2026	Thur 星期四	Stewed Chicken with Potato 薯仔燶雞	Braised Zucchini with Pork and Mushrooms 冬菇肉絲節瓜	Seasonal Vegetables 合時蔬菜	Rice 白米飯
27 Feb 2026	Fri 星期五	Macanese Minchi 干免治豬肉	Stir fried French Bean with Fish Cakes 豆角炒魚滑	Seasonal Vegetables 合時蔬菜	Rice 白米飯
3 Feb 2026	Tue 星期二	Carrots and Corn Soup 青紅蘿蔔粟米湯	13 Feb 2026 (Fri 星期五)	Shared Lunch 午餐分享日	Soup 餐湯
6 Feb 2026	Fri 星期五	Italian Vegetable Soup 大利雜菜湯	24 Feb 2026 (Tue 星期二)	Creamy Corn Soup 粟米忌廉湯	
10 Feb 2026	Tue 星期二	Apple Snow Pear Soup 蘋果雪梨湯	27 Feb 2026 (Frid 星期五)	Lotus Root Pork Rib Soup 蓮藕排骨湯	

P1 - F6 Lunch Menu 小一至中六菜單

School of the Nations 聯國學校

Date 日期		主菜1 Main Dish 1	主菜 2 Main Dish 2	Seasonal Vegetables 時菜	Staple 主食
2 Feb 2026	Mon 星期一	Pork Chop Cutlet 吉列豬扒	/	Seasonal Vegetables 合時蔬菜	Spaghetti Bolognese 肉醬意粉
3 Feb 2026	Tue 星期二	Curry Beef Brisket 咖喱牛腩	Sweet and Sour Sauce Fish 糖醋魚柳	Seasonal Vegetables 合時蔬菜	Rice 白米飯
4 Feb 2026	Wed 星期三	Hainanese Chicken 海南雞扒	Sliced Pork with Pumpkin 南瓜肉片	Seasonal Vegetables 合時蔬菜	Rice 白米飯
5 Feb 2026	Thur 星期四	Stir-fried Shrimp with Beans 四季豆炒蝦仁	/	Seasonal Vegetables 合時蔬菜	Barbecued Pork & Scrambled Egg with Rice 叉燒炒蛋飯
6 Feb 2026	Fri 星期五	Braised Fish Fillet with Bean Curd 枝竹燜魚柳	Peking Pork 京都肉排	Seasonal Vegetables 合時蔬菜	Rice 白米飯
9 Feb 2026	Mon 星期一	Stewed Beef Brisket 柱候燜牛腩	Chicken Fillet with Barbecue Sauce 照燒雞扒	Seasonal Vegetables 合時蔬菜	Rice 白米飯
10 Feb 2026	Tue 星期二	Sweet and Sour Sauce Shrimp 糖醋蝦球	Braised Pork with Taro 芋頭燜肉丁	Seasonal Vegetables 合時蔬菜	Rice 白米飯
11 Feb 2026	Wed 星期三	Chicken with Mushrooms in Cream Sauce 雜菌忌廉雞球	Scrambled Egg with Barbecued Pork 叉燒炒蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
12 Feb 2026	Thur 星期四	Scrambled Eggs with Crab Sticks 蟹柳炒蛋	/	Seasonal Vegetables 合時蔬菜	Fried Noodles with Shredded Pork 肉絲炒麵
13 Feb 2026	Fri 星期五	Shared Lunch 午餐分享日			
16 - 20 Feb 2026 星期一 至星期五		Chinese New Year Holiday 農曆新年假期			
23 Feb 2026	Mon 星期一	Sole Fillet Cutlet 吉列龍脣	Tomato Meat Sauce (Beef) 鮮茄肉醬 (牛肉)	Seasonal Vegetables 合時蔬菜	Spaghetti with tomato sauce 茄汁意粉
24 Feb 2026	Tue 星期二	Chicken Satay Meatballs 沙爹雞球	Steamed Egg with Dried Shrimp and Vermicelli 蝦米粉絲蒸蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
25 Feb 2026	Wed 星期三	Hamburger 牛肉漢堡包	French Fries 薯條	Seasonal Vegetables 合時蔬菜	Spaghetti Bolognese 肉醬意粉
26 Feb 2026	Thur 星期四	Sweet and Sour Shrimp Balls 糖醋蝦球	Fried Chicken Fillet with Cauliflower 椰菜花炒雞柳	Seasonal Vegetables 合時蔬菜	Fried rice with egg 蛋炒飯
27 Feb 2026	Fri 星期五	Curry Chicken 咖喱雞	Scrambled Eggs with Shrimp 蝦仁炒蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
3 Feb 2026	Tue 星期二	Carrots and Corn Soup 青紅蘿蔔粟米湯	13 Feb 2026 (Fri 星期五)	Shared Lunch 午餐分享日	Soup 餐湯
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