

K1 - K3 Lunch Menu 幼一至幼三菜單

School of the Nations 聯合國學校

Date日期		Main Dish 主菜1	Main Dish主菜2	Vegetables 時蔬	Staple 主食
5 Jan 2026	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
6 Jan 2026	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
7 Jan 2026	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
8 Jan 2026	Thur星期四	Fish Fillet in Sweet and Sour Sauce 糖醋魚塊	Stir-fried King Oyster Mushroom with Pork 杏鮑菇炒肉丁	Seasonal Vegetables 合時蔬菜	Rice 白米飯
9 Jan 2026	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
12 Jan 2026	Mon 星期一	Pork Chop Cutlet 吉列豬扒	Bolognese Sauce 鮮茄蓉肉醬	Seasonal Vegetables 合時蔬菜	Spaghetti with tomato sauce 茄汁意粉
13 Jan 2026	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
14 Jan 2026	Wed 星期三	Braised Beef Brisket with Daikon 白蘿蔔燜牛腩	Fuzzy Melon with Dried Shrimp and Vermicelli 蝦米粉絲節瓜	Seasonal Vegetables 合時蔬菜	Rice 白米飯
15 Jan 2026	Thur星期四	Chicken Sausage 雞肉腸	Pork with Japanese Eel Sauce 日式鰻魚汁肉片	Seasonal Vegetables 合時蔬菜	Fried rice with egg 蛋炒飯
16 Jan 2026	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
19 Jan 2026	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
20 Jan 2026	Tue 星期二	Luncheon Meat & Cheese Sandwich芝士餐肉三文治	French Fries 炸薯條	Cherry Tomatoes and Broccoli 西蘭花,番茄仔	
21 Jan 2026	Wed 星期三	Pork Chop With Onion 洋蔥豬扒	Stir-fried Shrimp with Cucumber 青瓜炒蝦仁	Seasonal Vegetables 合時蔬菜	Rice 白米飯
22 Jan 2026	Thur星期四	Sole Fillet Cutlet 吉列龍脷	Chicken with Mushrooms in Cream Sauce 雜菌忌廉雞球	Seasonal Vegetables 合時蔬菜	Butter spaghetti 牛油意粉
23 Jan 2026	Fri 星期五	Beef with tomato 鮮茄牛肉	Scrambled Egsg with Barbecued Pork 叉燒炒蛋	Seasonal Vegetables 合時蔬菜	紅米飯
26 Jan 2026	Mon 星期一	Fish Fillet with Lemon Sauce 西檸魚柳	Braised Chicken with Potatoes 薯仔燜雞	Seasonal Vegetables 合時蔬菜	Rice 白米飯
27 Jan 2026	Tue 星期二	Steamed Egg with Salted Egg Yolk 鹹蛋蒸滑蛋	Stir-fried Pork Slices with Cucumber 青瓜炒肉片	Seasonal Vegetables 合時蔬菜	Rice 白米飯
28 Jan 2026	Wed 星期三	Beef in Satay Sauce 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
29 Jan 2026	Thur星期四	Peking Pork Chops 京都肉排	Stir-Fried Chicken With Mushrooms and Oyster Sauce 蘑菇蠔油炒雞丁	Seasonal Vegetables 合時蔬菜	Rice 白米飯
30 Jan 2026	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	Butter Macaroni 牛油通心粉
6 Jan 2026 (Tue 星期二)		Pork Bone With Snow Fungus & Figs Soup 雪耳無花果豬骨湯	20 Jan 2026 (Tue 星期二)	Tomato, Corn and Potato Soup 番茄粟米薯仔湯	Soup 餐湯
9 Jan 2026 (Fri 星期五)		Winter Melon and Barley Soup 冬瓜薏米湯	23 Jan 2026 (Fri 星期五)	Corn and Egg Soup 粟米蛋花湯	
13 Jan 2026 (Tue 星期二)		Apple Snow Pear Soup 蘋果雪梨湯	27 Jan 2026 (Tue 星期二)	Italian Vegetable Soup 意大利雜菜湯	
16 Jan 2026 (Fri 星期五)		Seaweed with Eggs Soup 紫菜蛋花湯	30 Jan 2026 (Fri 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

聯合國學校

Date日期		Main Dish 主菜1	Main Dish主菜2	Vegetables 時蔬	Staple 主食
5 Jan 2026	Mon 星期一	Pork Chop Cutlet 吉列豬扒	Bolognese Sauce 鮮茄蓉肉醬	Seasonal Vegetables 合時蔬菜	Penne Pasta 長通粉
6 Jan 2026	Tue 星期二	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
7 Jan 2026	Wed 星期三	Braised Beef Brisket with Daikon 白蘿蔔燜牛腩	Stir-fried Shrimp with Cucumber 青瓜炒蝦仁	Seasonal Vegetables 合時蔬菜	Rice 白米飯
8 Jan 2026	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
9 Jan 2026	Fri 星期五	Pork Chop with Sweet and Sour Sauce 糖醋肉排	Beef with Barbecue Sauce 日式燒汁牛肉	Seasonal Vegetables 合時蔬菜	Rice 白米飯
12 Jan 2026	Mon 星期一	Braised Chicken with Potatoes 薯仔燜雞	Fish Fillet with Sweet and Sour Sauce 糖醋魚柳	Seasonal Vegetables 合時蔬菜	Rice 白米飯
13 Jan 2026	Tue 星期二	Pork Chop With Onion 洋蔥豬扒	Steamed Egg with Dried Shrimp and Vermicelli 蝦米粉絲蒸蛋	Seasonal Vegetables 合時蔬菜	Red Rice 紅米飯
14 Jan 2026	Wed 星期三	Curry Beef Brisket 咖喱牛腩	Sliced Pork with Pumpkin 南瓜肉片	Seasonal Vegetables 合時蔬菜	Rice 白米飯
15 Jan 2026	Thur星期四	Peking Pork Chops 京都肉排	Stir-fried Shrimp with French Beans 四季豆炒蝦仁	Seasonal Vegetables 合時蔬菜	Rice 白米飯
16 Jan 2026	Fri 星期五	Teriyaki Fish Nuggets 醬燒魚片	Spiced Pork Cubes (not spiced) 五香肉丁(不辣)	Seasonal Vegetables 合時蔬菜	Rice 白米飯
19 Jan 2026	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
20 Jan 2026	Tue 星期二	Braised Beef Brisket with Daikon 白蘿蔔燜牛腩	Fuzzy melon with Minced Pork肉碎節瓜	Seasonal Vegetables 合時蔬菜	Rice 白米飯
21 Jan 2026	Wed 星期三	Pork Chop with Lemon Sauce西檸豬扒	Shrimp Egg Foo Young 鮮蝦芙蓉蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
22 Jan 2026	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
23 Jan 2026	Fri 星期五	Lemongrass Chicken Steak 香茅煎雞扒	Braised Pork Ribs with Pumpkin 南瓜燜肉排	Seasonal Vegetables 合時蔬菜	Rice 白米飯
26 Jan 2026	Mon 星期一	Curry Chicken 咖喱雞	Scrambled Eggs with Crab Sticks 蟹柳炒蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
27 Jan 2026	Tue 星期二	Pork Burger 豬柳漢堡包	French fries 炸薯條	Western-style mixed vegetables 西式雜菜	Spaghetti with tomato sauce 茄汁意粉
28 Jan 2026	Wed 星期三	Tomato Beef & Eggs 鮮茄蛋牛肉	Stir-Fried Chicken With Mushrooms and Oyster Sauce 蘑菇蠔油炒雞丁	Seasonal Vegetables 合時蔬菜	Rice 白米飯
29 Jan 2026	Thur星期四	Sweet & Sour Pork 菠蘿咕嚕肉	Stir fried French Bean with Fish Cakes 豆角炒魚滑	Seasonal Vegetables 合時蔬菜	Rice 白米飯
30 Jan 2026	Fri 星期五	Curry Beef Brisket 咖喱牛腩	Mapo Tofu 麻婆豆腐	Seasonal Vegetables 合時蔬菜	Rice 白米飯
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16 Jan 2026 (Fri 星期五)	Seaweed with Eggs Soup 紫菜蛋花湯		30 Jan 2026 (Fri 星期五)	Lotus Root Pork Rib Soup 蓮藕排骨湯	