

K1 -K3 Lunch Menu 幼一至幼三菜單

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 Apr 2026	Wed 星期三	Japanese Curry Beef 日本咖喱焗牛柳	Fish Fillet with Lemon Sauce 西檸魚柳	Sweet Corn and Carrot 粟米紅蘿蔔粒	Rice 白米飯
2 Apr 2026	Thur 星期四	Chicken with Mushrooms in Cream Sauce 雜菌忌廉雞球	Honey Sausage 雞肉腸	Baked Potato 焗薯仔	Penne with Butter 牛油長通粉
3 Apr 2026	Fri 星期五	Macanese Minchi Pork 乾免治豬肉	Stir fried Beans with Prawns 豆角炒蝦仁	Chinese Cabbage 白菜粒	Rice 白米飯
6 Apr 2026	Mon 星期一	Braised Chicken with Potatoes 薯仔焗雞球	Scrambled Eggs with Tomatoes 鮮茄滑蛋	Choi Sum 菜心	Rice 白米飯
7 Apr 2026	Tue 星期二	Satay Beef 沙爹牛肉	Tofu with Minced Meat 肉碎扒豆腐	Seasonal Vegetables 合時蔬菜	Rice 白米飯
8 Apr 2026	Wed 星期三	Fish Fillet with Cream Corn Sauce 忌廉粟米魚柳	Stir-fried Cauliflower with Pork Slices 椰菜花肉片	Chinese Cabbage 白菜粒	Rice 白米飯
9 Apr 2026	Thur 星期四	Chicken Steak with Garlic 蒜香雞扒	Scrambled Eggs with Sausage 香腸炒蛋	Seasonal Vegetables 合時蔬菜	Fried Noodles 炒麵
10 Apr 2026	Fri 星期五	Pork Chop with Tomato Sauce 沙丹豬柳	Steamed Eggs with Crabsticks 蟹柳蒸蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
13 Apr 2026	Mon 星期一	Minced Beef 干免治牛肉	Sliced Pork with Pumpkin 南瓜肉片	Seasonal Vegetables 合時蔬菜	Rice 白米飯
14 Apr 2026	Tue 星期二	Apricot Chicken 蜜桃雞球	Scrambled Eggs with Shrimp 蝦仁炒蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
15 Apr 2026	Wed 星期三	Tuna Egg Cheese Sandwich 蛋吞拿魚芝士治	French Fries 炸薯條	Cherry Tomatoes and Broccoli 西蘭花番茄仔	/
16 Apr 2026	Thur 星期四	Chicken in Satay Sauce 沙爹雞球	Steam Lotus Root Cake 蓮藕餅	Seasonal Vegetables 合時蔬菜	Rice 白米飯
17 Apr 2026	Fri 星期五	Deep Fried Pork chop 香酥肉排	Braised Fish Fillet with Bean Curd 枝竹焗魚柳	Seasonal Vegetables 合時蔬菜	Red Rice 紅米飯
20 Apr 2026	Mon 星期一	Portuguese Coconut Chicken 葡汁雞柳	Fuzzy Melon with Minced pork 肉鬆節瓜葡	Seasonal Vegetables 合時蔬菜	Rice 白米飯
21 Apr 2026	Tue 星期二	HOLIDAY 假日			
22 Apr 2026	Wed 星期三	Chicken Steak with Herbs 香草雞扒	Bolognese Sauce 鮮茄肉醬	Stir-fried Broccoli 清炒西蘭花	Spaghetti with tomato sauce 茄汁意粉
23 Apr 2026	Thur 星期四	Stewed Beef Brisket 柱候焗牛腩	Stir fried Beans with Prawns 豆角炒蝦仁	Seasonal Vegetables 合時蔬菜	Rice 白米飯
24 Apr 2026	Fri 星期五	Lemongrass Pork Chop 香茅煎豬扒	Buttery Garlic Tilapia Fillet 蒜香牛油焗魚柳	Seasonal Vegetables 合時蔬菜	Rice 白米飯
27 - 30 Apr 2026	Mon - Thur 星期一至四	HOLIDAY 假日			

3/4/2026 (Friday 星期五)	Carrots and Corn Soup 青紅蘿蔔粟米湯	17/4/2026 (Friday 星期五)	Watercress & Pork Soup 蜜棗西洋菜湯	Soup 餐湯
7/4/2026 (Tuesday 星期二)	Winter Melon and Barley Soup 冬瓜薏米湯	21/4/2026 (Tuesday 星期二)	HOLIDAY 假日	
10/4/2026 (Friday 星期五)	Italian Vegetable Soup 意大利雜菜湯	24/4/2026 (Friday 星期五)	Apple Snow Pear Soup 蘋果雪梨湯	
14/4/2026 (Tuesday 星期二)	Arrowroot Pork Soup 粉葛豬骨湯	27 - 30 /4/2026 (Monday - Thursday 星期一至星期四)	HOLIDAY 假日	

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 1 主菜1	Main Dish 2 主菜 2	Seasonal Vegetables 時菜	Staple 主食
1 Apr 2026	Wed 星期三	Chicken Steak with Herbs 香草雞扒	Bolognese Sauce 鮮茄肉醬	Stir-fried Broccoli 清炒西蘭花	Spaghetti with tomato sauce 茄汁意粉
2 Apr 2026	Thur 星期四	Braised Chicken with Potatoes 薯仔燜雞球	Steamed Eggs with Crabsticks 蟹柳蒸蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
3 Apr 2026	Fri 星期五	Lemongrass Pork Chop 香茅煎豬扒	Buttery Garlic Tilapia Fillet 蒜香牛油焗魚柳	Seasonal Vegetables 合時蔬菜	Rice 白米飯
6 Apr 2026	Mon 星期一	Curry Beef Brisket 咖喱牛腩 (不辣)	Sliced Pork with Pumpkin 南瓜肉片	Seasonal Vegetables 合時蔬菜	Rice 白米飯
7 Apr 2026	Tue 星期二	Apricot Chicken 蜜桃雞球	Braised Fish Fillet with Bean Curd 枝竹燜魚柳	Seasonal Vegetables 合時蔬菜	Red Rice 紅米飯
8 Apr 2026	Wed 星期三	Dumpling 餃子	Singapore Fried Vermicelli Noodles 星洲炒米(走椒)	Seasonal Vegetables 合時蔬菜	/
9 Apr 2026	Thur 星期四	Satay Chicken Pieces 沙爹雞球	Steamed Pork Patty with Water Chestnut 馬蹄蒸肉餅	Seasonal Vegetables 合時蔬菜	Rice 白米飯
10 Apr 2026	Fri 星期五	Japanese Curry Beef 日本咖喱燜牛柳	Swiss Sauce Chicken Wing 瑞士雞亦	Seasonal Vegetables 合時蔬菜	Rice 白米飯
13 Apr 2026	Mon 星期一	Macanese Minchi 干免治豬肉	Scrambled Eggs with Tomatoes 鮮茄滑蛋	Seasonal Vegetables 合時蔬菜	Rice with corn 粟米飯
14 Apr 2026	Tue 星期二	Fish Fillet with Lemon Sauce 西檸魚柳	Steam Lotus Root Cake 蓮藕餅	Seasonal Vegetables 合時蔬菜	Rice 白米飯
15 Apr 2026	Wed 星期三	Curry Chicken 咖喱雞 (不辣)	Fuzzy Melon with Minced pork 肉鬆節瓜茸	Seasonal Vegetables 合時蔬菜	Rice 白米飯
16 Apr 2026	Thur 星期四	Honey Sausage 雞肉腸	Stir Fry Beef Rice Noodle 乾炒牛河	Seasonal Vegetables 合時蔬菜	/
17 Apr 2026	Fri 星期五	Pork with Japanese Eel Sauce 日式鰻魚汁豚肉	Stir fried Cauliflower with Shredded Chicken 椰菜花炒雞絲	Seasonal Vegetables 合時蔬菜	Rice 白米飯
20 Apr 2026	Mon 星期一	Deep Fried Pork chop 香酥肉排	Stir fried Beans with Prawns 豆角炒蝦仁	Seasonal Vegetables 合時蔬菜	Rice 白米飯
21 Apr 2026	Tue 星期二	HOLIDAY 假日			
22 Apr 2026	Wed 星期三	Sweet & Sour Chicken Bites 咕嚕雞球	Tofu with Minced Meat 肉碎扒豆腐	Seasonal Vegetables 合時蔬菜	Rice 白米飯
23 Apr 2026	Thur 星期四	Satay Beef 沙爹牛柳	Stir fried Beans with Prawns 豆角炒蝦仁	Seasonal Vegetables 合時蔬菜	Rice 白米飯
24 Apr 2026	Fri 星期五	Chicken Steak with Herbs 香草雞扒	Curry Fish Ball 咖喱魚蛋	Seasonal Vegetables 合時蔬菜	Fried rice with Egg 蛋炒飯
27 - 30 Apr 2026	Mon - Thur 星期一至四	HOLIDAY 假日			

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