

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
2 Mar 2026	Mon 星期一	Sweet & Sour Pork 菠蘿咕嚕肉	Braised Chicken with Potatoes 薯仔燜雞	Seasonal Vegetables 合時蔬菜	Rice 白米飯
3 Mar 2026	Tue 星期二	Baked Portuguese Chicken 焗葡國雞	Bolognese Sauce 鮮茄蓉肉醬	Seasonal Vegetables 合時蔬菜	Spaghetti in Tomato Sauce 茄汁意粉
4 Mar 2026	Wed 星期三	Braised Beef Brisket 逼牛尾 (要牛腩)	Stir-fried Beans with Prawns 豆角炒蝦仁	Seasonal Vegetables 合時蔬菜	Rice 白米飯
5 Mar 2026	Thur 星期四	Macanese Minchi Pork 乾免治豬肉	Fish Fillet with Lemon Sauce 西檸魚柳	Seasonal Vegetables 合時蔬菜	Red Rice 紅米飯
6 Mar 2026	Fri 星期五	Garlic Chicken Steak 蒜香雞扒	Steamed Eggs with Crabsticks 蟹柳蒸蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
9 Mar 2026	Mon 星期一	Satay Beef 沙爹牛肉	Chicken Steak with tomato sauce 沙丹雞扒	Seasonal Vegetables 合時蔬菜	Rice 白米飯
10 Mar 2026	Tue 星期二	Pork Tenderloin in Lemon sauce 西檸豬柳	Steamed Egg with Dried Shrimp and Glass Noodles 蝦米粉絲蒸蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
11 Mar 2026	Wed 星期三	Braised Chicken with Potatoes 薯仔燜雞	Fish Fillet in Sweet and Sour Sauce 糖醋魚柳	Seasonal Vegetables 合時蔬菜	Rice 白米飯
12 Mar 2026	Thur 星期四	Honey Sausage Pineapple Bites 菠蘿雞肉腸	/	Seasonal Vegetables 合時蔬菜	Fried Noodles with Shredded Pork 肉絲炒麵
13 Mar 2026	Fri 星期五	Braised Beef Brisket with Daikon 白蘿蔔燜牛腩	Pan-fried Egg with Tomato and Pork 番茄肉片煮蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
16 Mar 2026	Mon 星期一	Braised Pork with Lotus Root 蓮藕悶肉排	Stir-fried Beans with Prawns 豆角炒蝦仁	Seasonal Vegetables 合時蔬菜	Rice 白米飯
17 Mar 2026	Tue 星期二	Braised Beef Brisket with Daikon 白蘿蔔燜牛腩	Peking Pork Chops 京都肉排	Seasonal Vegetables 合時蔬菜	Rice 白米飯
18 Mar 2026	Wed 星期三	Pork Chop with Garlic 蒜香豬扒	Scrambled Eggs with Crab Sticks 蟹柳炒蛋	Seasonal Vegetables 合時蔬菜	Fried Rice Noodles 家鄉炒米粉
19 Mar 2026	Thur 星期四	Braised Beef Brisket 紅燒牛腩	Stir-fried Cauliflower with Pork Slices 椰菜炒肉絲	Seasonal Vegetables 合時蔬菜	Rice 白米飯
20 Mar 2026	Fri 星期五	Chicken Chop with Tomato Sauce 沙丹雞扒	Stir-fried Beans with Pork Slices 豆角炒肉片	Seasonal Vegetables 合時蔬菜	Rice 白米飯
23 Mar 2026	Mon 星期一	Portuguese Coconut Chicken 葡汁雞柳	Scrambled Eggs with Cabbage 椰菜炒蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
24 Mar 2026	Tue 星期二	Beef Curry 咖喱牛腩 (不辣)	Fuzzy Melon with Minced Pork 肉鬆節瓜葡	Seasonal Vegetables 合時蔬菜	Rice with Corn 粟米飯
25 Mar 2026	Wed 星期三	Ham, cheese & Egg sanddwich 火腿, 芝士蛋三文治	French Fries 炸薯條	Seasonal Vegetables 合時蔬菜	Spaghetti Bolognese 肉醬意粉
26 Mar 2026	Thur 星期四	Braised Chicken with Potatoes 薯仔燜雞	Steamed Egg with Dried Shrimp and Glass Noodles 蝦米粉絲蒸蛋	Seasonal Vegetables 合時蔬菜	
27 Mar 2026	Fri 星期五	Satay Onion Pork Chop 沙爹洋蔥豬扒	Minced Beef with Potatoes 乾免治牛肉	Seasonal Vegetables 合時蔬菜	Rice 白米飯
30 Mar 2026	Mon 星期一	Macanese Minchi Pork 乾免治豬肉	Sliced Chicken with Cauliflower 椰菜花雞片	Seasonal Vegetables 合時蔬菜	Rice 白米飯
31 Mar 2026	Tue 星期二	Braised Pork with Taro 芋頭燜五花腩	Stir-fried Shrimp with Beans 四季豆炒蝦仁	Seasonal Vegetables 合時蔬菜	Rice 白米飯
3/3/2026 (星期二)		Apple Snow Pear Soup 蘋果雪梨湯	20/3/2026 (星期五)	Watercress & Pork Soup 蜜棗西洋菜湯	餐湯
6/3/2026 (星期五)		Carrots and Corn Soup 青紅蘿蔔粟米湯	24/3/2026 (星期二)	Lotus Root Pork Rib Soup 蓮藕排骨湯	
10/3/2026 (星期二)		Winter Melon and Barley Soup 冬瓜薏米湯	27/3/2026 (星期五)	Tomato, Corn and Potato Soup 粟米番茄薯仔湯	
13/3/2026 (星期五)		Italian Vegetable Soup 意大利雜菜湯	31/3/2026 (星期二)	Winter Melon and Seaweed Soup 海帶冬瓜湯	
17/3/2026 (星期二)		Japanese Miso Soup 日式麵豉豆腐湯			

K1 - K3 Lunch Menu 幼一至幼三菜單

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Date 日期		Main Dish 1 主菜1	Main Dish 2 主菜 2	Seasonal Vegetables 時菜	Staple 主食
2 Mar 2026	Mon 星期一	Braised Beef Brisket in Satay Sauce 沙爹牛肉	Fried Chicken Steak 香煎雞扒	Seasonal Vegetables 合時蔬菜	Rice 白米飯
3 Mar 2026	Tue 星期二	Sweet & Sour Pork 菠蘿咕嚕肉	Sliced Chicken with Cauliflower 椰菜花雞片	Seasonal Vegetables 合時蔬菜	Rice 白米飯
4 Mar 2026	Wed 星期三	Gillette Fillet 吉列魚柳	baked beans with pork 茄汁豆豬肉	Seasonal Vegetables 合時蔬菜	Fried Rice with eggs 蛋炒飯
5 Mar 2026	Thur 星期四	Minced Beef with Potatoes 乾免治牛肉	Stewed Chicken Breast with Cream Sauce 白汁燴雞胸肉	Seasonal Vegetables 合時蔬菜	Red Rice 紅米飯
6 Mar 2026	Fri 星期五	Stewed Chicken Balls with Potato 薯仔燴雞球	Scrambled Eggs with Tomatoes 番茄炒蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
9 Mar 2026	Mon 星期一	Chicken Balls with Peach 蜜桃雞球	Steamed Eggs 蒸滑蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
10 Mar 2026	Tue 星期二	Minced Pork 干免治豬肉	Stir-fried Shrimp with French Beans 四季豆炒蝦仁	Seasonal Vegetables 合時蔬菜	Rice 白米飯
11 Mar 2026	Wed 星期三	Stewed Beef Brisket with Curry and Coconut Milk 咖喱椰汁燴牛腩	Stewed Chicken with Pumpkin 南瓜燴雞	Seasonal Vegetables 合時蔬菜	Rice 白米飯
12 Mar 2026	Thur 星期四	Ham, cheese and egg sandwich 芝士火腿蛋三文治	French Fries 炸薯條	Seasonal Vegetables 合時蔬菜	/
13 Mar 2026	Fri 星期五	Braised Pork with Taro 芋頭燴五花腩	Stir-fried Fish Fillet with Bean Curd 豆角炒魚滑	Seasonal Vegetables 合時蔬菜	Rice 白米飯
16 Mar 2026	Mon 星期一	Ham and egg 火腿蛋	Tomato Meat Sauce (Beef) 鮮茄肉醬 (牛肉)	Seasonal Vegetables 合時蔬菜	Spaghetti in Tomato Sauce 茄汁意粉
17 Mar 2026	Tue 星期二	Chicken Fillet with Barbecue Sauce 照燒雞扒	Taiwanese Style Braised Pork 台式滷肉	Seasonal Vegetables 合時蔬菜	Rice 白米飯
18 Mar 2026	Wed 星期三	Pork Tenderloin in Lemon sauce 西檸豬柳	Steamed Egg with Vermicelli and Dried Shrimp 粉絲蝦米蒸蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
19 Mar 2026	Thur 星期四	Stewed Beef Brisket with Curry and Coconut Milk 咖喱椰汁燴牛腩	Stir-fried Shrimp with Beans 四季豆炒蝦仁	Seasonal Vegetables 合時蔬菜	Rice 白米飯
20 Mar 2026	Fri 星期五	Pan-Fried Fish Filet 香煎龍利魚	Sweet Corn Pork 粟米肉粒	Seasonal Vegetables 合時蔬菜	Rice 白米飯
23 Mar 2026	Mon 星期一	Sweet & Sour Pork 菠蘿咕嚕肉	Stir-fried Chicken with Courgette 翠玉瓜雞球	Seasonal Vegetables 合時蔬菜	Rice 白米飯
24 Mar 2026	Tue 星期二	Portuguese Stewed Beef 葡式燴牛	Fried Eggs with Cabbage 椰菜炒蛋	Seasonal Vegetables 合時蔬菜	Rice with Corn 粟米飯
25 Mar 2026	Wed 星期三	Steamed Chicken with Mushroom 冬菇蒸雞	Peking Pork Chops 京都肉排	Seasonal Vegetables 合時蔬菜	Rice 白米飯
26 Mar 2026	Thur 星期四	Pork Chop with Onion 洋蔥豬扒	Zucchini with Dried Shrimp and Vermicelli 蝦米粉絲節瓜	Seasonal Vegetables 合時蔬菜	Rice 白米飯
27 Mar 2026	Fri 星期五	Chicken Fillet with Onion 洋蔥雞扒	Sliced Pork with Pumpkin 南瓜肉片	Seasonal Vegetables 合時蔬菜	Rice 白米飯
30 Mar 2026	Mon 星期一	Sweet and Sour Sauce Shrimp 糖醋蝦球	Scrambled Egg with Barbecued Pork 叉燒炒蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
31 Mar 2026	Tue 星期二	Crispy Salted Chicken Balls 鹽酥雞球	Tomato Meat Sauce 鮮茄肉醬	Seasonal Vegetables 合時蔬菜	Penne Pasta with butter 牛油長通粉
3/3/2026 (星期二)		Apple Snow Pear Soup 蘋果雪梨湯	20/3/2026 (星期五)	Watercress & Pork Soup 蜜棗西洋菜湯	餐湯
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10/3/2026 (星期二)		Winter Melon and Barley Soup 冬瓜薏米湯	27/3/2026 (星期五)	Tomato, Corn and Potato Soup 粟米番茄薯仔湯	
13/3/2026 (星期五)		Italian Vegetable Soup 意大利雜菜湯	31/3/2026 (星期二)	Winter Melon and Seaweed Soup 海帶冬瓜湯	
17/3/2026 (星期二)		Japanese Miso Soup 日式麵豉豆腐湯			