

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    |
|-----------------|------------------------------------|-----------------------------------|---|--------------------------------------|--------------|
| 4 May 2026      | Mon 星期一                            | 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     |
| 5 May 2026      | Tue 星期二                            | Garlic Chicken Steak 蒜香雞扒         | Bolognese Sauce 鮮茄蓉肉醬                                 | Seasonal Vegetables 合時蔬菜             | Spaghetti 意粉 |
| 6 May 2026      | Wed 星期三                            | Pork Chop Cutlet 吉列豬扒             | Stir-fried Shrimp with Fuzzy Melon 節瓜炒蝦仁              | Seasonal Vegetables 合時蔬菜             | Rice 白米飯     |
| 7 May 2026      | Thur 星期四                           | Apricot Chicken 蜜桃雞球              | Sliced Pork with Pumpkin 南瓜肉片                         | Seasonal Vegetables 合時蔬菜             | Red Rice 紅米飯 |
| 8 May 2026      | Fri 星期五                            | Minced Beef with Potatoes 乾免治牛肉   | Mapo Tofu 麻婆豆腐 (不辣)                                   | Seasonal Vegetables 合時蔬菜             | Rice 白米飯     |
| 11 May 2026     | Mon 星期一                            | Crispy Salted Chicken Balls 鹽酥雞球  | Fuzzy melon with Minced Pork 肉碎節瓜                     | Seasonal Vegetables 合時蔬菜             | Rice 白米飯     |
| 12 May 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     |
| 13 May 2026     | Wed 星期三                            | Dumpling 餃子                       | Fried Noodles with Shredded Pork 肉絲炒麵                 | Seasonal Vegetables 合時蔬菜             | /            |
| 14 May 2026     | Thur 星期四                           | Peking Pork Chops 京都肉排            | Sliced Chicken with Cauliflower 椰菜花雞片                 | Seasonal Vegetables 合時蔬菜             | Rice 白米飯     |
| 15 May 2026     | Fri 星期五                            | Curry Chicken 咖喱雞 (不辣)            | Steamed Eggs with Crabsticks 蟹柳蒸蛋                     | Seasonal Vegetables 合時蔬菜             | Rice 白米飯     |
| 18 May 2026     | Mon 星期一                            | Seafood in Cream Sauce 白汁忌廉海鮮     | Scrambled eggs with ham 火腿炒蛋                          | Seasonal Vegetables 合時蔬菜             | Macaroni 通粉  |
| 19 May 2026     | Tue 星期二                            | Braised Beef Brisket 逼牛尾 (要牛腩)    | Scrambled Eggs with Tomatoes 番茄炒蛋                     | Seasonal Vegetables 合時蔬菜             | Rice 白米飯     |
| 20 May 2026     | Wed 星期三                            | Chicken Wing in Swiss Sauce 瑞士雞亦  | Minced pork with tomato 鮮茄免治豬肉                        | Seasonal Vegetables 合時蔬菜             | Rice 白米飯     |
| 21 May 2026     | Thur 星期四                           | Deep Fried Pork Chop 香酥肉排         | Steamed Egg with Dried Shrimp and Glass Noodle 蝦米粉絲蒸蛋 | Seasonal Vegetables 合時蔬菜             | Rice 白米飯     |
| 22 May 2026     | Fri 星期五                            | HOLIDAY 假日                        |   |                                      |              |
| 25 May 2026     | Mon 星期一                            | Stewed Beef Brisket 柱候燜牛腩         | Stir-fried Chicken with Cucumber 青瓜炒雞粒                | Seasonal Vegetables 合時蔬菜             | Rice 白米飯     |
| 26 May 2026     | Tue 星期二                            | Sweet & Sour Pork 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     |
| 27 May 2026     | Wed 星期三                            | Braisd chicken with chestnut 栗子燜雞 | Scrambled Eggs with Tomatoes 番茄炒蛋                     | Seasonal Vegetables 合時蔬菜             | Rice 白米飯     |
| 28 May 2026     | Thur 星期四                           | Fish Siu Mai 魚肉燒賣                 | Singapore Fried Vermicelli Noodles 星洲炒米(走椒)           | Seasonal Vegetables 合時蔬菜             | /            |
| 29 May 2026     | Fri 星期五                            | HOLIDAY 假日                        |   |                                      |              |
| 5/5/2026 (星期二)  | Apple Snow Pear Soup 蘋果雪梨湯 (不要雪耳)  |                                   | 15/5/2026 (星期五)                                       | Watercress & Pork Soup 蜜棗西洋菜湯        |              |
| 8/5/2026 (星期五)  | Carrots and Corn Soup 青紅蘿蔔粟米湯      |                                   | 19/5/2026 (星期二)                                       | Lotus Root Pork Rib Soup 蓮藕排骨湯       |              |
| 12/5/2026 (星期二) | Winter Melon and Barley Soup 冬瓜薏米湯 |                                   | 26/5/2026 (星期二)                                       | Tomato, Corn and Potato Soup 粟米番茄薯仔湯 |              |

餐湯

# 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 1 主菜1  | Main Dish 2 主菜 2   | Seasonal Vegetables 時菜                  | Staple 主食          |
|-----------------|------------------------------------|--|--|---|--------------------|
| 4 May 2026      | Mon 星期一                            | Cola chicken 可樂雞肉  | Steamed minced Pork Patty with Mushroom 香菇蒸肉餅            | Seasonal Vegetables 合時蔬菜                | Rice 白米飯           |
| 5 May 2026      | Tue 星期二                            | Braised Beef Brisket in Satay Sauce 沙爹牛肉                   | Steamed Eggs with Crabsticks 蟹柳蒸蛋                        | Seasonal Vegetables 合時蔬菜                | Rice 白米飯           |
| 6 May 2026      | Wed 星期三                            | Dumpling 餃子  | Fried Noodles with Shredded Chicken 雞絲炒麵                 | Seasonal Vegetables 合時蔬菜                | /                  |
| 7 May 2026      | Thur 星期四                           | Braisd chicken with chestnut 栗子燜雞                          | Stir-fried String Bean with Prawns 蝦仁炒四季豆                | Seasonal Vegetables 合時蔬菜                | Rice with Corn 粟米飯 |
| 8 May 2026      | Fri 星期五                            | Fish Fillets in Creamy Corn Sauce<br>香煎龍利魚配忌廉粟米            | Steamed Pork Patty with Preserved Vegetables 梅菜蒸肉餅       | Seasonal Vegetables 合時蔬菜                | Rice 白米飯           |
| 11 May 2026     | Mon 星期一                            | Stewed Beef Brisket with Curry and Coconut Milk<br>咖喱椰汁燜牛腩 | BBQ Pork Omelette 叉燒奄列                                   | Seasonal Vegetables 合時蔬菜                | Rice 白米飯           |
| 12 May 2026     | Tue 星期二                            | Chicken Steak with garlics 蒜香雞扒                            | Steamed Egg with Dried Shrimp and Glass Noodle<br>蝦米粉絲蒸蛋 | Seasonal Vegetables 合時蔬菜                | Rice 白米飯           |
| 13 May 2026     | Wed 星期三                            | Baked Fish Fillet with Cream Sauce 白汁芝士魚柳                  | Tofu with Minced Meat 肉碎扒豆腐                              | Seasonal Vegetables 合時蔬菜                | Rice 白米飯           |
| 14 May 2026     | Thur 星期四                           | Minced pork with tomato 鮮茄免治豬肉                             | Garlic Chicken Steak 蒜香雞扒                                | Seasonal Vegetables 合時蔬菜                | Spaghetti 意粉       |
| 15 May 2026     | Fri 星期五                            | Stewed Beef Brisket 柱候燜牛腩                                  | Sliced Pork with Pumpkin 南瓜肉片                            | Seasonal Vegetables 合時蔬菜                | Rice 白米飯           |
| 18 May 2026     | Mon 星期一                            | Chicken Steak in Swiss Sauce 瑞士雞扒                          | Steam Egg with Minced Pork 蒸肉碎水蛋                         | Seasonal Vegetables 合時蔬菜                | Rice 白米飯           |
| 19 May 2026     | Tue 星期二                            | Pork Chop with Barbecue Sauce 燒汁豬扒                         | Stir-fried Chicken with Sweet Corn 粟米炒雞粒                 | Seasonal Vegetables 合時蔬菜                | Rice 白米飯           |
| 20 May 2026     | Wed 星期三                            | Fish Siu Mai 魚肉燒賣  | Singapore Fried Vermicelli Noodles 星洲炒米(走椒)              | Seasonal Vegetables 合時蔬菜                | /                  |
| 21 May 2026     | Thur 星期四                           | Minced Beef with Potatoes 乾免治牛肉                            | Scrambled Eggs with Tomatoes 番茄炒蛋                        | Seasonal Vegetables 合時蔬菜                | Rice 白米飯           |
| 22 May 2026     | Fri 星期五                            | HOLIDAY 假日   |  |   |                    |
| 25 May 2026     | Mon 星期一                            | Seafood in Cream Sauce 白汁忌廉海鮮                              | Scrambled eggs with ham 火腿炒蛋                             | Seasonal Vegetables 合時蔬菜                | Macaroni 通粉        |
| 26 May 2026     | Tue 星期二                            | Satay Chicken 沙爹雞  | Curry Fish Ball 咖喱魚蛋(不辣)                                 | Seasonal Vegetables 合時蔬菜                | Rice 白米飯           |
| 27 May 2026     | Wed 星期三                            | Braised Beef Brisket 逼牛尾(要牛腩)                              | Sliced Chicken with Cauliflower 椰菜花雞片                    | Seasonal Vegetables 合時蔬菜                | Rice 白米飯           |
| 28 May 2026     | Thur 星期四                           | Braised Pork with Taro 芋頭燜五花腩                              | Crispy Salted Chicken Balls 鹽酥雞球                         | Seasonal Vegetables 合時蔬菜                | Rice 白米飯           |
| 29 May 2026     | Fri 星期五                            | HOLIDAY 假日   |  |   |                    |
| 5/5/2026 (星期二)  | Apple Snow Pear Soup 蘋果雪梨湯 (不要雪耳)  |  | 15/5/2026 (星期五)  | Watercress & Pork Soup<br>蜜棗西洋菜湯        |                    |
| 8/5/2026 (星期五)  | Carrots and Corn Soup 青紅蘿蔔粟米湯      |  | 19/5/2026 (星期二)  | Lotus Root Pork Rib Soup 蓮藕排骨湯          |                    |
| 12/5/2026 (星期二) | Winter Melon and Barley Soup 冬瓜薏米湯 |  | 26/5/2026 (星期二)  | Tomato, Corn and Potato Soup<br>粟米番茄薯仔湯 |                    |

餐湯