

P1 -F6 Lunch Menu 小一 - 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 Jun 2026	Mon 星期一	Pork Chop Cutlet 吉列豬扒	/	Seasonal Vegetables 合時蔬菜	Spaghetti Bolognese 肉醬意粉
2 Jun 2026	Tue 星期二	Coca Cola Chicken Wings 可樂雞翼	Scrambled Egg with Barbecued Pork 叉燒炒蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
3 Jun 2026	Wed 星期三	Minced Beef with Potatoes 乾免治牛肉	Steamed Pork Patty with Water Chestnut 馬蹄蒸肉餅	Seasonal Vegetables 合時蔬菜	Rice 白米飯
4 Jun 2026	Thur 星期四	Braised Chicken with Potatoes 薯仔燜雞	Fuzzy Melon with Shredded pork 節瓜燜肉絲	Stir-fried Choy Sum 清炒菜心	Rice 白米飯
5 Jun 2026	Fri 星期五	Seafood in Cream Sauce 白汁忌廉海鮮	Stir-fried Pork Slices with Cucumber 青瓜炒肉片	Seasonal Vegetables 合時蔬菜	Rice 白米飯
8 Jun 2026	Mon 星期一	Pork Chop with Garlic 蒜香豬扒	Steamed Eggs with Crabsticks 蟹柳蒸蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
9 Jun 2026	Tue 星期二	Apricot Chicken 蜜桃雞球	Corn and Pork Cubes in White Sauce 粟米肉粒	Seasonal Vegetables 合時蔬菜	Rice 白米飯
10 Jun 2026	Wed 星期三	/	Dumpling 餃子	Seasonal Vegetables 合時蔬菜	Singapore Fried Vermicelli Noodles 星洲炒米(走椒)
11 Jun 2026	Thur 星期四	Curry Beef Brisket 咖喱牛腩	Macanese Minchi 干免治豬肉	Seasonal Vegetables 合時蔬菜	Rice 白米飯
12 Jun 2026	Fri 星期五	Satay Chicken Pieces 沙爹雞球	Fish Fillet with Lemon Sauce 西檸魚柳	Seasonal Vegetables 合時蔬菜	Rice 白米飯
15 Jun 2026	Mon 星期一	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
16 Jun 2026	Tue 星期二	Ham, Egg Mayonnaise Sandwich 火腿蛋沙律三文治	French Fries 炸薯條	Cherry Tomatoes and Cucumber 青瓜番茄仔	/
17 Jun 2026	Wed 星期三	Crispy Salted Chicken Balls 鹽酥雞球	Braised Tofu in SoySauce 紅燒豆腐	Seasonal Vegetables 合時蔬菜	Rice 白米飯
18 Jun 2026	Thur 星期四	Stewed Beef Brisket 柱候燜牛腩	Stir fried Beans with Prawns 豆角炒蝦仁	Seasonal Vegetables 合時蔬菜	Rice 白米飯
19 Jun 2026	Fri 星期五	Pork with Japanese Eel Sauce 日式鰻魚汁豚肉	Stir fried Cabbage with Shredded Chicken 椰菜炒雞絲	Seasonal Vegetables 合時蔬菜	Rice 白米飯
22 Jun 2026	Mon 星期一	Curry Chicken 咖喱雞	Sliced Pork with Pumpkin 南瓜肉片	Seasonal Vegetables 合時蔬菜	Rice 白米飯
23 Jun 2026	Tue 星期二	Satay Beef 沙爹牛柳	Seafood in Cream Sauce 白汁忌廉海鮮		Rice 白米飯
24 Jun 2026	Wed 星期三	Sweet & Sour Pork 菠蘿咕嚕肉	Stir-fried Shrimp with French Beans 四季豆炒蝦仁	Seasonal Vegetables 合時蔬菜	Rice 白米飯
25 Jun 2026	Thur 星期四	/	Honey Sausage Pineapple Bites 菠蘿雞肉腸(不要汁)	Seasonal Vegetables 合時蔬菜	Stir Fry Beef Rice Noodle 乾炒牛河

02-06-2026 (星期二)	Papaya Pork Rib Soup 木瓜紅蘿蔔無花果排骨湯	15-06-2026 (星期二)	Tomato, Potato and Corn Soup 番茄薯仔粟米湯	Soup 餐湯
05-06-2026 (星期五)	Seaweed with Eggs Soup 紫菜蛋花湯	19-06-2026 (星期五)	Apple Snow Pear Soup 蘋果雪梨湯(不要雪耳)	
09-06-2026 (星期二)	Watercress & Pork Soup 蜜棗西洋菜湯	23-06-2026 (星期二)	Lotus Root Pork Rib Soup 蓮藕排骨湯	
12-06-2026 (星期五)	Italian Vegetable Soup 意大利雜菜湯			

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
1 Jun 2026	Mon 星期一	Minced Beef with Potatoes 乾免治牛肉	baked beans with pork 茄汁豆豬肉	Chinese Cabbage 白菜粒	Rice 白米飯
2 Jun 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 Jun 2026	Wed 星期三	Bolognese Sauce 鮮茄肉醬(牛肉)	/	Shredded Bacon and Mashed Potato 煙肉碎 薯仔蓉	Penne with Tomato Sauce 茄醬長通粉
4 Jun 2026	Thur 星期四	Braised Chicken with Mushroom 冬菇燜雞	Sliced Pork with Tomatoes 番茄肉片	Stir-fried Choy Sum 清炒菜心	Rice 白米飯
5 Jun 2026	Fri 星期五	Steam Pork Patty with Preserved Vegetables 梅菜蒸肉餅	Scrambled Eggs with Shrimp 蝦仁炒蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
8 Jun 2026	Mon 星期一	Satay Chicken Ball 沙爹雞球	Tofu with Minced Meat 肉碎扒豆腐	Sweet Corn and Carrot 粟米紅蘿蔔粒	Rice 白米飯
9 Jun 2026	Tue 星期二	Steamed Pork Patty with Shiitake Mushroom and Water Chestnut 香菇馬蹄蒸肉餅	Scrambled Eggs with Bacon 煙肉炒蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
10 Jun 2026	Wed 星期三	Braised Beef 逼牛尾 (要牛腩)	Stir-fried Cauliflower with Pork Slices 椰菜花肉片	Chinese Cabbage 白菜粒	Rice 白米飯
11 Jun 2026	Thur 星期四	Curry Fish Ball 咖喱魚蛋	/	Seasonal Vegetables 合時蔬菜	Fried Noodles with Shredded Pork 肉絲炒麵
12 Jun 2026	Fri 星期五	Crispy Salted Chicken Balls 鹽酥雞球	Scrambled Eggs with Tomatoes 鮮茄滑蛋	Choi Sum 菜心	Rice 白米飯
15 Jun 2026	Mon 星期一	Japanese Curry Beef 日本咖喱燜牛柳	Sliced Pork with Pumpkin 南瓜肉片	Seasonal Vegetables 合時蔬菜	Rice 白米飯
16 Jun 2026	Tue 星期二	Chicken with Mushrooms in Cream Sauce 雜菌忌廉雞球	Braised Fish Fillet with Bean Curd 枝竹燜魚柳	Seasonal Vegetables 合時蔬菜	Rice 白米飯
17 Jun 2026	Wed 星期三	Honey Sausage Pineapple Bites 菠蘿雞肉腸(不要汁)	/	Seasonal Vegetables 合時蔬菜	Stir Fry Beef Rice Noodle 乾炒牛河
18 Jun 2026	Thur 星期四	Braised Chicken with Potatoes 薯仔燜雞球	Steam Lotus Root Cake 蓮藕餅	Seasonal Vegetables 合時蔬菜	Rice 白米飯
19 Jun 2026	Fri 星期五	Stewed Beef Brisket 柱候燜牛腩	Stir fried Beans with Prawns 豆角炒蝦仁	Seasonal Vegetables 合時蔬菜	Rice 白米飯
22 Jun 2026	Mon 星期一	Sweet & Sour Pork 菠蘿咕嚕肉 (少菠蘿)	Steamed Egg with Dried Shrimp and Glass Noodles 蝦米粉絲蒸蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
23 Jun 2026	Tue 星期二	Ham, Egg Mayonnaise Sandwich 火腿蛋沙律三文治	French Fries 炸薯條	Cherry Tomatoes and Cucumber 青瓜番茄仔	/
24 Jun 2026	Wed 星期三	Fish fillet with sweet corn sauce 粟米斑腩	Scrambled eggs with ham 火腿炒蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
25 Jun 2026	Thur 星期四	Crispy Salted Chicken Balls 鹽酥雞球	Braised Tofu in SoySauce 紅燒豆腐	Seasonal Vegetables 合時蔬菜	Rice 白米飯
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12-06-2026 (星期五)	Italian Vegetable Soup 意大利雜菜湯				