

K1-K3 Lunch Menu 幼一至三菜單

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
1 Oct 2026	Thur 星期四	假期			
2 Oct 2026	Fri 星期五	假期			
5 Oct 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 Oct 2026	Tue 星期二	Fish Fillet with Cream Corn Sauce 忌廉粟米魚柳	Fuzzy Melon with Dried Shrimp and Vermicelli 蝦米粉絲節瓜	Seasonal Vegetables 合時蔬菜	Macaroni with Butter 牛油通心粉
7 Oct 2026	Wed 星期三	Minced Beef with Potatoes 乾免治牛肉	Shredded Chicken 手撕雞	Seasonal Vegetables 合時蔬菜	Rice 白米飯
8 Oct 2026	Thur 星期四	Pork Chop with Onion 洋蔥豬扒	Stir-fried Shrimp with French Beans 四季豆炒蝦仁	Seasonal Vegetables 合時蔬菜	Rice 白米飯
9 Oct 2026	Fri 星期五	Chicken in Satay Sauce 沙爹雞球	Sliced Pork with Pumpkin 南瓜肉片	Seasonal Vegetables 合時蔬菜	Rice 白米飯
12 Oct 2026	Mon 星期一	Corn and Pork Cubes in White Sauce 粟米肉粒	Stir-fried Beef with Cucumber 青瓜炒牛肉	Seasonal Vegetables 合時蔬菜	Fried rice with Egg 蛋炒飯
13 Oct 2026	Tue 星期二	Garlic Chicken Steak 蒜香雞扒	Steamed Egg with Minced Pork 肉碎蒸水蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
14 Oct 2026	Wed 星期三	Satay Beef 沙爹牛肉	Tofu With Shrimp In Egg Drop Sauce 滑蛋豆腐煮蝦仁	Seasonal Vegetables 合時蔬菜	Rice 白米飯
15 Oct 2026	Thur 星期四	Peking Pork Chops 京都骨	Sliced Chicken with Cauliflower 椰菜花雞片	Seasonal Vegetables 合時蔬菜	Rice 白米飯
16 Oct 2026	Fri 星期五	Coconut Curry Chicken 南洋椰香雞	Macanese Minchi Pork 乾免治豬肉	Seasonal Vegetables 合時蔬菜	Rice 白米飯
19 Oct 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
20 Oct 2026	Tue 星期二	Fish Fillet with Cream Corn Sauce 忌廉粟米魚柳	Fuzzy Melon with Dried Shrimp and Vermicelli 蝦米粉絲節瓜	Seasonal Vegetables 合時蔬菜	Macaroni with Butter 牛油通心粉
21 Oct 2026	Wed 星期三	Minced Beef with Potatoes 乾免治牛肉	Shredded Chicken 手撕雞	Seasonal Vegetables 合時蔬菜	Rice 白米飯
22 Oct 2026	Thur 星期四	Pork Chop with Onion 洋蔥豬扒	Stir-fried Shrimp with French Beans 四季豆炒蝦仁	Seasonal Vegetables 合時蔬菜	Rice 白米飯
23 Oct 2026	Fri 星期五	Chicken in Satay Sauce 沙爹雞球	Sliced Pork with Pumpkin 南瓜肉片	Seasonal Vegetables 合時蔬菜	Rice 白米飯
26 Oct 2026	Mon 星期一	Corn and Pork Cubes in White Sauce 粟米肉粒	Stir-fried Beef with Cucumber 青瓜炒牛肉	Seasonal Vegetables 合時蔬菜	Fried rice with Egg 蛋炒飯
27 Oct 2026	Tue 星期二	Garlic Chicken Steak 蒜香雞扒	Steamed Egg with Minced Pork 肉碎蒸水蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
28 Oct 2026	Wed 星期三	Satay Beef 沙爹牛肉	Tofu With Shrimp In Egg Drop Sauce 滑蛋豆腐煮蝦仁	Seasonal Vegetables 合時蔬菜	Rice 白米飯
29 Oct 2026	Thur 星期四	Peking Pork Chops 京都骨	Sliced Chicken with Cauliflower 椰菜花雞片	Seasonal Vegetables 合時蔬菜	Rice 白米飯
30 Oct 2026	Fri 星期五	Coconut Curry Chicken 南洋椰香雞	Macanese Minchi Pork 乾免治豬肉	Seasonal Vegetables 合時蔬菜	Rice 白米飯
6/10/2026 Tue 星期二	Winter Melon and Barley Soup 冬瓜薏米湯		20/10/2026 Tue 星期二	Italian Vegetable Soup 意大利雜菜湯	
9/10/2026 Fri 星期五	Carrots and Corn Soup 青紅蘿蔔粟米湯		23/10/2026 Fri 星期五	Japanese Miso Tofu Soup 日式麵豉豆腐湯	
13/10/2026 Tue 星期二	Lotus Root Pork Rib Soup 蓮藕排骨湯		27/10/2026 Tue 星期二	Apple Snow Pear Soup 蘋果雪梨湯	
16/10/2026 Fri 星期五	Egg with Corn Soup 粟米蛋花湯		30/10/2026 Fri 星期五	Papaya Pork Rib Soup 木瓜紅蘿蔔無花果排骨湯	

P1-F6 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 Oct 2026	Thur 星期四	假期			
2 Oct 2026	Fri 星期五	假期			
5 Oct 2026	Mon 星期一	Peking Pork Chops 京都骨	Sliced Chicken with Cauliflower 椰菜花雞片	Seasonal Vegetables 合時蔬菜	Rice 白米飯
6 Oct 2026	Tue 星期二	Steamed Chicken with Mushroom 冬菇蒸雞	Sliced Pork with Pumpkin 南瓜肉片	Seasonal Vegetables 合時蔬菜	Rice 白米飯
7 Oct 2026	Wed 星期三	Garlic Chicken Steak 蒜香雞扒	Stir-fried Shrimp with French Beans 四季豆炒蝦仁	Seasonal Vegetables 合時蔬菜	Soy Sauce Stir-fried Pasta 豉油炒意粉
8 Oct 2026	Thur 星期四	Curry Beef Brisket 咖喱牛腩 (不辣)	Macanese Minchi Pork 乾免治豬肉	Seasonal Vegetables 合時蔬菜	Rice 白米飯
9 Oct 2026	Fri 星期五	Pork Chop with Onion 洋蔥豬扒	Stir-fried Long Beans with Chicken 豆角炒雞球	Seasonal Vegetables 合時蔬菜	Rice 白米飯
12 Oct 2026	Mon 星期一	Braised Beef Brisket 逼牛腩	Stir-fried Pork Slices with Courgette 翠玉瓜炒肉片	Seasonal Vegetables 合時蔬菜	Rice 白米飯
13 Oct 2026	Tue 星期二	Pork Chop Cutlet 吉列豬扒	Corn with Chicken pieces 粟米雞粒	Seasonal Vegetables 合時蔬菜	Rice 白米飯
14 Oct 2026	Wed 星期三	Fish Fillet with Cream Corn Sauce 忌廉粟米魚柳	Fuzzy Melon with Dried Shrimp and Vermicelli 蝦米粉絲節瓜	Seasonal Vegetables 合時蔬菜	Macaroni with Butter 牛油通心粉
15 Oct 2026	Thur 星期四	Chicken in Satay Sauce 沙爹雞球	Stir-fried Pork Slices with Cucumber 青瓜炒肉片	Seasonal Vegetables 合時蔬菜	Rice 白米飯
16 Oct 2026	Fri 星期五	Satay Beef 沙爹牛肉	Fuzzy melon with Minced Pork 肉碎節瓜	Seasonal Vegetables 合時蔬菜	Rice 白米飯
19 Oct 2026	Mon 星期一	Peking Pork Chops 京都骨	Sliced Chicken with Cauliflower 椰菜花雞片	Seasonal Vegetables 合時蔬菜	Rice 白米飯
20 Oct 2026	Tue 星期二	Steamed Chicken with Mushroom 冬菇蒸雞	Sliced Pork with Pumpkin 南瓜肉片	Seasonal Vegetables 合時蔬菜	Rice 白米飯
21 Oct 2026	Wed 星期三	Garlic Chicken Steak 蒜香雞扒	Stir-fried Shrimp with French Beans 四季豆炒蝦仁	Seasonal Vegetables 合時蔬菜	Soy Sauce Stir-fried Pasta 豉油炒意粉
22 Oct 2026	Thur 星期四	Curry Beef Brisket 咖喱牛腩 (不辣)	Macanese Minchi Pork 乾免治豬肉	Seasonal Vegetables 合時蔬菜	Rice 白米飯
23 Oct 2026	Fri 星期五	Pork Chop with Onion 洋蔥豬扒	Stir-fried Long Beans with Chicken 豆角炒雞球	Seasonal Vegetables 合時蔬菜	Rice 白米飯
26 Oct 2026	Mon 星期一	Braised Beef Brisket 逼牛腩	Stir-fried Pork Slices with Courgette 翠玉瓜炒肉片	Seasonal Vegetables 合時蔬菜	Rice 白米飯
27 Oct 2026	Tue 星期二	Pork Chop Cutlet 吉列豬扒	Corn with Chicken pieces 粟米雞粒	Seasonal Vegetables 合時蔬菜	Rice 白米飯
28 Oct 2026	Wed 星期三	Fish Fillet with Cream Corn Sauce 忌廉粟米魚柳	Fuzzy Melon with Dried Shrimp and Vermicelli 蝦米粉絲節瓜	Seasonal Vegetables 合時蔬菜	Macaroni with Butter 牛油通心粉
29 Oct 2026	Thur 星期四	Chicken in Satay Sauce 沙爹雞球	Stir-fried Pork Slices with Cucumber 青瓜炒肉片	Seasonal Vegetables 合時蔬菜	Rice 白米飯
30 Oct 2026	Fri 星期五	Satay Beef 沙爹牛肉	Fuzzy melon with Minced Pork 肉碎節瓜	Seasonal Vegetables 合時蔬菜	Rice 白米飯
6/10/2026 Tue 星期二	Winter Melon and Barley Soup 冬瓜薏米湯		20/10/2026 Tue 星期二	Italian Vegetable Soup 意大利雜菜湯	
9/10/2026 Fri 星期五	Carrots and Corn Soup 青紅蘿蔔粟米湯		23/10/2026 Fri 星期五	Japanese Miso Tofu Soup 日式麵豉豆腐湯	
13/10/2026 Tue 星期二	Lotus Root Pork Rib Soup 蓮藕排骨湯		27/10/2026 Tue 星期二	Apple Snow Pear Soup 蘋果雪梨湯	
16/10/2026 Fri 星期五	Egg with Corn Soup 粟米蛋花湯		30/10/2026 Fri 星期五	Papaya Pork Rib Soup 木瓜紅蘿蔔無花果排骨湯	