

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
2 Sep 2026	Wed 星期三	Braised Eggs 滷水蛋	Fried Noodles with Shredded Chicken 炒雞絲麵	Stir-fried Cabbage with Garlic 蒜蓉炒椰菜	/
3 Sep 2026	Thur星期四	Macanese Minchi Pork 乾免治豬肉	Steamed Egg with Dried Shrimp and Glass Noodles 蝦米粉絲蒸蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
4 Sep 2026	Fri 星期五	Chicken in Satay Sauce 沙爹雞球	Stir-fried Beans with Prawns 豆角炒蝦仁	Seasonal Vegetables 合時蔬菜	Rice 白米飯
7 Sep 2026	Mon 星期一	Pork Chop with Garlic 蒜香豬扒	Bolognese Sauce 鮮茄蓉肉醬	Seasonal Vegetables 合時蔬菜	Fusilli Pasta 螺絲粉
8 Sep 2026	Tue 星期二	Braised Chicken with Potatoes 薯仔燜雞	Steamed Egg with Minced Pork 肉碎蒸水蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
9 Sep 2026	Wed 星期三	Braised Beef Brisket with Daikon 白蘿蔔燜牛腩	Stir-fried Shrimp with Edamame 毛豆炒蝦仁	Seasonal Vegetables 合時蔬菜	Rice 白米飯
10 Sep 2026	Thur星期四	Pork with Japanese Eel Sauce 日式鰻魚汁豬肉	Dumpling 餃子	Seasonal Vegetables 合時蔬菜	Rice 白米飯
11 Sep 2026	Fri 星期五	Apricot Chicken 蜜桃雞球	Tofu with Minced Meat 肉碎扒豆腐	Seasonal Vegetables 合時蔬菜	Rice 白米飯
14 Sep 2026	Mon 星期一	Steamed Pork Patty with Water Chestnut 馬蹄蒸肉餅	Sliced Chicken with Cauliflower 椰菜花雞片	Seasonal Vegetables 合時蔬菜	Rice 白米飯
15 Sep 2026	Tue 星期二	Fish and Chips 炸魚柳	Macaroni Carbonara 卡邦尼通粉	Seasonal Vegetables 合時蔬菜	/
16 Sep 2026	Wed 星期三	Chicken in Swiss Sauce 瑞士雞柳	Braised Beef Brisket 逼牛腩	Seasonal Vegetables 合時蔬菜	Rice 白米飯
17 Sep 2026	Thur星期四	Pork Chop with Onion 洋蔥豬扒	Chicken Breast in Tomato Sauce 茄汁燴雞胸肉	Seasonal Vegetables 合時蔬菜	Rice 白米飯
18 Sep 2026	Fri 星期五	Portuguese Coconut Chicken 葡汁雞柳	Braised Pork Belly Cubes with Dried Beancurd Sticks 腐竹燜肉丁	Seasonal Vegetables 合時蔬菜	Rice 白米飯
21 Sep 2026	Mon 星期一	Fish Fillet with Cream Corn Sauce 忌廉粟米魚柳	Scrambled Egg with Barbecued Pork 叉燒炒蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
22 Sep 2026	Tue 星期二	Macanese Minchi Pork 乾免治豬肉	Stewed Chicken with Pumpkin 南瓜燜雞	Chinese Cabbage 白菜粒	Rice 白米飯
23 Sep 2026	Wed 星期三	Satay Beef 沙爹牛肉	Stir-fried Shrimp with French Beans 四季豆炒蝦仁	Seasonal Vegetables 合時蔬菜	Rice 白米飯
24 Sep 2026	Thur星期四	Braised Chicken with Potatoes 薯仔燜雞球	Fuzzy Melon with Minced pork 肉鬆節瓜莆	Seasonal Vegetables 合時蔬菜	Rice 白米飯
25 Sep 2026	Fri 星期五	Pan-Fried Fish Filet 香煎龍利魚	Chicken with Mushrooms Cream Sauce 忌廉蘑菇雞球	Stir-fried Broccoli 清炒西蘭花	Macaroni with Butter 牛油通心粉
28 Sep 2026	Mon 星期一	Braised Beef Brisket 逼牛腩	Steamed Egg with Dried Shrimp and Glass Noodles 蝦米粉絲蒸蛋	Chinese Cabbage 白菜粒	Rice 白米飯
29 Sep 2026	Tue 星期二	Steamed Chicken with Goji Berries 杞子蒸雞	Taiwanese Braised Pork 台灣魯肉	Choi Sum 菜心	Rice 白米飯
30 Sep 2026	Wed 星期三	Braised Eggs 滷水蛋	Fried Noodles with Shredded Chicken 炒雞絲麵	Stir-fried Cabbage with Garlic 蒜蓉炒椰菜	/
04-09-2026 (星期五)		Pork Bone With Snow Fungus & Figs Soup 雪耳無花果豬骨湯	18-09-2025 (星期五)	Tomato, Potato and Corn Soup 番茄薯仔粟米湯	Soup 餐湯
08-09-2026 (星期二)		Winter Melon and Barley Soup 冬瓜薏米湯	21-09-2025 (星期二)	Italian Vegetable Soup 意大利雜菜湯	
11-09-2026 (星期五)		Apple Snow Pear Soup 蘋果雪梨湯	25-09-2025 (星期五)	Seaweed Winter Melon Soup 海帶冬瓜湯	
15-09-2026 (星期二)		Seaweed with Eggs Soup 紫菜蛋花湯	29-09-2025 (星期二)	Japanese Miso Tofu Soup 日式麵豉豆腐湯	

P1 - F6 Lunch Menu

小一至中六菜單

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
2 Sep 2026	Wed 星期三	Beef in Satay Sauce 沙爹牛肉	Stir-fried Shrimp with French Beans 四季豆炒蝦仁	Seasonal Vegetables 合時蔬菜	Rice 白米飯
3 Sep 2026	Thur星期四	Apricot Chicken 蜜桃雞球	Braised Pork Belly Cubes with Dried Beancurd Sticks 腐竹燜肉丁	Seasonal Vegetables 合時蔬菜	Rice 白米飯
4 Sep 2026	Fri 星期五	Pork Chop with Garlic 蒜香豬扒	Fish Fillet with Cream Corn Sauce 忌廉粟米魚柳	Seasonal Vegetables 合時蔬菜	Rice 白米飯
8 Sep 2026	Mon 星期一	Braised Chicken with Potatoes 薯仔燜雞	Sliced Pork with Pumpkin 南瓜肉片	Seasonal Vegetables 合時蔬菜	Rice 白米飯
9 Sep 2026	Tue 星期二	Deep-fried Pork Chop 香酥肉排	Sliced Chicken with Cauliflower 椰菜花雞片	Seasonal Vegetables 合時蔬菜	Rice 白米飯
10 Sep 2026	Wed 星期三	Fish and Chips 炸魚柳	Macaroni Carbonara 卡邦尼通粉	Seasonal Vegetables 合時蔬菜	/
11 Sep 2026	Thur星期四	Curry Chicken 咖喱雞 (不辣)	Minced Beef with Potatoes 乾免治牛肉	Seasonal Vegetables 合時蔬菜	Rice 白米飯
12 Sep 2026	Fri 星期五	Lemongrass Pork Chop 香茅煎豬扒	Stir-fried Beans with Prawns 豆角炒蝦仁	Seasonal Vegetables 合時蔬菜	Rice 白米飯
15 Sep 2026	Mon 星期一	Chicken in Satay Sauce 沙爹雞球	Braised Tofu Puff with Fish Cakes 豆卜燜魚餅	Seasonal Vegetables 合時蔬菜	Rice 白米飯
16 Sep 2026	Tue 星期二	Braised Beef Brisket 逼牛腩	Steamed Egg with Minced Pork 肉碎蒸水蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
17 Sep 2026	Wed 星期三	Braised Eggs 滷水蛋	Fried Noodles with Shredded Chicken 炒雞絲麵	Stir-fried Cabbage with Garlic 蒜蓉炒椰菜	/
18 Sep 2026	Thur星期四	Steamed Chicken with Goji Berries 杞子蒸雞	Stir-fried Pork Slices with Cucumber 青瓜炒肉片	Seasonal Vegetables 合時蔬菜	Rice 白米飯
19 Sep 2026	Fri 星期五	Macanese Minchi Pork 乾免治豬肉	Stir-fried Shrimp with Edamame 毛豆炒蝦仁	Seasonal Vegetables 合時蔬菜	Rice 白米飯
22 Sep 2026	Mon 星期一	Coconut Curry Chicken 南洋椰香雞	Mapo Tofu 麻婆豆腐 (不辣)	Seasonal Vegetables 合時蔬菜	Rice 白米飯
23 Sep 2026	Tue 星期二	Pan-Fried Fish Filet 香煎龍利魚	Chicken with Mushrooms Cream Sauce 忌廉蘑菇雞球	Seasonal Vegetables 合時蔬菜	Rice 白米飯
24 Sep 2026	Wed 星期三	Sweet & Sour Pork 菠蘿咕嚕肉	Chicken with Zucchini 翠玉瓜雞球	Seasonal Vegetables 合時蔬菜	Rice 白米飯
25 Sep 2026	Thur星期四	Curry Beef Brisket 咖喱牛腩 (不辣)	Fuzzy melon with Minced Pork肉碎節瓜	Seasonal Vegetables 合時蔬菜	Rice 白米飯
26 Sep 2026	Fri 星期五	Coca Cola Chicken Wings 可樂雞翼	Pork Chop with Onion 洋蔥豬扒	Seasonal Vegetables 合時蔬菜	Rice 白米飯
29 Sep 2026	Mon 星期一	Fried Chicken Steak 香煎雞扒	Stir-fried King Oyster Mushroom with Pork 杏鮑菇炒肉丁	Seasonal Vegetables 合時蔬菜	Rice 白米飯
30 Sep 2026	Tue 星期二	Pork Chop Cutlet 吉列豬扒	Bolognese Sauce 鮮茄蓉肉醬	Seasonal Vegetables 合時蔬菜	Fusilli Pasta 螺絲粉
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11-09-2026 (星期五)		Apple Snow Pear Soup 蘋果雪梨湯	25-09-2025 (星期五)	Seaweed Winter Melon Soup 海帶冬瓜湯	
15-09-2026 (星期二)		Seaweed with Eggs Soup 紫菜蛋花湯	29-09-2025 (星期二)	Japanese Miso Tofu Soup 日式麵豉豆腐湯	