K1 - K3 Lunch Menu 幼一至三菜單

School of the Nations 聯國學校

Date 日期		Main Dish 1 主菜1	Main Dish 2 主菜 2	Seasonal Vegetables 時菜	Staple 主食
2 Nov 2026	Mon 星期一	Braised Pork with Taro 芋頭燜五花腩	Scrambled Eggs with Shrimp 蝦仁炒蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
3 Nov 2026	Tue 星期二	Crispy Salted Chicken Balls 鹽酥雞球	Steam Lotus Root Cake 蓮藕餅	Seasonal Vegetables 合時蔬菜	Rice 白米飯
4 Nov 2026	Wed 星期三	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
5 Nov 2026	Thur 星期四	Macanese Minchi Pork 乾免治豬肉	Steamed Tofu with Shrimp 蝦仁蒸豆腐	Seasonal Vegetables 合時蔬菜	Rice 白米飯
6 Nov 2026	Fri 星期五	Garlic Chicken Steak 蒜香雞扒	/	Seasonal Vegetables 合時蔬菜	Soy Sauce Stir-fried Pasta 豉油炒意粉
9 Nov 2026	Mon 星期一	Stewed Beef Brisket 柱候燜牛腩	Braised Tofu in SoySauce 紅燒豆腐	Seasonal Vegetables 合時蔬菜	Rice 白米飯
10 Nov 2026	Tue 星期二	HOLIDAY 假日			
11 Nov 2026	Wed 星期三	HOLIDAY 假日			
12 Nov 2026	Thur 星期四	Braisd chicken with chestnut 栗子燜雞	Scrambled Egg with Barbecued Pork 叉燒炒蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
13 Nov 2026	Fri 星期五	Dumpling 餃子	/	Seasonal Vegetables 合時蔬菜	Western Fried Rice 西洋炒飯
16 Nov 2026	Mon 星期一	Braised Pork with Taro 芋頭燜五花腩	Scrambled Eggs with Shrimp 蝦仁炒蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
17 Nov 2026	Tue 星期二	Crispy Salted Chicken Balls 鹽酥雞球	Steam Lotus Root Cake 蓮藕餅	Seasonal Vegetables 合時蔬菜	Rice 白米飯
18 Nov 2026	Wed 星期三	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
19 Nov 2026	Thur 星期四	Macanese Minchi Pork 乾免治豬肉	Steamed Tofu with Shrimp 蝦仁蒸豆腐	Seasonal Vegetables 合時蔬菜	Rice 白米飯
20 Nov 2026	Fri 星期五	Garlic Chicken Steak 蒜香雞扒	/	Seasonal Vegetables 合時蔬菜	Soy Sauce Stir-fried Pasta 豉油炒意粉
23 Nov 2026	Mon 星期一	Stewed Beef Brisket 柱候燜牛腩	Braised Tofu in SoySauce 紅燒豆腐	Seasonal Vegetables 合時蔬菜	Rice 白米飯
24 Nov 2026	Tue 星期二	Steamed Chicken with Mushroom 冬菇蒸雞	Stir-fried Shrimp with Fuzzy Melon 節瓜炒蝦仁	Seasonal Vegetables 合時蔬菜	Rice 白米飯
25 Nov 2026	Wed 星期三	Sweet & Sour Pork 菠蘿咕嚕肉 (少菠蘿)	Scrambled Eggs with Tomatoes 鮮茄滑蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
26 Nov 2026	Thur 星期四	Braisd chicken with chestnut 栗子燜雞	Scrambled Egg with Barbecued Pork 叉燒炒蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
27 Nov 2026	Fri 星期五	Dumpling 餃子	/	Seasonal Vegetables 合時蔬菜	Western Fried Rice 西洋炒飯
30 Nov 2026	Mon 星期一	HOLIDAY 假日			

3/11/2026 Tue 星期二	Watercress & Pork Soup 蜜棗西洋菜湯	17/11/2026 Tue 星期二	Italian Vegetable Soup 意大利雜菜湯
6/11/2026 Fri 星期五	Papaya Pork Rib Soup 木瓜紅蘿蔔無花果排骨湯	20/11/2026 Fri 星期五	Carrots and Corn Soup 青紅蘿蔔粟米湯
10/11/2026 Tue 星期二	HOLIDAY 假日	24/11/2026 Tue 星期二	Lotus Root Pork Rib Soup 蓮藕排骨湯
13/11/2026 Fri 星期五	Creamy Corn Soup 粟米忌廉湯	27/11/2026 Fri 星期五	Papaya with Snow Fungus and Chicken Feet木瓜雪耳雞腳湯

P1 - F6 Menu 小一至中六菜單

School of the Nations 聯國學校

Date 日期		Main Dish 1 主菜1	Main Dish 2 主菜 2	Seasonal Vegetables 時菜	Staple 主食
2 Nov 2026	Mon 星期一	Stewed Beef Brisket 柱候燜牛腩	Braised Tofu in SoySauce 紅燒豆腐	Seasonal Vegetables 合時蔬菜	Rice 白米飯
3 Nov 2026	Tue 星期二	Curry Chicken 咖喱雞 (不辣)	Stir-fried Shrimp with Fuzzy Melon 節瓜炒蝦仁	Seasonal Vegetables 合時蔬菜	Rice 白米飯
4 Nov 2026	Wed 星期三	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
5 Nov 2026	Thur 星期四	Braisd chicken with chestnut 栗子燜雞	Stir-fried Beef with Cucumber 青瓜炒牛柳	Seasonal Vegetables 合時蔬菜	Rice 白米飯
6 Nov 2026	Fri 星期五	Steamed Pork Patty with Shiitake Mushroom and Water Chestnut 香菇馬蹄蒸肉餅	Scrambled Eggs with Tomatoes 番茄炒蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
9 Nov 2026	Mon 星期一	Chicken in Satay Sauce 沙爹雞球	Scrambled Eggs with Shrimp 蝦仁炒蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
10 Nov 2026	Tue 星期二	HOLIDAY 假日			
11 Nov 2026	Wed 星期三	HOLIDAY 假日			
12 Nov 2026	Thur 星期四	Swiss Sauce Chicken Wing 瑞士雞亦	Scrambled Egg with Barbecued Pork 叉燒炒蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
13 Nov 2026	Fri 星期五	Sweet & Sour Pork 菠蘿咕嚕肉 (少菠蘿)	Seafood in Cream Sauce 白汁忌廉海鮮	Seasonal Vegetables 合時蔬菜	Rice 白米飯
16 Nov 2026	Mon 星期一	Stewed Beef Brisket 柱候燜牛腩	Braised Tofu in SoySauce 紅燒豆腐	Seasonal Vegetables 合時蔬菜	Rice 白米飯
17 Nov 2026	Tue 星期二	Curry Chicken 咖喱雞 (不辣)	Stir-fried Shrimp with Fuzzy Melon 節瓜炒蝦仁	Seasonal Vegetables 合時蔬菜	Rice 白米飯
18 Nov 2026	Wed 星期三	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
19 Nov 2026	Thur 星期四	Braisd chicken with chestnut 栗子燜雞	Stir-fried Beef with Cucumber 青瓜炒牛柳	Seasonal Vegetables 合時蔬菜	Rice 白米飯
20 Nov 2026	Fri 星期五	Steamed Pork Patty with Shiitake Mushroom and Water Chestnut 香菇馬蹄蒸肉餅	Scrambled Eggs with Tomatoes 番茄炒蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
23 Nov 2026	Mon 星期一	Chicken in Satay Sauce 沙爹雞球	Scrambled Eggs with Shrimp 蝦仁炒蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
24 Nov 2026	Tue 星期二	/	Dumpling 餃子	Seasonal Vegetables 合時蔬菜	Singapore Fried Vermicelli Noodles 星洲炒米(走椒)
25 Nov 2026	Wed 星期三	Braised Beef Brisket 逼牛腩	Steamed Tofu with Shrimp 蝦仁蒸豆腐	Seasonal Vegetables 合時蔬菜	Rice 白米飯
26 Nov 2026	Thur 星期四	Swiss Sauce Chicken Wing 瑞士雞亦	Scrambled Egg with Barbecued Pork 叉燒炒蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
27 Nov 2026	Fri 星期五	Sweet & Sour Pork 菠蘿咕嚕肉 (少菠蘿)	Seafood in Cream Sauce 白汁忌廉海鮮	Seasonal Vegetables 合時蔬菜	Rice 白米飯
30 Nov 2026	Mon 星期一	HOLIDAY 假日			

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10/11/2026 Tue 星期二	HOLIDAY 假日	24/11/2026 Tue 星期二	Lotus Root Pork Rib Soup 蓮藕排骨湯
13/11/2026 Fri 星期五	Creamy Corn Soup 粟米忌廉湯	27/11/2026 Fri 星期五	Papaya with Snow Fungus and Chicken Feet木瓜雪耳雞腳湯