

K1 - P3 Menu

School of the Nations

Date 日期	Main Dish 1 主菜1	Main Dish 2 主菜2	Vegetables 時蔬	Staple 主食	
2-09-2024	Monday	Macanese Minchi 免治豬肉	Steamed Eggs 蒸滑蛋	cabbage grains 白菜粒	Rice 白米飯
3-09-2024	Tuesday	Steamed Chicken with Taro 香芋蒸雞	Scrambled Eggs with Tomatoes 番茄炒蛋	sweet corn and carrot 粟米紅蘿蔔粒	Rice 白米飯
4-09-2024	Wednesday	Pork chop with Onions 洋葱豬扒	chicken breast white sauce 白汁雞胸肉	stir-fried broccoli 清炒西蘭花	Butter spaghetti 牛油意粉
5-09-2024	Thursday	Pork with Japanese Eel Sauce 日式鰻魚汁豚肉	marinated eggs 滷水蛋	cucumber and Cherry tomatoes 青瓜番茄粒	Rice 白米飯
6-09-2024	Friday	Taiwanese Style Marinated Pork 台式滷肉	fried beef with cucumber 青瓜炒牛肉片	Choi Sum 菜心粒	Rice 白米飯
9-09-2024	Monday	Herb Chicken Steak 香草雞扒	Fried Egg 煎太陽蛋	Cherry tomatoes and broccoli 西蘭花番茄仔	Spaghetti with tomato sauce 茄汁意粉
10-09-2024	Tuesday	Peking Pork 京都肉排	Minced Pork with Tofu 肉碎炒豆腐	stir fried diced long beans 炒豆角粒	Rice 白米飯
11-09-2024	Wednesday	Sweet and Sour Sauce Fish 糖醋魚柳	Scrambled Egg with Cabbage 椰菜炒蛋	stir fried green cabbage 炒小塘菜	Rice 白米飯
12-09-2024	Thursday	Pork Chop with Onion 洋葱豬扒	Fry Chicken Cauliflower 椰菜花炒雞柳	stir fry baby cabbage 炒娃娃菜	Fried Noodles with soy sauce 豉油皇炒麵
13-09-2024	Friday	Braised Chicken with bean urd sheet 枝竹燜雞扒	marinated eggs 滷水蛋	fuzzy melon with dried shrimping and vermicelli 節瓜蝦米粉絲	Rice 白米飯
16-09-2024	Monday	Stewed Beef Brisket with Curry and Coconut Milk 咖喱椰汁燜牛腩	Sliced Pork with Pumpkin 南瓜肉片	cabbage grains 白菜粒	Rice 白米飯
17-09-2024	Tuesday	Stewed Pork Chop with Garlic 蒜蓉豬扒	Fried Egg 煎太陽蛋	sweet corn and carrot 粟米紅蘿蔔粒	Spaghetti 意粉
18-09-2024	Wednesday	Steamed Pork Patty with Shiitake Mushroom and Water Chestnut 香菇馬蹄蒸肉餅	Curry Fish Ball 咖喱魚蛋	stir-fried broccoli 清炒西蘭花	Rice 白米飯
19-09-2024	Thursday	Hong Kong Style Swiss Chicken 瑞士雞扒	Stir-fried Shrimp with Beans 四季豆炒蝦仁	cucumber and Cherry tomatoes 青瓜番茄粒	Fried rice with egg 蛋炒飯
20-09-2024	Friday	Braised Fish Fillet with Bean Curd 枝竹燜魚柳	minced beef with tomato 番茄牛肉碎	Choi Sum 菜心粒	Rice 白米飯
23-09-2024	Monday	Steamed Pork Cake with Preserved Vegetables 梅菜蒸肉餅	Satty Chicken Balls 沙爹雞球	Cherry tomatoes and broccoli 西蘭花番茄仔	Rice 白米飯
24-09-2024	Tuesday	Fish Fillet Burger 魚柳漢堡	French Fries 薯條	stir fried diced long beans 炒豆角粒	/
25-09-2024	Wednesday	Stewed Beef Brisket 柱候燜牛腩	Stir-fried pork with Beans 豆角炒肉絲	stir fried green cabbage 炒小塘菜	Rice 白米飯
26-09-2024	Thursday	Garlic Chicken Steak 蒜香雞扒	Scrambled Egg with Barbecued Pork 叉燒炒蛋	stir fry baby cabbage 清炒娃娃菜	Rice Noodles 家鄉炒米粉
27-09-2024	Friday	Minced Pork 乾免治豬肉	Fish Fillet with lemon sauce 西檸魚柳	fuzzy melon with dried shrimping and vermicelli 節瓜蝦米粉絲	Rice 白米飯
30-09-2024	Monday	Stewed Chicken with Chestnuts 栗子燜雞	Scrambled Egg with Crabmeat 蟹柳炒蛋	cabbage grains 白菜粒	Rice 白米飯
03-09-2024	(Tuesday)	Carrot and Corn Soup 青紅蘿蔔粟米湯	20-09-2024 (Friday)	Lotus Root Pork Rib Soup 蓮藕排骨湯	Soup
06-09-2024	(Friday)	Winter Melon and Barley Soup 冬瓜薏米湯	24-09-2024 (Tuesday)	Italian Vegetable Soup 意大利雜菜湯	
10-09-24	(Tuesday)	Date and Watercress Soup 蜜蓮西洋菜湯	27-09-2024 (Friday)	Seaweed Winter Melon Soup 海帶冬瓜湯	
13-09-24	(Friday)	Seaweed and Egg Soup 紫菜蛋花湯			
17-09-2024	(Tuesday)	Apple Snow Pear Soup 蘋果雪梨湯			

P4 - F6 Menu

School of the Nations

Date 日期	Main Dish 1 主菜1	Main Dish 2 主菜2	Vegetables 時蔬	Staple 主食	
2-09-2024	Monday	Salt Baked Chicken Steak 鹽焗雞扒	Sliced Pork with Zucchini and Fungus 薑茸翠玉瓜肉片	Chinese Cabbage 白菜	Rice 白米飯
3-09-2024	Tuesday	Curry Fish Balls 咖喱魚蛋	Chicken Fillet with Cauliflower 椰菜花雞柳	Sweet Corn and Carrot 粟米紅蘿蔔	Fried Rice with Egg 蛋炒飯
4-09-2024	Wednesday	Minced Beef Portuguese Style 葡式干免治牛肉	Steamed Pork Patty with Water Chestnut 馬蹄蒸肉餅	Stir-fried Broccoli 清炒西蘭花	Rice 白米飯
5-09-2024	Thursday	Pork Chop with Peking Sauce 京鄧肉排	Stir-fry French Bean with Fish Cake 四季豆炒魚鬆	Choi Sum 菜心	Rice 白米飯
6-09-2024	Friday	Chicken Fillet with Herbs 香草雞扒	Fried Egg 煎太陽蛋	Cucumber and Cherry Tomatoes 青瓜番茄粒	Spaghetti with Tomato Sauce 茄汁意粉
9-09-2024	Monday	Pork Chop with Onion Gravy 洋葱豬扒	Stir-fried Shrimp with Beans 豆角炒蝦仁	Stir-fried 'Pak Choi' 炒小塘菜	Rice 白米飯
10-09-2024	Tuesday	Pan-fried Fish Fillet with Corn 粟米煎魚	Stir-fried Beef with Cucumber 青瓜炒牛肉	Stir-fried Diced Long Beans 炒豆角粒	Rice 白米飯
11-09-2024	Wednesday	Chicken Fillet with Barbecue Sauce 照燒雞扒	Sauteed Pork with Fresh Tomato Paste 鮮茄蒜肉醬	Cherry Tomatoes and Broccoli 西蘭花番茄仔	Penne Pasta 長通粉
12-09-2024	Thursday	Curry Beef Brisket 咖喱牛腩	Scrambled Egg with Barbecued Pork 叉燒炒蛋	Stir-fried Baby Chinese Cabbage 炒娃娃菜	Rice 白米飯
13-09-2024	Friday	Chicken Satay Meatballs 沙爹雞球	Taiwanese Style Marinated Pork 台式滷肉	Fuzzy melon with Dried Shrimp and Glass Noodles 節瓜蝦米粉絲	Rice 白米飯
16-09-2024	Monday	Steamed Pork Patty with Preserved Vegetable 梅菜蒸肉餅	Swiss Sauce' Chicken Wings 瑞士雞亦	Chinese Cabbage 白菜	Rice 白米飯
17-09-2024	Tuesday	Sweet and Sour Sauce Fish 糖醋魚柳	Steamed Pork with Taro 香芋蒸肉排	Sweet Corn and Carrot 粟米紅蘿蔔	Rice 白米飯
18-09-2024	Wednesday	Pork Chop Cutlet 吉列豬扒	Chicken in Mixed Mushroom Sauce 雜菌忌廉雞球	Cucumber and Cherry Tomatoes 青瓜番茄粒	Spaghetti with Cream Sauce 白汁意粉
19-09-2024	Thursday	Stewed Beef Brisket 柱候燜牛腩	Stir-fried Shrimp with Beans 豆角炒蝦仁	Choi Sum 菜心	Rice 白米飯
20-09-2024	Friday	Stewed Pork Chop with Garlic 蒜香豬扒	Steamed Egg with Crabstick 蟹柳蒸蛋	Stir-fried Broccoli 清炒西蘭花	Rice 白米飯
23-09-2024	Monday	Stewed Chicken with Taro 香芋燉雞	Scrambled Egg with Barbecued Pork 叉燒炒蛋	Stir-fried 'Pak Choi' 炒小塘菜	Rice 白米飯
24-09-2024	Tuesday	Pork with Japanese Eel Sauce 日式鰻魚汁豚肉	Marinated Eggs 滷水蛋	Stir-fried Diced Long Beans 炒豆角粒	Rice 白米飯
25-09-2024	Wednesday	Sliced Pork with Cauliflower 椰菜花肉片	Curry Fish Balls 咖喱魚蛋	Cherry Tomatoes and Broccoli 西蘭花番茄仔	Fried Noodles with Soy Sauce 豉油皇炒麵
26-09-2024	Thursday	Curry Beef Brisket 咖喱牛腩	Sliced Pork with Cucumber 青瓜肉片	Stir-fried Baby Chinese Cabbage 炒娃娃菜	Rice 白米飯
27-09-2024	Friday	Pan-fried Fish Fillet 香煎龍利魚	Curry Chicken with Potato 咖喱薯仔燉雞	Fuzzy Melon with Dried Shrimp and Glass Noodles 節瓜蝦米粉絲	Rice 白米飯
30-09-2024	Monday	Stewed Chicken Wings with Bean Curd Stick 枝竹燉雞亦	Stir-fry French Bean with Fish Cake 四季豆炒魚鬆	Chinese Cabbage 白菜	Rice 白米飯
03-09-2024	(Tuesday)	Carrot and Corn Soup 青紅蘿蔔粟米湯	20-09-2024 (Friday)	Lotus Root Pork Rib Soup 蓮藕排骨湯	Soup
06-09-2024	(Friday)	Winter Melon and Barley Soup 冬瓜薏米湯	24-09-2024 (Tuesday)	Italian Vegetable Soup 意大利雜菜湯	
10-09-2024	(Tuesday)	Watercress and Dates Soup 蜜菓西洋菜湯	27-09-2024 (Friday)	Seaweed Winter Melon Soup 海帶冬瓜湯	
13-09-2024	(Friday)	Seaweed and Egg Soup 紫菜蛋花湯			
17-09-2024	(Tuesday)	Apple and Snow Pear Soup 蘋果雪梨湯			