

K1-P2 Menu 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	Vegetables 時蔬	Staple 主食
1-11-2024	Friday	Apricot Chicken 蜜桃雞球	Minced Pork with Tofu 肉碎豆腐	Seasonal Vegetables 合時蔬菜	Rice 白米飯
4-11-2024	Monday	Pan-fried Fish Fillet 香煎龍脷魚	Minced Pork with Fresh Tomato 鮮茄免治豬肉	Seasonal Vegetables 合時蔬菜	Spaghetti with Tomato sauce 茄汁意粉
5-11-2024	Tuesday	Braised Beef Brisket in Satay Sauce 沙爹牛肉	Stir-fried Shrimp with Beans 蝦仁炒四季豆	Seasonal Vegetables 合時蔬菜	Rice 白米飯
6-11-2024	Wednesday	Curry Fish Ball 咖喱魚蛋	Scrambled Egg with Barbecued Pork 叉燒炒蛋	Seasonal Vegetables 合時蔬菜	Fried Noodles with Soy Sauce 豉油皇炒麵
7-11-2024	Thursday	Steamed Pork Patty with Shiitake Mushroom 香菇蒸肉餅	Stir-fried Fish Fillet with Cucumber 青瓜炒魚片	Seasonal Vegetables 合時蔬菜	Rice 白米飯
8-11-2024	Friday	Braised Chicken with Chestnuts 栗子燜雞	Pan-fried Lotus Root Cake 煎蓮藕餅	Seasonal Vegetables 合時蔬菜	Rice 白米飯
11-11-2024	Monday	Corn & Pork Cubes in White Sauce 粟米肉粒	Pan-fried Chicken Steak 香煎雞扒	Seasonal Vegetables 合時蔬菜	Fried rice with egg 蛋炒飯
12-11-2024	Tuesday	Curry Beef Brisket 咖喱牛腩	Fuzzy Melon with Dried Shrimp and Vermicelli 蝦米粉絲節瓜	Seasonal Vegetables 合時蔬菜	Rice 白米飯
13-11-2024	Wednesday	Stewed Chicken with Potato 薯仔燜雞	Crabstick with Tofu 蟹柳豆腐	Seasonal Vegetables 合時蔬菜	Fried Rice Noodles 家鄉炒米粉
14-11-2024	Thursday	Braised Fish with Beancurd Stick 枝竹燜魚柳	Steamed Egg with Minced Pork 肉碎蒸蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
15-11-2024	Friday	Braised Beef in Satay Sauce 沙爹牛肉	Scallion Oil Chicken 蔥油雞	Seasonal Vegetables 合時蔬菜	Rice 白米飯
18-11-2024	Monday	Minced Beef 乾免治牛肉	Fried Egg 煎蛋	Seasonal Vegetables 合時蔬菜	Spaghetti with Tomato sauce 茄汁意粉
19-11-2024	Tuesday	Teriyaki Chicken Steak 燒汁雞扒	Stir-fried Pork with Cucumber 青瓜炒肉片	Seasonal Vegetables 合時蔬菜	Rice 白米飯
20-11-2024	Wednesday	Pork Burger 豬柳漢堡包	French Fries 炸薯條	Mixed Vegetables 西式什菜	
21-11-2024	Thursday	Chicken Breast in White Sauce 白汁燴雞胸肉	Taiwanese Braised Pork Belly 台式滷肉	Choi Sum 菜心粒	Rice 白米飯
22-11-2024	Friday	Sweet and Sour Pork with Pineapple 菠蘿咕嚕肉	Marinated Egg 鹵水蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
25-11-2024	Monday	Holiday 假日			
26-11-2024	Tuesday	Minced Beef Portuguese Style 葡式免治牛肉	Chicken Fillet with Cauliflower 椰菜花雞柳	Seasonal Vegetables 合時蔬菜	Rice 白米飯
27-11-2024	Wednesday	Chicken in Portuguese Sauce 葡汁燴雞	Stir-fried Pork with Zucchini 翠玉瓜肉片	Seasonal Vegetables 合時蔬菜	Fried Noodles with Soy Sauce 豉油皇炒麵
28-11-2024	Thursday	Pork Chops in Peking Sauce 京都肉排	Steamed Chicken with Mushroom 冬菇蒸雞	Seasonal Vegetables 合時蔬菜	Rice 白米飯
29-11-2024	Friday	Scrambled Eggs with Tomatoes 番茄蛋	Chicken Breast in Swiss Sauce 瑞士雞胸肉	Seasonal Vegetables 合時蔬菜	Rice 白米飯
05-11-2024 (星期二)		Winter Melon and Barley Soup 冬瓜薏米湯	22-11-2024 (星期五)	Apple Snow Pear Soup 蘋果雪梨湯	Soup 餐湯
08-11-2024 (星期五)		Watercress and Dates Soup 蜜棗西洋菜湯	26-11-2024 (星期二)	Miso Soup 日式麵豉湯	
12-11-2024 (星期二)		Italian Vegetable Soup 大利雜菜湯	29-11-2024 (星期五)	Lotus Root Pork Rib Soup 蓮藕排骨湯	
15-11-2024 (星期五)		Seaweed and Egg Soup 紫菜蛋花湯			
19-11-2024 (星期二)		Carrots and Corn Soup 青紅蘿蔔粟米湯			

P3-F6 Menu 菜單

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Date 日期		Main Dish 1 主菜 1	Main Dish 2 主菜 2	Vegetables 時蔬	Staple 主食
1-11-2024	Friday	Stir-fried Satay Beef with broccoli 沙爹牛肉炒椰菜	Stewed Chicken with Potato 薯仔燜雞	Seasonal Vegetables 合時蔬菜	Rice 白米飯
4-11-2024	Monday	Chicken Steak 香煎雞扒	Macanese Minchi with Tomato 鮮茄免治豬肉	Seasonal Vegetables 合時蔬菜	Spaghetti with Tomato sauce 茄汁意粉
5-11-2024	Tuesday	Sweet and Sour Pork with Pineapple 菠蘿咕嚕肉	Chicken Breast in white sauce 白汁燴雞胸肉	Seasonal Vegetables 合時蔬菜	Rice 白米飯
6-11-2024	Wednesday	Pan-fried Fish Fillet 吉列魚柳	Sausage with Beans in Tomato Sauce 茄汁豆雞肉腸	Seasonal Vegetables 合時蔬菜	Fried rice with egg 蛋炒飯
7-11-2024	Thursday	Minced Beef 干免治牛肉	Chicken Slices with cauliflower 椰菜花雞片	Seasonal Vegetables 合時蔬菜	Red Rice 紅米飯
8-11-2024	Friday	Curry Chicken 咖喱雞球	Pan-fried Pork Chops with Spicy Salt 椒鹽豬扒 (不辣)	Seasonal Vegetables 合時蔬菜	Rice 白米飯
11-11-2024	Monday	Portuguese style Beef Brisket 葡式牛腩	Mapo Tofu 麻婆豆腐 (不辣)	Seasonal Vegetables 合時蔬菜	Rice 白米飯
12-11-2024	Tuesday	Curry Fish Ball 咖喱魚蛋	Scrambled Egg with Barbecued Pork 叉燒炒蛋	Seasonal Vegetables 合時蔬菜	Rice Noodles 家鄉炒米粉
13-11-2024	Wednesday	Taiwanese Braised Pork Belly 台式滷肉	Roast Chicken Wing with Rosemary 香草焗雞翼	Seasonal Vegetables 合時蔬菜	Fried rice with egg 蛋炒飯
14-11-2024	Thursday	Apricot Chicken 蜜桃雞球	Stir fried French Beans with Fish Cake 豆角炒魚滑	Seasonal Vegetables 合時蔬菜	Rice 白米飯
15-11-2024	Friday	Portuguese Chicken 葡汁燴雞	Fuzzy Melon with Minced Pork 肉鬆節瓜甫	Seasonal Vegetables 合時蔬菜	Rice 白米飯
18-11-2024	Monday	Pan-fried Fish Fillet 香煎魚柳	Scrambled Eggs with Tomatoes 鮮茄炒滑蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
19-11-2024	Tuesday	Steamed Chicken with Mushroom 冬菇蒸雞	Pork Chops in Peking Sauce 京都肉排	Seasonal Vegetables 合時蔬菜	Rice 白米飯
20-11-2024	Wednesday	Chicken Steak with Onion 洋蔥雞扒	Tomato Meat Sauce 鮮茄肉醬	Seasonal Vegetables 合時蔬菜	Macaroni with Tomato sauce 茄汁長通粉
21-11-2024	Thursday	Lemon Pork Chop 西檸豬柳	Steam Egg with Vermicelli and Dry Shrimp 粉絲蝦米蒸蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
22-11-2024	Friday	Sweet and Sour Pork with Pineapple 菠蘿咕嚕肉	Chicken in Mixed Mushroom Sauce 什菌燴雞球	Seasonal Vegetables 合時蔬菜	Rice 白米飯
25-11-2024	Monday	Holiday 假日			
26-11-2024	Tuesday	Pork Burger 豬柳漢堡包	French Fries 炸薯條	Cherry Tomatoes and Broccoli 西蘭花車釐茄	Spaghetti with Tomato sauce 茄汁意粉
27-11-2024	Wednesday	Portuguese style Beef Brisket 葡式牛腩	Mapo Tofu 麻婆豆腐 (不辣)	Seasonal Vegetables 合時蔬菜	Rice 白米飯
28-11-2024	Thursday	Curry Chicken 咖喱雞球	Pan-fried Pork Chops with Spicy Salt 椒鹽豬扒 (不辣)	Seasonal Vegetables 合時蔬菜	Rice 白米飯
29-11-2024	Friday	Portuguese Chicken 葡汁燴雞	Fuzzy Melon with Minced Pork 肉鬆節瓜甫	Seasonal Vegetables 合時蔬菜	Rice 白米飯
05-11-2024 (星期二)	Winter Melon and Barley Soup 冬瓜薏米湯		22-11-2024 (星期五)	Apple Snow Pear Soup 蘋果雪梨湯	Soup 餐湯
08-11-2024 (星期五)	Watercress and Dates Soup 蜜棗西洋菜湯		26-11-2024 (星期二)	Miso Soup 日式麵豉湯	
12-11-2024 (星期二)	Italian Vegetable Soup 大利雜菜湯		29-11-2024 (星期五)	Lotus Root Pork Rib Soup 蓮藕排骨湯	
15-11-2024 (星期五)	Seaweed and Egg Soup 紫菜蛋花湯				
19-11-2024 (星期二)	Carrots and Corn Soup 青紅蘿蔔粟米湯				

K1 - P2 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
2-12-2024	Monday	Braised Fish Fillet with Bean Curd 枝竹燜魚柳	Potato Chicken Ball 薯仔雞球	Garlic Chinese Cabbage 蒜茸大白菜	Rice 白米飯
3-12-2024	Tuesday	Steamed Chicken with Mushroom 冬菇蒸雞	Scrambled Eggs with Long Beans 豆角炒蛋	Stir Fried Chinese Lettuce with Garlic 蒜茸炒生菜	Rice 白米飯
4-12-2024	Wednesday	Pork chop with Onions 洋蔥豬扒	Chicken Breast in white sauce 白汁燴雞胸肉	Stir-fried Broccoli 清炒西蘭花	Butter spaghetti 牛油意粉
5-12-2024	Thursday	Braised Beef Brisket with Potatoes 燒汁薯仔燜牛腩	Steamed Eggs with Crabstick 蟹柳蒸蛋	Western Style Stir-fried Vegetables 西式炒什菜	Rice 白米飯
6-12-2024	Friday	Curry Fish Ball 咖喱魚蛋	Minced Pork 乾免治豬肉	Choi Sum Cubes 菜心粒	Rice 白米飯
9-12-2024	Monday	Herb Chicken Steak 香草雞扒	Scrambled Eggs with Tomatoes 鮮茄滑蛋	Stir-fried Broccoli 清炒西蘭花	Spaghetti with Tomato Sauce 茄汁意粉
10-12-2024	Tuesday	Pork Chop Cutlet 吉列豬扒	Stir-fried Shrimp with French Beans 四季豆炒蝦仁	Sweet Corn and Carrot 粟米紅蘿蔔粒	Rice 白米飯
11-12-2024	Wednesday	Portuguese style Beef Brisket 葡式牛腩	Chicken slices with cauliflower 椰菜花雞片	Cabbage Cubes 白菜粒	Fried Noodles with Soy Sauce 豉油皇炒麵
12-12-2024	Thursday	Sweet and Sour Sauce Fish 糖醋魚柳	Steamed Slices Pork with Taro 香芋蒸肉片	Seasonal Vegetables 合時蔬菜	Rice 白米飯
13-12-2024	Friday	Taiwanese Style Marinated Pork 台式滷肉	Marinated Eggs 鹵水蛋	Choi Sum Cubes 菜心粒	Rice 白米飯
16-12-2024	Monday	Stewed Beef Brisket 柱候燜牛腩	Sliced Pork with Pumpkin 南瓜肉片	Seasonal Vegetables 合時蔬菜	Rice 白米飯
17-12-2024	Tuesday	Fish Fillet Burger 魚柳漢堡	French Fries 薯條	Seasonal Vegetables 合時蔬菜	/
18-12-2024	Wednesday	Steamed Pork Patty with Shiitake Mushroom and Water Chestnut 香菇馬蹄蒸肉餅	Scrambled Eggs with Shrimp 蝦仁炒蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
19-12-2024	Thursday	Portuguese Coconut Chicken 葡國雞	Pan Fried Lotus Root Cake 蓮藕餅	Seasonal Vegetables 合時蔬菜	Fried Rice with Egg 蛋炒飯
20-12-2024	Friday	HOLIDAY 假日			
23-12-2024	Monday				
24-12-2024	Tuesday				
25-12-2024	Wednesday				
26-12-2024	Thursday				
27-12-2024	Friday				
30-12-2024	Monday				
31-12-2024	Tuesday				

03-09-2024	(Tuesday)	Carrot and Corn Soup 青紅蘿蔔粟米湯			Soup 湯
06-09-2024	(Friday)	Groundnuts & Chicken Feet Soup 花生雞腳湯			
10-09-2024	(Tuesday)	Date and Watercress Soup 蜜棗西洋菜湯			
13-09-2024	(Friday)	Apple Snow Pear Soup 蘋果雪梨湯			
17-09-2024	(Tuesday)	Italian Vegetable Soup 意大利雜菜湯			

P3 - 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
2-12-2024	Monday	Minced Beef 乾免治牛肉	Scrambled Eggs with Long Beans 豆角炒蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
3-12-2024	Tuesday	Pork chop with Onions 洋蔥豬扒	Chicken Fillet with Cauliflower 椰菜花雞柳	Seasonal Vegetables 合時蔬菜	Fried Rice with Eggs 蛋炒飯
4-12-2024	Wednesday	Braised Fish Fillet with Bean Curd 枝竹燜魚柳	Steamed Pork Patty with Water Chestnut 馬蹄蒸肉餅	Seasonal Vegetables 合時蔬菜	Rice 白米飯
5-12-2024	Thursday	Teriyaki Chicken 燒汁雞扒	Scrambled Eggs with Tomatoes 鮮茄滑蛋	Seasonal Vegetables 合時蔬菜	Spaghetti with Tomato Sauce 茄汁意粉
6-12-2024	Friday	Peking Pork 京都肉排	Stir-Fried Cucumber with Chicken Slices 青瓜雞片	Seasonal Vegetables 合時蔬菜	Rice 白米飯
9-12-2024	Monday	Satay Chicken Balls 沙爹雞球	Stir-fried Shrimp with French Beans 四季豆炒蝦仁	Seasonal Vegetables 合時蔬菜	Rice 白米飯
10-12-2024	Tuesday	Curry Beef Brisket 咖喱牛腩	Macanese Minced Pork 乾免治豬肉	Seasonal Vegetables 合時蔬菜	Rice 白米飯
11-12-2024	Wednesday	Pork Chop Cutlet 吉列豬扒	Sauteed Pork with Fresh Tomato Paste 鮮茄蓉肉醬	Seasonal Vegetables 合時蔬菜	Penne with Tomato Sauce 茄汁長通粉
12-12-2024	Thursday	Fish Fillet in Sweet Corn Sauce 粟米斑腩	Stewed Chicken with Taro 香芋燜雞	Seasonal Vegetables 合時蔬菜	Rice 白米飯
13-12-2024	Friday	Swiss Sauce' Chicken Wings 瑞士雞亦	Steamed Pork Patty with Preserved Vegetable 梅菜蒸肉餅	Seasonal Vegetables 合時蔬菜	Rice 白米飯
16-12-2024	Monday	Curry Chicken with Potato 咖喱薯仔燜雞	Scrambled Egg with Cabbage 椰菜炒蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
17-12-2024	Tuesday	Sweet and Sour Sauce Fish 糖醋魚柳	Pan Fried Lotus Root Cake 蓮藕餅	Seasonal Vegetables 合時蔬菜	Rice 白米飯
18-12-2024	Wednesday	Curry Fish Ball 咖喱魚蛋	Stir-Fried Shredded Vegetables with Bean Curd 豆幹炒三絲	Seasonal Vegetables 合時蔬菜	Fried Noodles with Soy Sauce 豉油皇炒麵
19-12-2024	Thursday	Beef Brisket Curry with Coconut Milk 咖喱椰汁燜牛腩	Stir-fried Shrimp with Long Beans 豆角炒蝦仁	Seasonal Vegetables 合時蔬菜	Rice 白米飯
20-12-2024	Friday	<h2>HOLIDAY 假日</h2>			
23-12-2024	Monday				
24-12-2024	Tuesday				
25-12-2024	Wednesday				
26-12-2024	Thursday				
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03-09-2024	(Tuesday)	Carrot and Corn Soup 青紅蘿蔔粟米湯			Soup 湯
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13-09-2024	(Friday)	Apple Snow Pear Soup 蘋果雪梨湯			
17-09-2024	(Tuesday)	Italian Vegetable Soup 意大利雜菜湯			