K1-P2 Menu菜單

School of the Nations 聯國學校

e 日期	Main Dish 1 主菜1	Main Dish 2 主菜2	Vegetables 時蔬	Staple 主食
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
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
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
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
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
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
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
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
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
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
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
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
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
Wednesday	Pork Burger 豬柳漢堡包	French Fries 炸薯條	Mixed Vegetables 西式什菜	
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
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
Monday		Holiday 假日	·	
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
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
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
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
(星期二)	Winter Melon and Barley Soun 久爪藝半基	22-11-2024(星期五)	Apple Snow Pear Soun - 韓里爾利堪	
(星期五)		26-11-2024(星期二)		
星期二)	-			 Soup 餐湯
星期五)			Lotus Root I Olk Rio Soup 建桶排 / / //	Soup 食物
星期二)				
	Friday Monday Tuesday Wednesday Thursday Friday Monday Tuesday Wednesday Thursday Friday Monday Tuesday Wednesday Thursday Friday Wednesday Thursday Friday Wednesday Thursday Friday Epinay Wednesday Thursday Tuesday Wednesday Thursday Tuesday Wednesday Thursday Tuesday Wednesday Thursday Thursday Thursday Thursday Thursday	Friday Apricot Chicken 蜜桃雞球 Monday Pan-fried Fish Fillet 香煎龍脷魚 Tuesday Braised Beef Brisket in Satay Sauce 沙爹牛肉 Wednesday Curry Fish Ball 咖喱魚蛋 Thursday Steamed Pork Patty with Shiitake Mushroom 香菇蒸肉餅 Friday Braised Chicken with Chestnuts 栗子爛雞 Monday Corn & Pork Cubes in White Sauce 粟米肉粒 Tuesday Curry Beef Brisket 咖喱牛腩 Wednesday Stewed Chicken with Potato 薯仔燜雞 Thursday Braised Fish with Beancurd Stick 枝竹燜魚柳 Friday Braised Beef in Satay Sauce 沙爹牛肉 Monday Minced Beef 乾免治牛肉 Tuesday Teriyaki Chicken Steak 燒汁雞扒 Wednesday Pork Burger 豬柳漢堡包 Thursday Chicken Breast in White Sauce 白汁燴雞胸肉 Friday Sweet and Sour Pork with Pineapple 菠蘿咕嚕肉 Monday Tuesday Minced Beef Portuguese Style 葡式免治牛肉 Wednesday Chicken in Portuguese Style 葡式免治牛肉 Wednesday Chicken in Portuguese Sauce 葡汁熁雞 Thursday Pork Chops in Peking Sauce 京都內排 Friday Scrambled Eggs with Tomatoes 番茄蛋 星期二) Winter Melon and Barley Soup 冬瓜薏米湯 星期二) Unitalian Vegetable Soup 大利雜菜湯 星期二) Seaweed and Egg Soup 紫菜蛋花湯	Friday Apricot Chicken 蜜桃雞球 Minced Pork with Tofu 肉碎豆腐 Monday Pan-fried Fish Fillet 香煎龍耐魚 Minced Pork with Fresh Tomato 鲜茄兔治豬肉 Tuesday Braised Beef Brisket in Satay Sauce 沙多牛肉 Stir-fried Shrimp with Beans 報仁妙四季豆 Wednesday Curry Fish Ball 咖啡魚蜜 Thursday Steamed Pork Patty with Shittake Mushroom 香菇蒸肉餅 Stir-fried Fish Fillet with Cucumber 青瓜炒魚月 Friday Braised Chicken with Chestnuts 栗干烟雞 Pan-fried Lotus Root Cake 煎菇鍋餅 Monday Corn & Pork Cubes in White Sauce 栗米肉粒 Pan-fried Chicken Steak 香桃雞八 Tuesday Curry Beef Brisket 咖喱十蘭 Fuzzy Melon with Dried Shrimp and Vermicelli 蝦水粉絲節瓜 Wednesday Stewed Chicken with Potato 妻仔烟雞 Crabstick with Tofu 蟹柳豆腐 Thursday Braised Fish with Beancurd Stick 校竹烟魚椰 Steamed Egg with Minced Pork 內碎菜蛋 Friday Braised Beef in Satay Sauce 沙多牛肉 Scallion Oil Chicken 蔥油醬 Monday Minced Beef 蛇兔冷中肉 Fried Figg 茄蛋 Tuesday Criviski Chicken Steak 烧汁煅炒 Stir-fried Pork with Cucumber 青瓜炒肉月 Wednesday Pork Burger 豬椰湯蛋包 French Fries 炸薯條 Thursday Chicken Breast in White Sauce 白汁焙雞酮肉 Taiwanese Braised Pork Belly 台式滷肉 Friday Sweet and Sour Pork with Pincapple 菠蘿咕嚕肉 Marinated Egg 鹵水蛋 Monday Minced Beef Portuguese Style 葡式兔治中肉 Chicken Fillet with Cauliflower 椰菜花雞椰 Wednesday Minced Beef Portuguese Style 葡式兔治中肉 Chicken Fillet with Cauliflower 椰菜花雞椰 Wednesday Chicken in Portuguese Style 葡式兔治中肉 Stir-fried Pork with Succehini 翠玉瓜肉月 Tuesday Chicken in Portuguese Style 葡式兔治神肉 Stir-fried Pork with Mushroom 冬菇洗雞 Friday Scrambled Eggs with Tomatos 奢茄蛋 Chicken Breast in Swiss Sauce 瑞士雞酮肉 E即二) Winter Melon and Barley Soup 冬瓜蔥木湯 22-11-2024(星期五) 23-11-2024(星期五) 24-11-2024(星期五) 25-11-2024(星期五) 25-11-2024(星期五)	Friday Apricot Chicken 型棉羅球 Minced Pork with Tofu 两阵모대 Second Vegetables 合情語菜 Monday Par-fried Fish Fillet 香頭菜園鱼 Minced Pork with Fresh Tormato 郭茄亞治療肉 Seasonal Vegetables 合情語菜 Tuesday Braised Beef Brisket in Satury Sauce 沙多牛肉 Stir-fried Strimp with Beams 報戶沙門후豆 Seasonal Vegetables 合情語菜 Wednesday Curry Fish Ball muga. Element Second Vegetables 合情語菜 Seasonal Vegetables

P3-F6 Menu 菜單

School of the Nations 聯國學校

Dat	te 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 Egsg 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	Portuguee Chicken 葡汁燴雞	Fuzzy Melon with Minced Pork 肉鬆節瓜莆	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	Portuguee Chicken 葡汁燴雞	Fuzzy Melon with Minced Pork 肉鬆節瓜莆	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	
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	Soup 餐湯
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			7

K1 - P2 Menu

Apple Snow Pear Soup 蘋果雪梨湯

Italian Vegetable Soup 意大利雜菜湯

13-09-2024

17-09-2024

(Friday)

(Tuesday)

School of the Nations

Dat	te 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 23-12-2024 24-12-2024	Friday Monday Tuesday						
25-12-2024	Wednesday	7					
26-12-2024	Thursday	HOLIDAY 假日					
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					
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					
L	(+	+	-		

P3 - F6 Menu

Monday Tuesday

30-12-2024

31-12-2024

School of the Nations

Dat	e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 粟米班腩	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					
23-12-2024	Monday					
24-12-2024	Tuesday	_				
25-12-2024	Wednesday	HOLIDAY 假日				
26-12-2024	Thursday					
27-12-2024	Friday					

03-09-2024	(Tuesday)	Carrot and Corn Soup 青紅蘿蔔粟米湯		
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		Soup 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		