

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
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