

SON K1 - P2 Lunch Menu

聯合國學校 幼一至小二餐單

Date日期		Main Dish 1 主菜 1	Main Dish 2 主菜2	Vegetables 時蔬	Staple 主食
3 Feb 2025	Monday	Porguguese Stewed Beef 葡式燜牛柳	Scrambled eggs with cabbage 椰菜炒蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
4 Feb 2025	Tuesday	Pork chop with tomato sauce 沙丹豬柳	Tofu with Minced Meat 肉碎扒豆腐	Seasonal Vegetables 合時蔬菜	Rice 白米飯
5 Feb 2025	Wednesday	Fish Fillet with Cream Corn 忌廉粟米斑腩	Chicken Fillet with Barbecue Sauce 照燒雞扒	Seasonal Vegetables 合時蔬菜	Long Macaroni 長通粉
6 Feb 2025	Thursday	Steamed Chicken with Mushrooms 冬菇蒸雞柳	Fuzzy melon with Minced Pork 肉碎節瓜	Seasonal Vegetables 合時蔬菜	Rice 白米飯
7 Feb 2025	Friday	Satay Beef 沙爹牛柳	Braised Chicken with Pptato 薯仔燜雞	Seasonal Vegetables 合時蔬菜	Rice 白米飯
10 Feb 2025	Monday	Sweet Sour Pork 菠蘿咕嚕肉	Scrambled egg with cabbage 包心菜炒蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
11 Feb 2025	Tuesday	Garlic Chicken Steak 蒜香雞扒	Tomato Meat sauce 鮮茄肉醬	Seasonal Vegetables 合時蔬菜	Spaghetti with tomato sauce 茄汁意粉
12 Feb 2025	Wednesday	Potatoes and minced beef 干免治牛肉	chicken with cauliflower 椰菜花雞柳	Seasonal Vegetables 合時蔬菜	Rice 白米飯
13 Feb 2025	Thursday	Fish cutlet 吉列魚柳	Baked Beans with Sausage 茄汁豆肉腸	Seasonal Vegetables 合時蔬菜	Fried rice with egg 蛋炒飯
14 Feb 2025	Friday	Braised Pork with Taro 芋仔悶肉排	Stir fried Beans with Prawns 豆角炒蝦仁	Seasonal Vegetables 合時蔬菜	Rice 白米飯
17 Feb 2025	Monday	Apricot Chicken 蜜桃雞球	Fuzzy Melon with minced pork 肉鬆節瓜茸	Seasonal Vegetables 合時蔬菜	Rice 白米飯
18 Feb 2025	Tuesday	Stir-fried Bean Curd with Shredded Pork 豆乾炒肉絲	Stir fried cabbage with Chicken 椰菜炒雞絲	Seasonal Vegetables 合時蔬菜	Fried Noodles with Soy Sauce 豉油皇炒麵
19 Feb 2025	Wednesday	Braised Beef Brisket 逼牛尾 (要牛腩)	Braised Chicken with Pptato 薯仔燜雞球	Seasonal Vegetables 合時蔬菜	Rice 白米飯
20 Feb 2025	Thursday	Macanese Minchi 干免治豬肉	Stir fried French Bean with Fish Cakes 豆角炒魚滑	Seasonal Vegetables 合時蔬菜	Rice 白米飯
21 Feb 2025	Friday	Ceamy Mushroom Chicken 忌廉磨菇雞	Taiwanese Braised Pork 台式滷肉	Seasonal Vegetables 合時蔬菜	Fried Rice Noodles 炒米粉
24 Feb 2025	Monday	Braised Beef Brisket with Daikon 白蘿蔔燜牛腩	Portuguese Coconut Chicken 葡汁雞柳	Seasonal Vegetables 合時蔬菜	Rice 白米飯
25 Feb 2025	Tuesday	Fried Fish Fillet Burger 魚柳漢堡包	French fries 炸薯條	Seasonal Vegetables 合時蔬菜	/
26 Feb 2025	Wednesday	Satay Onion Pork 洋蔥沙爹豬柳	Scrambled eggs with Crab Sticks 蟹柳炒蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
27 Feb 2025	Thursday	Chicken Steak with tomato sauce 沙丹雞扒	Deep-fried Pork Chop 香酥肉排	Seasonal Vegetables 合時蔬菜	Spaghetti with tomato sauce 茄汁意粉
28.02.2025	Friday	Peking Pork Chops 京都肉排	Mapo Tofu (not spicy) 麻婆豆腐 (不辣)	Seasonal Vegetables 合時蔬菜	Rice 白米飯
4 Feb 2025 (Tuesday 星期二)	Potato, Carrot And Corn Pork Soup 薯仔蘿蔔粟米湯	21 Feb 2025 (Friday 星期五)	Egg with Corn Soup 粟米蛋花湯	Soup 餐湯	
7 Feb 2025 (Friday 星期五)	Japanese Miso Tofu Soup 日式麵豉豆腐湯	24 Feb 2025 (Tuesday 星期二)	Italian Vegetable Soup 大利雜菜湯		
11 Feb 2025 (Tuesday 星期二)	Watercress & Pork Soup 蜜棗西洋菜湯	28 Feb 2025 (Friday 星期五)	Winter Melon and Barley Soup 冬瓜薏米湯		
14 Feb 2025 (Friday 星期五)	Seaweed with Eggs Soup 紫菜蛋花湯				
18 Feb 2025 (Tuesday 星期二)	Apple Snow Pear Soup 蘋果雪梨湯				

SON P3-F6 Lunch Menu

聯合國學校 小三至中六餐單

Date 日期		Main Dish 1 主菜 1	Main Dish 2 主菜2	Vegetables 時蔬	Staple 主食
3 Feb 2025	Monday	Red Curry Chicken (Non spicy) 紅色咖喱雞 (不辣)	Fish Cutlet 吉列魚柳	Seasonal Vegetables 合時蔬菜	Rice 白米飯
4 Feb 2025	Tuesday	Fried Pork Chop 煎豬扒	Bolognese Sauce 鮮茄肉醬	Seasonal Vegetables 合時蔬菜	Spaghetti with tomato sauce 茄汁意粉
5 Feb 2025	Wednesday	Braised Beef Brisket 焗牛尾 (要牛腩)	Stir fried French Bean with Fish Cakes 豆角炒魚滑	Seasonal Vegetables 合時蔬菜	Rice 白米飯
6 Feb 2025	Thursday	Peking Pork Chops 京都肉排	Braised Chicken with Potato 薯仔燜雞球	Seasonal Vegetables 合時蔬菜	Rice 白米飯
7 Feb 2025	Friday	Chicken Steak with Garlic 蒜香雞扒	Steamed Eggs with Crabsticks 蟹柳蒸蛋	Seasonal Vegetables 合時蔬菜	Fried rice with egg 蛋炒飯
10 Feb 2025	Monday	Braised Beef Brisket with Daikon 白蘿蔔燜牛腩	Macanese Minchi 干免治豬肉	Seasonal Vegetables 合時蔬菜	Rice 白米飯
11 Feb 2025	Tuesday	Fried Fish Fillet Burger 魚柳漢堡包	French Fries 炸薯條	Seasonal Vegetables 合時蔬菜	Fried Rice Noodles 炒米粉
12 Feb 2025	Wednesday	Fish Fillet with Sweet and Sour Sauce 糖醋魚柳	Stir-fried Pork Slices with Cucumber 青瓜炒肉片	Seasonal Vegetables 合時蔬菜	Rice 白米飯
13 Feb 2025	Thursday	Stir-fried Bean Curd with Shredded Pork 豆乾炒肉絲	Stir fried Cabbage with Shredded Chicken 椰菜炒雞絲	Seasonal Vegetables 合時蔬菜	Fried Noodles with Soy Sauce 豉油皇炒麵
14 Feb 2025	Friday	Satay Beef with Cabbage 沙爹牛柳炒椰菜	Stir fried French Bean with Fish Cakes 豆角炒魚滑	Seasonal Vegetables 合時蔬菜	Rice 白米飯
17 Feb 2025	Monday	Coca Cola Chicken Wings 可樂雞翼	Scrambled Eggs with Cabbage 椰菜炒蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
18 Feb 2025	Tuesday	Pork Chop with Ginger and Spring Onion 薑蔥肉排	Potatoes and Beef Minchi 干免治牛肉	Seasonal Vegetables 合時蔬菜	Rice 白米飯
19 Feb 2025	Wednesday	Fish Fillet with Cream Corn 忌廉粟米斑腩	Pork Chop with Garlic 蒜香豬扒	Seasonal Vegetables 合時蔬菜	Long Macaroni 長通粉
20 Feb 2025	Thursday	Deep-fried Pork Chop 香酥肉排	Tofu with Minced Meat 肉碎扒豆腐	Seasonal Vegetables 合時蔬菜	Rice 白米飯
21 Feb 2025	Friday	Curry Beef Brisket (Non Spicy) 色咖喱牛腩(不辣)	Fuzzy Melon with Minced Pork 肉鬆節瓜甫	Seasonal Vegetables 合時蔬菜	Rice 白米飯
24 Feb 2025	Monday	Pan Fried Fish Fillet 香煎魚柳	Peking Pork Chops 京都肉排	Seasonal Vegetables 合時蔬菜	Rice 白米飯
25 Feb 2025	Tuesday	Red Curry Chicken (Non Spicy) 紅色咖喱雞 (不辣)	Scrambled eggs with Crab Sticks 蟹柳炒蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
26 Feb 2025	Wednesday	Chicken Chop with Tomato Sauce 沙丹雞扒	Stir-fried Cabbage with Fish Cake 椰菜炒魚滑	Seasonal Vegetables 合時蔬菜	Spaghetti with tomato sauce 茄汁意粉
27 Feb 2025	Thursday	Braised Pork with Lotus Root 蓮藕悶肉排	Stir fried Beans with Prawns 豆角炒蝦仁	Seasonal Vegetables 合時蔬菜	Rice 白米飯
28 Feb 2025	Friday	Braised Beef Brisket with Daikon 白蘿蔔燜牛腩	Stir-fried Cauliflower with Pork Slices 椰菜花肉片	Seasonal Vegetables 合時蔬菜	Rice 白米飯
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18 Feb 2025 (Tuesday 星期二)	Apple Snow Pear Soup 蘋果雪梨湯				