

K1-P2菜單

聯合國學校

日期		主菜1	主菜2	時蔬	主食	
6-1-2025	Monday	Braised Chicken with bean Curd sheet 枝竹燜雞	Peking Pork 京都肉排	Seasonal Vegetables 合時蔬菜	Rice 白米飯	
7-1-2025	Tuesday	Stewed Beef Brisket with Curry and Coconut Milk 咖喱椰汁燜牛腩	Pan-fried Fish Fillet 吉列魚柳	Seasonal Vegetables 合時蔬菜	Rice 白米飯	
8-1-2025	Wednesday	Pork Chop with Onion 洋蔥豬扒	chicken breast white sauce 白汁雞胸肉	Seasonal Vegetables 合時蔬菜	Butter spaghetti 牛油意粉	
9-1-2025	Thursday	Braised Fish Fillet with Bean Curd 枝竹燜魚柳	Stir-fried Pprl with Cucumber 青瓜炒肉片	Seasonal Vegetables 合時蔬菜	Rice 白米飯	
10-1-2025	Friday	Braised Beef Brisket in Satay Sauce 沙爹牛肉	Braised Chicken Wings in Oyster Sauce 蠔油燜雞翼	Seasonal Vegetables 合時蔬菜	Fried rice with egg 蛋炒飯	
13-1-2025	Monday	Steamed Pork Patty with Preserved Vegetables 梅菜蒸肉餅	Scrambled Eggs with Shrimp 蝦仁炒蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯	
14-1-2025	Tuesday	Stewed Chicken with Potato 薯仔燜雞	Braised Zucchini with Pork and Mushrooms 冬菇肉絲節瓜	Seasonal Vegetables 合時蔬菜	Rice 白米飯	
15-1-2025	Wednesday	Stewed Beef Brisket 柱候燜牛腩	Deep-fried Pork Chop 香酥肉排	Seasonal Vegetables 合時蔬菜	Rice 白米飯	
16-1-2025	Thursday	Sweet and Sour Sauce Fish 糖醋魚柳	Minced Pork with Tofu 肉碎扒豆腐	Seasonal Vegetables 合時蔬菜	Fried Rice Noodles 家鄉炒米粉	
17-1-2025	Friday	Pan-fried Chicken Steak 香煎雞扒	Scrambled Eggs with Tomatoes 番茄炒蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯	
20-1-2025	Monday	Braised Beef Brisket in Satay Sauce 沙爹牛肉	Apricot Chicken 蜜桃雞球	Seasonal Vegetables 合時蔬菜	Rice 白米飯	
21-1-2025	Tuesday	Hamburger 牛肉漢堡包	French Fries 薯條	Mixed Vegetables 西式什菜		
22-1-2025	Wednesday	Sweet and Sour Pork with Pineapple 菠蘿咕嚕肉	Stir-fried Shrimp with Beans 四季豆炒蝦仁	Seasonal Vegetables 合時蔬菜	Rice 白米飯	
23-1-2025	Thursday	Coconut Curry Chicken 南洋椰香雞	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	
24-1-2025	Friday	Shared Lunch 午餐分享日				
7-1-2025	Tuesday	Carrots and Corn Soup 青紅蘿蔔粟米湯	17-01-2025 (Friday)	Lotus Root Pork Rib Soup 蓮藕排骨湯	Soup 餐湯	
10-1-2025	Friday	Italian Vegetable Soup 大利雜菜湯	21-01-2025 (Tuesday)	Creamy Corn Soup 粟米忌廉湯		
14-1-2025	Tuesday	Winter Melon and Barley Soup 冬瓜薏米湯				

P3-F6菜單

聯國學校

日期		主菜1	主菜2	時蔬	主食
6-1-2025	Monday	Hainanese Chicken 海南雞腿	Sliced Pork with Pumpkin 南瓜肉片	Seasonal Vegetables 合時蔬菜	Rice 白米飯
7-1-2025	Tuesday	Curry Beef Brisket 咖喱牛腩	Sweet and Sour Sauce Fish 糖醋魚柳	Seasonal Vegetables 合時蔬菜	Rice 白米飯
8-1-2025	Wednesday	Pork Chop Cutlet 吉列豬扒	Scrambled Eggs with Tomatoes 鮮茄滑蛋	Seasonal Vegetables 合時蔬菜	Spaghetti with tomato sauce 茄汁意粉
9-1-2025	Thursday	Braised Fish Fillet with Bean Curd 枝竹燜魚柳	Peking Pork 京都肉排	Seasonal Vegetables 合時蔬菜	Rice 白米飯
10-1-2025	Friday	Stewed Beef Brisket 柱候燜牛腩	Chicken Fillet with Barbecue Sauce 照燒雞扒	Seasonal Vegetables 合時蔬菜	Rice 白米飯
13-1-2025	Monday	Teriyaki Pork Chop with Onion Gravy 燒汁洋蔥豬扒	Pan-fried Sole Fillet with Corn Cream 香煎龍利魚配忌廉粟米	Seasonal Vegetables 合時蔬菜	Fried rice with egg 蛋炒飯
14-1-2025	Tuesday	Garlic Chicken Steak 蒜香雞扒	fried beef with cucumber 青瓜炒牛肉片	Seasonal Vegetables 合時蔬菜	Rice 白米飯
15-1-2025	Wednesday	Fried Shredded Chicken with Beans 豆角炒雞絲	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
16-1-2025	Thursday	Sweet and Sour Sauce Fish 糖醋魚柳	Pork Chop with Onion 洋蔥豬扒	Seasonal Vegetables 合時蔬菜	Rice 白米飯
17-1-2025	Friday	Curry Chicken 咖喱雞	Scrambled Eggs with Shrimp 蝦仁炒蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
20-1-2025	Monday	Sole Fillet Cutlet 吉列龍脷	Tomato Meat Sauce (Beef) 鮮茄肉醬 (牛肉)	Seasonal Vegetables 合時蔬菜	Spaghetti with tomato sauce 茄汁意粉
21-1-2025	Tuesday	Chicken Satay Meatballs 沙爹雞球	Steamed Egg with Dried Shrimp and Vermicelli 蝦米粉絲蒸蛋	Seasonal Vegetables 合時蔬菜	Rice 白米飯
22-1-2025	Wednesday	Hamburger 牛肉漢堡包	French Fries 薯條	Seasonal Vegetables 合時蔬菜	Spaghetti Bolognese 肉醬意粉
23-1-2025	Thursday	Sweet and Sour Shrimp Balls 糖醋蝦球	Fried Chicken Fillet with Cauliflower 椰菜花炒雞柳	Seasonal Vegetables 合時蔬菜	Fried rice with egg 蛋炒飯
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7-1-2025	Tuesday	Carrots and Corn Soup 青紅蘿蔔粟米湯	17-01-2025 (Friday)	Lotus Root Pork Rib Soup 蓮藕排骨湯	Soup 餐湯
10-1-2025	Friday	Italian Vegetable Soup 大利雜菜湯	21-01-2025 (Tuesday)	Creamy Corn Soup 粟米忌廉湯	
14-1-2025	Tuesday	Winter Melon and Barley Soup 冬瓜薏米湯			