



NACIS Weekly Breakfast Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast 早餐	西式早餐 Western breakfast 新鲜水果 Fresh fruits 培根鸡蛋汉堡※O ☆ (配生菜, 黄瓜片, 蕃茄片) Bacon & Chicken burger (Served with lettuce & cucumber & tomato) 薯饼※ Hashed brown	中式早餐 Chinese breakfast 新鲜水果 Fresh fruits 梅菜包/豆沙包※ ☆ Preserved vegetable & pork bun/Red bean bun 白粥/玉米粥 Plain congee/Corn congee 卤蛋☆ Spiced corned eggs	西式早餐 Western breakfast 新鲜水果 Fresh fruits 早餐面包卷※O☆ (配黄油/果酱) Breakfast roll (Served with butter or jam) 法兰克福肠/火腿※ Frankfurt sausage/Ham 炒鸡蛋☆ Scrambled eggs	中式早餐 Chinese breakfast 新鲜水果 Fresh fruits 鲜肉包/奶黄包※O ☆ Pork bun/Creamy custard bun 白粥/肉末菜粥 Plain congee/Pork & vegetable congee 煮蛋☆ Boiled eggs	港式早餐 Shanghai breakfast 新鲜水果 Fresh fruits 上海炒面(鸡肉) ※☆ Fried noodles with chicken & Vegetables 白粥/南瓜粥 Plain congee /Pumpkin congee 茶叶蛋☆ Tea eggs
Drinks 饮料	Choice of drink among Milk, Soybean milk, Water, Yoghurt 牛奶, 豆浆, 水, 酸奶选一				

OUR HEALTHY EATING KEY

※ Gluten Content 面粉

△ Legumes Product 豆类

O Dairy Product 牛奶

Shell Fish & Seafood 鱼&海鲜

☆ Eggs Product 鸡蛋



NACIS Weekly Lunch Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning snack 早点	燕麦棒 Oats bar 酸奶 Yogurt O	培根芝士面包※O☆ Bacon & cheese bread 酸奶 Yogurt O	香肠面包卷※O☆ Sausage bread 酸奶 Yogurt O	圣诞苹果塔※O☆ 酸奶 Yogurt O	海苔肉松面包※O☆ Nori & meat floss bread 酸奶 Yogurt O
Set Menu 套餐	罗宋汤 ※ Borsch soup 蜜汁烤鸡腿△ BBQ chicken drums 叉烧鸡蛋炒饭☆ Fried rice with roast pork & eggs 娃娃菜 Baby cabbage 甜玉米粒 Sweet corn	萝卜猪骨汤 Turnip & pork soup 杏鲍菇炒牛柳△ Wok-fried beef fillet & mushroom 水饺※☆ Chinese dumpling 有机花菜 Cauliflower 牛心菜 Cabbage	番茄鸡蛋汤☆ Tomato & eggs soup 香酥三文鱼柳※☆# Baked salmon fish finger 酱爆肉丁△ Wok-fried pork loin & vegetables 胡萝卜 Carrot 芥兰苗 Kai-lan	Christmas lunch Pumpkin soup ※O 南瓜汤 Chicken breast with cranberry sauce 烤鸡配蔓越莓酱 Glazed ham with gravy sauce O 圣诞火腿配烤肉汁 Bacon chipolatas※ 培根香肠卷 Roast potatoes 烤土豆 Honey roast carrots 蜂蜜胡萝卜 Brussel sprouts 鲍子橄榄菜	老鸭山药汤 Duck & Chinese yam soup 三杯鸡△ Stewed chicken 肉糜菜饭 Fried rice with minced pork & choy sum 西芹 Celery 上汤菠菜☆ Spinach
Vegetarian option 素食精选	日式鸡蛋炒面※☆△ Fried rice with vegetable & eggs (Vegetarian)	蔬菜芝士玉米片 O Vegetables & cheese nacho (Vegetarian)	奶油焗蔬菜※O Gratin vegetables (Vegetarian)	蔬菜芝士派※O☆ Vegetables & cheese pie (Vegetarian)	蕃茄奶酪意大利面※O☆ Pasta with tomato & Mushroom sauce (Vegetarian)
Chefs choice 厨师推荐	Specialty noodles 地道面食 Braised pork loin noodles soup 豚肉拉面※△ Seasonal vegetables 时令蔬菜	Specialty noodles 地道面食 Braised beef noodles soup 蕃茄牛肉面※ Seasonal vegetables 时令蔬菜	Tastes of Japanese 日本美食 Japanese teriyaki chicken rice 照烧鸡肉盖饭※△☆ Seasonal vegetables 时令蔬菜		Tastes of American 美国美食 Grilled beef sirloin 煎西冷牛排 O French fries 薯条 Seasonal vegetables 时令蔬菜
Sandwich Station 三明治吧	Daily sandwich selection				
Salad Station 色拉吧	Daily salad selection				
Fruit station 水果吧	Fresh fruit selection				
Drinks station 饮料吧	Daily choice of Water or Yoghurt				
Afternoon snack 午点	香蕉 Banana 牛奶 Milk	苹果 Apple 牛奶 Milk	香梨 Bergamot pear 牛奶 Milk	圣诞姜饼 Ginger biscuit 牛奶 Milk	香蕉 Banana 牛奶 Milk



NACIS Weekly Dinner Menu

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	健康沙拉吧 Health Salad bar 水/酸奶选一 Water/Yoghurt 各式时令水果选一 Selection seasonal fruits	健康沙拉吧 Health Salad bar 水/酸奶选一 Water/Yoghurt 各式时令水果选一 Selection seasonal fruits	健康沙拉吧 Health Salad bar 水/酸奶选一 Water/Yoghurt 各式时令水果选一 Selection seasonal fruits	健康沙拉吧 Health Salad bar 水/酸奶选一 Water/Yoghurt 各式时令水果选一 Selection seasonal fruits	
晚餐 Dinner	油豆腐牛肉粉丝汤 △ Beef & fried bean curd soup 水笋烧肉△ Bamboo shoot & pork belly stew 炸鸡排※☆ Deep-fried chicken 卷心菜 Cabbage 豆苗△ Bean seedling	豆腐鱼头汤△ Tofu & fish soup 红烧狮子头△ Braised beef ball 腊肠蒸蛋☆ Steamed eggs & Chinese sausage 杭白菜 Hang cabbage 生菜 Lettuce	茶树菇鸡汤 Chicken & agrocybe cylindrical soup 烤猪肋骨△ BBQ pork ribs 腊味煲仔饭△ Steamed rice with dried meat 鸡毛菜 Choy sum	猪骨海带汤☆ Pork & kelp soup 上海秘制酱鸭△ Braised duck 水晶虾仁# Sautéed shrimps 广东菜心 Guangdong green vegetable 豆芽△ Bean sprout	
Vegetarian option 素食精选	焗奶酪土豆派※O Potato & cheese pie	蘑菇焗饭 O Vegetable risotto (Vegetarian)	蔬菜鸡蛋炒面 ※☆ Fried noodles with eggs & vegetables (Vegetarian)	咖喱角※☆O Samosa (Vegetarian)	
Evening Snack 夜宵	红豆沙小圆子△※ Mashed red bean & rice dumpling soup	吞拿鱼鸡蛋三明治 ※O☆# Tuan & eggs sandwich 酸奶 O Yogurt	八宝粥△ Mixed congee	丹麦面包※☆O Danish bread 酸奶 O Yogurt	

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