



NACIS Weekly Breakfast Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast 早餐	西式早餐 Western breakfast 新鲜水果 Fresh fruits 吐司面包※O☆ (配果酱/黄油) Toast bread (Served with jam/butter) 培根/鸡肉早餐肠 Bacon / Chicken sausage 薯饼※ Hashed brown	中式早餐 Chinese breakfast 新鲜水果 Fresh fruits 牛肉拉面※☆ Braised beef noodles soup 菜心 Choy sum 早餐谷物/牛奶※O Cereal/Milk	中式早餐 Chinese breakfast 新鲜水果 Fresh fruits 香菇菜包/鲜肉包※ (Mushroom & vegetables bun / mince pork bun) 白粥/艇仔粥# Plain congee /Seafood congee 煮蛋 O Boiled eggs 早餐谷物/牛奶※O Cereal/Milk	西式早餐 Western breakfast 新鲜水果 Fresh fruits 早餐包 (配果酱/黄油) Breakfast roll (Served with jam/butter) 法兰克福肠/火腿 Frankfurt sausage/Ham 炒鸡蛋 O Scrambled eggs	上海早餐 Shanghai breakfast 新鲜水果 Fresh fruits 油条/葱油饼※☆ Dough stick/Spring onion pan cake 咸肉菜泡饭/白粥 Bacon & Choy sum congee /Plain congee 茶叶蛋 O Tea eggs 早餐谷物/牛奶※O Cereal/Milk
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

O Dairy Product 牛奶

△ Legumes Product 豆类

Shell Fish & Seafood 鱼&海鲜

☆ Eggs Product 鸡蛋



NACIS Weekly Lunch Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack 早点	鸡肉春卷※☆ Chicken spring roll 酸奶 O Yogurt	提子干面包※O☆ Raisin bread 酸奶 O Yogurt	肉松面包※O☆ Meat floss bread 酸奶 O Yogurt	奶酥面包※O☆ Custer bread 酸奶 O Yogurt	蛋挞※O☆ Egg tart 酸奶 O Yogurt
套餐 Set Menu	老鸭汤 Duck soup 香酥鸡排※☆ Crispy chicken 芹菜炒目鱼条# Work-fried celery & squid 豆苗△ Bean seedling 甜玉米粒 Sweet corn	萝卜猪骨汤 Radish & pig bone soup 蚝油牛柳#△ Beef fillet with oyster sauce 日式炒饭☆ Fried rice 上汤娃娃菜☆ Baby cabbage 青菜 Choy sum	奶油玉米汤※O Cream of corn soup 烤鸡腿 Roast chicken drums 意大利肉酱面※O☆ Pasta Bolognese 西兰花 Broccoli 胡萝卜 Carrot	菌菇蛋汤☆ Mushroom & eggs soup 红烧肉△ Braised Pork belly 海鲜蒸蛋☆# Steamed eggs & seafood 菠菜 Spinach 有机花菜 Cauliflower	Chinese New Year Food 白菜蛋饺汤☆ Egg dumplings & cabbage soup 三鲜水饺※☆ Chinese dumpling 酱鸭△ Braised duck legs 甜椒土豆丝 Sautéed potato & bell pepper 芥兰苗 Kai-lan 餐后糖水 红豆沙小圆子※☆△ Chinese sweet rice dumpling soup
Vegetarian option 素食精选	素食 蔬菜炒面※☆ Fried vegetables noodles (Vegetarian)	素食 蔬菜塔※O☆ Vegetable quiche (Vegetarian)	素食 蔬菜炒鸡蛋☆ Scrambled eggs & Vegetable (Vegetarian)	素食 番茄意大利面※O☆ Pasta with tomato sauce (Vegetarian)	素食 菌菇面筋煲△ Mushroom & tofu stew (Vegetarian)
Chefs choice 厨师推荐	Tastes of Asian 亚洲美食 Gyudon 肥牛盖饭#☆ Seasonal vegetables 时令蔬菜	Specialty noodles 地道面食 Kung pao chicken noodles soup 宫爆鸡丁面※☆△ Seasonal vegetables 时令蔬菜	Tastes of Asian 亚洲美食 Hong Kong roast duck 港式烧鸭饭△ Seasonal vegetables 时令蔬菜	Specialty noodles 地道面食 Braised pork chop noodles soup 红烧大排面※☆△ Seasonal vegetables 时令蔬菜	Shanghai street food 上海街头美食 Spring roll 春卷※☆ Shanghai Bacon & vegetable rice 咸肉菜饭 Tea eggs 茶叶蛋☆
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 O Milk	芦柑 Ponkan 牛奶 O Milk	香梨 Pear 牛奶 O Milk	香蕉 Banana 牛奶 O Milk	苹果 Apple 牛奶 O Milk



NACIS Weekly Dinner Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	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	黄豆猪手汤△ Soy bean & pig trotter soup 手指鳕鱼柳※#☆ Baked fish finger 京酱肉丝△ Stir-fried shredded pork loin 蘑菇菜心 Mushroom & choy sum 金针菇 Needle mushroom	肉丝蛋花汤☆ Shredded pork & eggs soup 腊味煲仔饭△ Cook rice in hot pot 香肠/腊鸡/腊肉 Sausage /preserved chicken /bacon 白灼生菜 Boiled lettuce	咖喱牛肉汤 Beef soup 豉油鸡△ Chicken with soy sauce 叉烧炒饭☆ Fried rice with BBQ pork loin 杭白菜 Hang cabbage 干锅卷心菜 Cabbage	冬荫功汤 Tom-Yum Kung soup 沙爹鸡※☆ Chicken satay 泰式烤猪肉 Thai roast pork loin 广东菜心 Guangdong cabbage	
素食选项 Vegetarian option 素食精选	素食 芝士奶油蔬菜饭※O Vegetable risotto	素食 蔬菜咖喱角※O☆ Vegetable samonsa (Vegetarian)	素食 麻婆豆腐△ Mapo tofu (Vegetarian)	素食 芝士蕃茄焗蔬菜※O☆ Gratin vegetables (Vegetarian)	
晚间 Snack 夜宵	麦芬※O☆ Muffin 酸奶O Yoghurt	牛角面包※O☆ Croissant 酸奶O Yoghurt	莲子红豆沙△ Mashed red bean & lotus nuts	丹麦面包※O☆ Danish bread 酸奶O Yoghurt	

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