



NACIS Weekly Breakfast Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast 早餐	西式早餐 Western breakfast 新鲜水果 Fresh fruits 芝士猪肉饼松饼 Pork patty & cheese Burger ※O☆ 薯饼※ Hash brown 煎蛋☆ Fried eggs	中式早餐 Chinese breakfast 新鲜水果 Fresh fruits 牛肉刀削面※☆ Beef noodles soup 菜心 Choy sum 卤蛋☆△ Braised eggs	中式早餐 Chinese breakfast 新鲜水果 Fresh fruits 酱肉包/香菇菜包※ Pork bun/ Vegetable & mushroom bun 白粥/八宝粥△ Plain congee/Mixed congee 煮蛋☆ Boiled eggs	西式早餐 Western breakfast 新鲜水果 Fresh fruits 早餐面包※O☆ (配果酱/黄油) Breakfast roll (Served Jam/Butter) 牛肉早餐肠/火腿※ Beef sausage/Ham 炒鸡蛋 O☆ Scrambled eggs	港式早餐 Hong Kong breakfast 新鲜水果 Fresh fruits 扒芝士火腿多士 O※☆ Grilled cheese & ham sandwich 谷物早餐麦片 O※ Cereals 煎蛋☆ Fried eggs
Drinks 饮料	Choice of drink among Milk, Soybean milk, Water, Yoghurt 牛奶,豆浆,水,酸奶选一				



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Morning Snack 早点	燕麦棒 Oat bar Muffin 酸奶 O Yogurt	玉米火腿面包※O☆ Corn & ham bread 酸奶 O Yogurt	红豆面包※O☆△ Mashed red bean bread 酸奶 O Yogurt	培根芝士面包※O☆ Bacon & cheese bread 酸奶 O Yogurt	菠萝包※O☆ Pineapple bread 酸奶 O Yogurt
套餐 Set Menu	番茄鸡蛋汤☆ Tomato & eggs soup 红烧狮子头△ Braised pork Ball 鳕鱼排配塔塔汁# Baked fish fillet with tartar sauce 青椒土豆丝 Shredded potato with pepper 黑豆苗 Bean seedling	萝卜牛骨汤 Turnip & beef soup 烤鸡腿※☆ Roast chicken drums 八宝肉酱△#☆ Kung pao pork 娃娃菜 Baby cabbage 青菜 Choy sum	蘑菇豆腐羹※ Mushroom & tofu soup 红烧牛肉※☆ Braised beef 虾仁炒蛋※☆O Scrambled shrimps & eggs 芥兰 Kai-lan 菠菜 Spinach	味噌汤#☆ Miso soup 叉烧△ BBQ pork loin 铁板牛柳 Grilled beef fillet 甜玉米△ Sweet corn 木耳菜 Malabar spinach	意大利蔬菜汤※O Minestrone 鸡肉卷饼 Chicken wraps 天妇罗大虾#※☆ Tempura prawn 薯条 French fries 西兰花 Broccoli
Vegetarian option 素食精选	蔬菜炒饭 Fried vegetable rice (Vegetarian)	蔬菜炖豆腐※☆ Vegetable & tofu stew (Vegetarian)	番茄意大利面※☆ Pasta with tomato sauce (Vegetarian)	意大利蔬菜奶酪烩 饭※O☆ Vegetable risotto (Vegetarian)	咖喱 蔬菜配印度飞饼 ※☆ O Vegetable curry (served with roti prata (Vegetarian)
Chefs choice 厨师推荐	Specialty noodles 地道面食 Spicy pork noodles soup 辣肉面※ Seasonal vegetables 时令蔬菜	Specialty noodles 地道面食 Pork chop noodles soup 大排面※△ Seasonal vegetables 时令蔬菜	Tastes of Asian 亚洲美食 Gyudon 日式肥牛盖饭#※ Seasonal vegetables 时令蔬菜	Specialty noodles 地道面食 Braised beef noodles soup 台湾红烧面※☆△ Seasonal vegetables 时令蔬菜	Tastes of Asian 亚洲美食 Nasi goring 印尼炒饭 (配鸡腿, 虾, 龙虾 片) 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 O Milk	桔子 Tangerine 牛奶 O Milk	苹果 Apple 牛奶 O Milk	香蕉 Banana 牛奶 O Milk	燕麦棒 Oats bar 牛奶 O Milk
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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	咖喱牛肉汤 Beef curry soup 酸甜鱼柳 # Sour & sweet fish fillet 肉末鱼香茄子煲 Braised eggplant with minced pork pork 鸡毛菜 Choy sum 莲藕 Lotus root	海鲜羹 Seafood soup 秘制烧鸭 Roast duck 干炒牛河 Fried flat rice noodles with beef 白灼生菜△ Boiled lettuce 干锅花菜 Cauliflower	鸡茸玉米汤 Chicken & corn soup 招牌豉油鸡 Soy chicken 农家小炒肉 Stir-fried pork belly with vegetables 空心菜 Water spinach 卷心菜 Cabbage	菌菇汤 # Mushroom soup 蒜香排骨 Garlic pork ribs 海鲜鸡蛋炒饭 Fried rice with seafood & eggs 西芹 Celery 菜心 Choy sum	
Vegetarian option 素食精选	素食 芝士蔬菜饼 Vegetable & cheese wraps	素食 蔬菜炒面 Fried noodles with vegetables (Vegetarian)	素食 芝士焗蔬菜 Gratin vegetables (Vegetarian)	素食 白灼什锦蔬菜 Boiled vegetables (Vegetarian)	
Evening Snack 夜宵	八宝粥 Mixed congee	金枪鱼三明治※O ☆ # Tuna sandwich 酸奶 O Yoghurt	红豆沙 Mashed red bean	芝士培根三明治 ※O☆ Cheese & Bacon sandwich 酸奶 O Yoghurt	

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