



## NACIS Weekly Breakfast Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b> 早餐	中式早餐 Chinese breakfast 新鲜水果 Fresh fruits 鲜肉包※△☆ Minced pork bun 红豆沙包※O△☆ Red bean bun 白粥 Plain congee 艇仔粥# ☆ Seafood congee 水煮土鸡蛋☆ Boiled eggs	西式早餐 Western breakfast 新鲜水果 French fruits 黄油小球※O☆ (配黄油/果酱) Breakfast roll (Served with butter or jam) 鸡肉早餐肠※ Chicken sausage 火腿※ Ham 西式双面煎蛋☆ Fried eggs  谷类可选(玉米片, 全麦维, 谷维滋) ※O Choice of cereal (corn Flakes, all bran, honey nut)	中式早餐 Chinese breakfast 新鲜水果 Fresh fruits 紫菜虾皮小云吞※△# ☆ Wonton soup 农家卤鸡蛋△☆ Spiced corned egg	西式早餐 Western breakfast 新鲜水果 Fresh fruits 牛角面包※O☆ (配黄油/果酱) Croissant (served with butter/jam) 培根 Bacon 牛肉早餐肠※ Beef sausage 西式牛奶炒蛋 O☆ Scrambled eggs  谷类可选(玉米片, 全麦 维, 谷维滋) ※O Choice of cereal (corn Flakes, all bran, honey nut)	中式早餐 Chinese breakfast 新鲜水果 Fresh fruits 红烧牛肉面※△☆ Braised beef noodles soup 菜心 Choy sum 煎蛋☆ Fried eggs
<b>Drinks</b> 饮料	Choice of drink among Milk, Soybean milk, Water, Yoghurt 牛奶, 豆奶, 水, 酸奶选一				

### OUR HEALTHY EATING KEY

※ Gluten Content 面粉

O Dairy Product 牛奶

☆ Eggs Product 鸡蛋

▲ Legumes Product 豆类

# Shell Fish & Seafood 鱼&海鲜



## NACIS Weekly Lunch Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Morning Snack</b> 早点	巧克力面包※O☆ Chocolate bread 酸奶 Yogurt O	白桃丹麦※O☆ White peach danish 酸奶 Yogurt O	草莓果酱甜甜圈※O☆ Donut 酸奶 Yogurt O	巧克力麦芬※O☆ Chocolate muffin 酸奶 Yogurt O	蔓越莓面包※O☆ Cranberry bread 酸奶 Yogurt O
<b>Set Menu</b> 套餐	虫草花炖土鸡汤 Cordyceps flower & chicken soup 天妇罗虾※#☆ Tempura prawns 沙爹鸡柳※☆ Chicken satay 玉米粒 Sweet corn 白灼广东菜心△ Guangdong cabbage	荠菜豆腐蛋羹△☆ Tofu, shepherds purse & eggs soup 叉烧滑蛋△☆ Scrambled eggs & BBQ pork 台湾红烧牛肉△ Soy braised beef 蒜蓉炒西葫芦 Zucchini 菜心 Choy sum	罗宋汤※ Borsch soup 意大利肉酱面※☆ Pasta Bolognese 扒意式香肠※ Grilled sausage 意式炖蔬菜 Ratatouille 西兰花 Broccoli	龙骨海带汤# Pork & kelp soup 酸甜鱼柳※#☆ Sour & sweet fish fillet 四喜丸子△☆ Braised pork ball 三丝银芽△ Bean sprout 上汤本地生菜☆ Lettuce	水鸭萝卜汤 Duck soup 椰汁牛肉O☆ Stewed coconut & beef 黑胡椒烤鸡腿 Roast chicken drums 甜椒炒土豆丝 Sauteed bell pepper & potatoes 芥兰苗 Cabbage mustard
<b>Vegetarian option</b> 素食精选	蔬菜炖豆腐△ Stewed tofu & vegetables	鸡蛋土豆芝士派O☆ Eggs & potatoes pie	蔬菜咖喱炒面※☆ Curried glass noodle & vegetables	酸甜玉子豆腐△ Sour & sweet tofu	蔬菜蛋炒饭☆ Fried rice with vegetables & eggs
<b>Fruit station</b> 水果吧	Fresh fruit selection				
<b>Drinks station</b> 饮料吧	Daily choice of Water or Yoghurt				
<b>Afternoon snack</b> 午点	叉烧酥※O△☆ BBQ pork pastry 牛奶O Milk	全麦牛角面包※O△☆ Croissant 牛奶O Milk	椰奶面包卷※O☆ Coconut bread roll 牛奶O Milk	葡式蛋挞※O☆ Egg tart 牛奶O Milk	提子面包卷※O☆ Raisin bread roll 牛奶O Milk

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※ Gluten Content 面粉

△ Legumes Product 豆类

☆ Eggs Product 鸡蛋

O Dairy Product 牛奶

# Shell Fish & Seafood 鱼&海鲜

## NACIS Weekly Dinner Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY 1	FRIDAY
	水/酸奶选— Water/Yoghurt 各式时令水果选— Selection seasonal fruits	水/酸奶选— Water/Yoghurt 各式时令水果选— Selection seasonal fruits	水/酸奶选— Water/Yoghurt 各式时令水果选— Selection seasonal fruits	水/酸奶选— Water/Yoghurt 各式时令水果选— Selection seasonal fruits	
<b>Dinner</b> 晚餐	白萝卜牛骨汤 Turnips & beef soup 蚝油牛肉 # △ Beef with oyster sauce 干锅仔鸭△ Duck in dry pot 上汤娃娃菜☆ Baby cabbage 蒜蓉油麦菜 Leaf lettuce	西洋菜猪骨汤 Watercress & pork soup 鱼香肉丝△☆ Yu-xiang shredded pork loin 酸菜鱼柳 # △☆ Boiled fish with pickled cabbage 藕片 Lotus root 杭白菜 Hang cabbage	西红柿蛋汤☆ Tomato & eggs soup 孜然小酥肉※△☆ Crispy pork loin XO 酱炒海鲜 # △ Stir-fried seafood & vegetables 干锅手撕包菜△ Cabbage 菜苔 Green vegetables	香菇炖土鸡汤 Mushroom & chicken soup 关东煮※ # △☆ oden 姜烧猪肉△☆ Pork chop with ginger sauce 红薯 Sweet potatoes 白灼西生菜△ Iceberg	
<b>Vegetarian option</b> 素食精选	奶油蘑菇意大利面 ※O☆ Mushroom pasta	韩式芝士年糕※△O Cheese dumpling (Korean style)	蔬菜春卷※☆ Spring roll	奶油芝士焗蔬菜※O Gratin vegetables	
<b>Evening Snack</b> 夜宵	椰蓉面包※O☆ Coconut bread 酸奶 Yogurt	黑芝麻汤圆※△ Sweet dumpling	卡仕达面包※O☆ Cream custard bread 酸奶O Yoghurt	红豆薏米芋圆※△O Red bean, semen coicis & taro ball soup	

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