



NACIS Weekly Breakfast Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast 早餐	中式早餐 Chinese breakfast 新鲜水果 Fresh fruits 牛肉馅饼※△☐ Chinese beef pie 白粥/海鲜粥#☐ Plain congee/Seafood congee 煮蛋☆ Boiled eggs 谷类/牛奶※O Cereal /Milk	中式早餐 Chinese breakfast 新鲜水果 Fresh fruits 酱肉包/八宝饭 ※☆△ Minced pork bun/Chinese rice pudding 白粥/香菇鸡肉粥 Plain congee/Mushroom & chicken congee 卤蛋☆△ Braised eggs 谷类/牛奶※O Cereal /Milk	西式早餐 Western breakfast 新鲜水果 Fresh fruits 牛角面包※O☆ Croissant 牛肉早餐肠/培根 ※ Beef sausage/Bacon 炒鸡蛋☆ Scrambled eggs	中式早餐 Chinese breakfast 新鲜水果 Fresh fruits 梅干菜肉包/豆沙包 ※☆△ Preserved vegetable & pork bun / Smashed red bean bun 白粥/皮蛋瘦肉粥 Plain congee/Minced pork congee with preserved egg 茶叶蛋☆△ Tea eggs 谷类/牛奶※O Cereal /Milk	中式早餐 Chinese breakfast 新鲜水果 Fresh fruits 虾皮紫菜汤#☐ Dried shrimps & seaweed soup 辣肉干拌面※△☐ Kung Pao pork noodles 煎蛋☆ Fried eggs 时令蔬菜 Seasonal vegetables 谷类/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

△ Legumes Product 豆类

O Dairy Product 牛奶

Shell Fish & Seafood 鱼&海鲜

☆ Eggs Product 鸡蛋



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack 早点	葡萄干酥条※○ Raisins twist 酸奶 Yogurt O	可丝达面包※O Custard bread 酸奶 Yogurt O	甜甜圈※O☆ Doughnut 酸奶 Yogurt O	葡式蛋挞※O☆ Egg tart 酸奶 Yogurt O	叉烧酥※O☆ BBQ pork pastry 酸奶 Yogurt O
套餐 Set Menu	莲藕猪骨汤 Turnip & pork soup 叉烧△ Char siu 虾仁蒸蛋# Steamed eggs & shrimps 香菇菜心 Mushroom & choy sum 豆芽△ Bean sprout	丝瓜蛋汤 Towel gourd & eggs soup 咖喱鱼柳#O Fish fillet curry sauce 烤鸡腿△ BBQ chicken drums 上汤菠菜 Spinach 娃娃菜 Baby cabbage	番茄土豆汤 Tomato & potato soup 酱牛肉△ Spiced beef 芹菜炒海鲜△# Stir-fried seafood & celery 胡萝卜 Carrot 白灼广东菜心△ Guangdong cabbage	猪爪黄豆汤△ Pork & soybean soup 洋葱炒肥牛△ Wok fried beef & vegetables 外婆菜△ Minced pork & preserved vegetables 干锅卷心菜△ Bacon & cabbage 油麦菜 Leaf lettuce	意大利蔬菜汤△ Minestrone soup 沙爹鸡柳※☆ Chicken satay 意大利肉酱面※☆ Spaghetti Bolognese 甜玉米粒 Sweet corn 西兰花 Broccoli
Vegetarian option 素食精选	上海菜饭 Shanghai fried rice (Vegetarian)	芝士奶油焗蔬菜※O Gratin vegetables (Vegetarian)	星洲炒米粉※☆ Singapore noodles (Vegetarian)	蘑菇奶酪意大利面※☆O Pasta with cream & Mushroom sauce (Vegetarian)	蔬菜鸡蛋炒饭☆ Fried rice with vegetables & eggs (Vegetarian)
Chefs choice 厨师推荐	Specialty noodles 地道面食 Soy braised beef noodles soup 红烧牛肉面※△ Seasonal vegetables 时令蔬菜	Tastes of Asian 亚洲美食 Chicken rendang 仁当鸡肉※O Steamed rice 米饭 Seasonal vegetables 时令蔬菜	Specialty noodles 地道面食 Spicy shredded pork noodles soup 鱼香肉丝面※△ Seasonal vegetables 时令蔬菜	Tastes of Asian 亚洲美食 Stir-fried chicken with basil leaves 泰式罗勒鸡肉△ Steamed rice 泰国香米饭 Seasonal vegetables 时令蔬菜	Specialty noodles 地道面食 Braised pork noodle soup 焖肉面※△ 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	巧克力丹麦※O Chocolate Danish 牛奶 Milk O	香蕉 Banana 牛奶 Milk O	红豆丹麦※△O Red bean Danish 牛奶 Milk O	麦芬※O Muffin 牛奶 Milk O	香梨 Pear 牛奶 Milk O

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NACIS Weekly Dinner Menu

△ Legumes Product 豆类

Shell Fish & Seafood 鱼&海鲜

☆ Eggs Product 鸡蛋



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
晚餐 Dinner	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	
	味噌汤※△O#☐ Miso soup 日式烤鳗鱼#△ Roast eel 和风鸡肉炒饭☐ Fried rice with chicken & vegetables 烤什锦菌菇 Mushrooms 杭白菜 Hang cabbage	榨菜肉丝蛋花汤☐ Shredded pork & eggs soup 本帮走油肉△ Soy braised pork 韭黄炒蛋☐ Scrambled eggs with Chinese chives 蒜泥生菜 Lettuce with oyster sauce 芹菜 Celery	豆腐鱼汤△# Tofu & fish soup 港式烤鸭△ Roast duck 港式小炒皇△# Stir-fried shrimps & vegetables 上汤豆苗△ Bean seedling 油麦菜 Leaf lettuce	菌菇鸡汤※ Mushroom & chicken soup 咖喱牛筋腩※O Beef curry 豉油皇蒸鱼△# Steamed fish 白灼金针菇☐ Needle mushroom 广东菜心 Guangdong cabbage	
素食精选 Vegetarian option	咖喱角※O☐ Samosa (Vegetarian)	蔬菜卷饼※O☐ Vegetables wraps (Vegetarian)	西红柿鸡蛋打卤面 ※☆ Tomato & eggs noodles (Vegetarian)	家常豆腐※O☆ Sautéed vegetables & tofu (Vegetarian)	
夜宵 Evening Snack	瑞士卷※O☐ Swiss roll 酸奶 Yogurt O	金枪鱼鸡蛋三明治 ※O☐ Tuna & eggs sandwich 酸奶 Yogurt O	玫瑰饼※O☐ Rose cookies 酸奶 Yogurt O	芝士火腿三明治※ O☆ Cheese & ham sandwich 酸奶 Yogurt O	

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