



NACIS Weekly Breakfast Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast 早餐	中式早餐 Chinese breakfast 新鲜水果 Fresh fruits 梅干菜包/豆沙包※O△☆ Preserved vegetables bun /Red bean bun 白粥/ 鸡丝菜粥☆ Plain congee / chicken & choy sum congee 水煮土鸡蛋☆ Boiled egg	西式早餐 Western breakfast 新鲜水果 Fresh fruits 芝士火腿焗吐司※O☆ Grilled cheese & ham sandwich 薯饼※ Hash brown 西式双面煎蛋☆ Fried eggs 谷类/牛奶※O Cereal/Milk	中式早餐 Chinese breakfast 新鲜水果 Fresh fruits 牛肉汤 Beef soup 葱油拌面※△☆ Noodle with scallion & soy sauce 青菜 Choy sum 卤土鸡蛋△☆ 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) 牛早餐肠/鸡肉早餐肠※ Beef sausage/chicken sausage 西式炒蛋 O☆ Scrambled eggs 谷类/牛奶※O Cereal/Milk	中式早餐 Chinese breakfast 新鲜水果 Fresh fruits 鲜肉包/麻球※O△☆ Minced pork bun/Glutinous rice ball with sesame 白粥/海鲜粥 # ☆ Plain congee /Seafood congee 五香茶叶蛋△☆ Tea eggs
Drinks 饮料	水/牛奶/酸奶选一 Water,Milk,Yoghurt	有机豆浆/牛奶 Organic Soybean milk, Milk	水/牛奶/酸奶选一 Water,Milk,Yoghurt	有机豆浆 Organic Soybean milk	水/牛奶/酸奶选一 Water,Milk,Yoghurt

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
Morning Snack 早点	香草麦芬※O☆ Vanilla muffin 酸奶 Yogurt O	黄油丹麦※O☆ Danish 酸奶 Yogurt O	蓝莓麦芬※O☆ Blueberry muffin 酸奶 Yogurt O	芝士丹麦※O☆ Cheese Danish 酸奶 Yogurt O	苹果酥合※O☆ Apple pastry 酸奶 Yogurt O
Set Menu 套餐	蘑菇丸子汤※#☆ Mushroom & meat ball soup BBQ 碳烤鸡排△ BBQ chicken 培根芝士鸡蛋派O☆ Bacon, eggs & cheese pie 菜心 Choy sum 甜玉米粒 Sweet corn	金针菇土鸡汤 Needle mushroom & chicken soup 番茄澳洲肥牛☆ Hot pot tomato & beef 酱爆肉丝△☆ Shredded pork with garlic sauce 甜椒土豆丝 Sautéed bell pepper & potatoes 油麦菜 Leaf lettuce	味噌汤#△ Miso soup 米兰鱼柳※#☆ Fish Milanese 芝士披萨※O Cheese pizza 芝士土豆泥O Mashed potatoes 西兰花/胡萝卜 Broccoli/Carrot	猪骨萝卜汤 Pork & turnip soup 梅干菜焖肉△ Preserved vegetables & pork belly stew 韩式炸鸡※O☆ (Korean fried chicken) 西红柿炒卷心菜 Tomato & cabbage 白灼本地生菜△ Lettuce	意大利蔬菜汤※ Minestrone soup 沙嗲鸡※☆ Chicken satay 肉酱意大利面※☆ Spaghetti Bolognese 金蒜娃娃菜☆ Baby cabbage 西葫芦 Courgette
Vegetarian option 素食精选	焗土豆泥※O Baked mash potato	蔬菜卷饼※O Vegetables wraps	蔬菜鸡蛋炒饭☆ Fried rice & vegetables	鸡蛋蔬菜派※O☆ Egg & vegetables pie	蒜香菠菜意大利面※O☆ Pasta with spinach
Afternoon snack 午点	香蕉 Banana 牛奶 Milk O	肉松面包※O△☆ Chocolate bread 豆奶 Soy milk O△	蔓越莓面包※O☆ Cranberry bread 牛奶 Milk O	牛角面包※O☆ Croissant 豆奶 Soy milk O△	巧克力面包※O☆ Chocolate bread 牛奶 Milk O

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NACIS Weekly Dinner Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	酸奶 Yoghurt 各式时令水果选一 Selection seasonal fruits	酸奶 Yoghurt 各式时令水果选一 Selection seasonal fruits	酸奶 Yoghurt 各式时令水果选一 Selection seasonal fruits	酸奶 Yoghurt 各式时令水果选一 Selection seasonal fruits	
晚餐 Dinner	茶树菇猪爪汤 Agrocybe cylindracea & pork soup 卤水鸭腿 [△] spiced duck leg 菠萝咕咾肉※O☆ Sour & sweet pork loin 绿豆芽 [△] Bean sprout 广东菜心 Guangdong cabbage	鲜蔬玉米鸡蛋羹☆ Vegetables & eggs soup 香酥龙利鱼配泰式柠檬汁 ※O#☆ Fish fillet with lemon sauce 泰式咖喱鸡※O☆ Chicken curry 薯条※ French fries 通菜 Water spinach	西红柿牛肉汤 Tomato & beef soup 卤五香澳洲牛腱子 [△] Spicy beef 白灼虎虾# [△] Boiled tiger prawn 手撕茄子 [△] Egg plant 芥兰 Kai-lan	海鲜羹#☆ Seafood soup 冰糖鸭 [△] Honey roast duck 京酱肉丝 [△] ☆ Shredded pork with Beijing sauce 虾皮烩冬瓜# Dried shrimps & white gourd 上海青 Choy sum	
getarian option 素食精选	西红柿奶酪意大利面※O☆ Pasta with tomato & cheese	扒蔬菜芝士三明治※O☆ Grill vegetables & cheese sandwich	咖喱炒米粉※ [△] ☆ Fried vegetables & glass noodles	豉油皇炒面※ [△] ☆ Wok-fried noodles & vegetables	
Evening Snack 夜宵	红豆蛋糕※O [△] ☆ Red bean cake 酸奶 Yogurt O	椰丝面包※O☆ Coconut bread 酸奶 Yogurt O	大理石蛋糕※O☆ Marble cake 酸奶 Yogurt O	奶油卡仕达面包※O☆ Cream custard bread 酸奶 Yogurt O	

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