



NACIS Weekly Breakfast Menu (11/18-11/22)

	MONDAY 11/18	TUESDAY 11/19	WEDNESDAY 11/20	THURSDAY 11/21	FRIDAY 11.22
Breakfast 早餐	中式早餐 Chinese breakfast 新鲜水果 Fresh fruits 奶黄包/叉烧包※△☆ Cream custer bun/BBQ pork bun 白粥/艇仔粥# ☆ Plain congee/Seafood congee 水煮土鸡蛋☆ Boiled egg 谷类/牛奶 Cereal/Milk	西式早餐 Western breakfast 新鲜水果 Fresh fruits 吐司面包※O☆ (配黄油/果酱) Toast (Served with butter or jam) 牛肉早餐肠/火腿※ Beef sausage/Ham 西式双面煎蛋☆ Fried eggs	中式早餐 Chinese breakfast 新鲜水果 Fresh fruits 上汤水饺△ Dumpling soup 农家卤鸡蛋△☆ Spiced corned egg 牛奶燕麦粥※O Milk & oatmeal	西式早餐 Western breakfast 新鲜水果 Fresh fruits 早餐面包※O☐ (配黄油/果酱) Breakfast bread (served with butter/jam) 培根/鸡肉早餐肠※ Bacon / Chicken sausage 西式牛奶炒蛋O Scrambled eggs	中式早餐 Chinese breakfast 新鲜水果 Fresh fruits 猪肉包/香菇素菜包 ※☆△ Minced pork bun/Vegetables & mushroom bun 白粥/皮蛋瘦肉粥☆ Plain congee /pork & preserved eggs congee 五香茶叶蛋☆ Tea eggs 谷类/牛奶※O Cereal/Milk
Drinks 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 (11/18-11/22)

	MONDAY 11/18	TUESDAY 11/19	WEDNESDAY 11/20	THURSDAY 11/21	FRIDAY 11/22
Morning Snack 早点	原味麦芬※O☆ Muffin 酸奶 Yogurt O	巧克力蛋糕※O☆ Chocolate cake 酸奶 Yogurt O	菠萝丹麦酥※O☆ Pineapple Danish 酸奶 Yogurt O	布丁面包※O☆ Pudding bread 酸奶 Yogurt O	北海道吐司※O☆ Hokkaido toast 酸奶 Yogurt O
Set Menu 套餐	虫草花煲土鸡汤 Cordyceps flower and chicken soup XO 酱海鲜小炒皇 # △ Stir-fried seafood with XO sauce 脆煎鸡扒佐咖喱南瓜酱 Fried chicken with curry and pumpkin sauce 上汤娃娃菜 Baby cabbage 广东菜心 Guangdong cabbage	法式奶油蔬菜汤 O # Cream of vegetables soup 法国乡村油封鸭△ Confit de Canard 红葡萄酒烩澳洲牛腩 Boeuf bourguignon 香甜玉米粒 Corn grain 西葫芦 Zucchini	(异域风情) Exotic customs 新疆牛肉汤 Beef & vegetables soup 新疆大盘鸡△ Xinjiang Dapan chicken 孜然牛肉 Cumin beef 胡萝卜丝 Carrot 菜心 cabbage	龙骨海带汤 # Pork and kelp soup 泰式柠檬烤鱼 # Thai lemon grilled fish 酱烧黑毛猪肉△☆ Braised pork with brown sauce 干锅白菜△ Chinese cabbage in dry pot 菜苔 Green vegetables	(俄罗斯美食) Russia promotion 俄式牛肉汤 Russian beef soup 斯特罗加诺夫牛肉配酸奶油 O Blanquette de veal 香蒜烤鸡腿 Roast chicken with cranberry sauce 奶油焗土豆 O Gratin Dauphinois 西兰花 Broccoli
Vegetarian option 素食精选	炒蔬菜照烧汁△ Stir-fried vegetable in soy sauce (Vegetarian)	土豆鸡蛋芝士☆O Scrambled eggs & potatoes & cheese (Vegetarian)	咖喱炒米粉※☆ Curried glass noodle (Vegetarian)	奶油蘑菇塔 O※ Mushroom quiche (Vegetarian)	蔬菜蛋炒饭☆ Fried rice with vegetables & eggs (Vegetarian)
Chefs choice 厨师推荐	Specialty noodles 地道面食 Fat pickled beef with tomato 蕃茄肥牛※△ Seasonal vegetables 时令蔬菜 Noodle soup 汤面	No spice No joy 无辣不欢 Spicy Hot Pot 麻辣烫 Seasonal vegetables 时令蔬菜	Specialty noodles 地道面食 Italian beef lasagna with cream cheese 意大利牛肉奶酪芝士千层面※O☆ Seasonal vegetables 时令蔬菜	Tastes of Shanghai 上海美食 Breaded pork chpo 炸猪排※△☆ Rice cake with shredded pork, & cabbage 白菜肉丝炒年糕※△	Specialty noodles 地道面食 Kung Pao Chicken 宫保鸡丁※ Seasonal vegetables 时令蔬菜 Noodle soup 汤面
Sandwich Station 三明治吧	Daily sandwich 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	巧克力卷※O☆ Chocolate Danish 豆奶 O Soy milk	蓝莓松饼※O☆ Blueberry muffin 牛奶 O Milk	椰蓉丹麦酥※O☆ Coconut Danish 豆奶 O Soy milk	苹果 Apple 牛奶 O Milk



OUR HEALTHY EATING KEY

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O Dairy Product 牛奶 # Shell Fish & Seafood 鱼&海鲜
☆ Eggs Product 鸡蛋

NACIS Weekly Dinner Menu (11/18-11/22)

	MONDAY 11/18	TUESDAY 11/19	WEDNESDAY 11/20	THURSDAY 11/21	FRIDAY 11/22
Dinner 晚餐	水/酸奶选一 Water/Yoghurt 各式时令水果选一 Selection seasonal fruits	水/酸奶选一 Water/Yoghurt 各式时令水果选一 Selection seasonal fruits	水/酸奶选一 Water/Yoghurt 各式时令水果选一 Selection seasonal fruits	水/酸奶选一 Water/Yoghurt 各式时令水果选一 Selection seasonal fruits	
	意大利蔬菜汤 Minestrone soup 蚝油牛肉△ Beef with oyster sauce 干锅仔鸭△ Duck in dry pot 甜椒土豆丝 Stir fried sweet pepper and potato 本地生菜 Indian lettuce	有机菠菜蛋花汤☆ Spinach and egg soup 川香椒麻鸡△ Spiced chicken with chili sauce 鱼香肉丝△ Yu-Shiang shredded pork 糖醋藕片 Stir fried lotus root slices with sweet and sour sauce 白灼球生菜 Iceberg lettuce	西红柿土豆牛肉汤 Tomato, potato, beef soup 菠萝咕咾肉△※ Sweet and sour pork with pineapple 泰国红咖喱碳烤鱼排 Thai Red Curry grilled fish 鸡蛋爆炒黄瓜片☆ Fried cucumber and egg 油麦菜 Indian lettuce	奶油南瓜汤 O Cream pumpkin soup 意式肉酱面△ Spaghetti Bolognese 卡真烤鸡腿 Cajun chicken 薯角※ Potato wedges 有机菠菜 Spinach	
Vegetarian option 素食精选	意大利奶油蘑菇意面※O Mushroom pasta (Vegetarian)	奶油芝士焗蔬菜 O Gratin vegetables (vegetarian)	蔬菜咖喱炒饭☆ Fried rice with curry and vegetables (Vegetarian)	蔬菜卷饼※O Vegetables wraps (Vegetarian)	
Evening Snack 夜宵	蛋挞※O☆ Egg tart 酸奶 Yogurt	木瓜银耳羹	瑞士卷※O☆ Swiss roll 酸奶 O Yoghurt	红薯淮山红枣水	

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