



NACIS Weekly Breakfast Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast 早餐		中式早餐 Chinese breakfast 新鲜水果 Fresh fruits 小笼包※ Steam bun with pork 白粥/八宝粥※△ Plain congee/Mixed congee 煮蛋☆ Boiled eggs 谷类/牛奶 Cereal /Milk ※O	西式早餐 Western breakfast 新鲜水果 Fresh fruits 早餐面包卷※O☆ (配黄油/果酱) Breakfast roll (Served with butter or jam) 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 鲜肉包/香菇菜包※ △ Minced pork bun/ Mushroom &vegetables bun 白粥/鸡肉粥 Plain congee/Chicken congee☆ 煮蛋☆ Boiled eggs 谷类/牛奶 Cereal /Milk ※O	中式早餐 Chinese breakfast 新鲜水果 Fresh fruits 海鲜汤河粉※△# Seafood & flat noodles soup 菜心 Choy sum 煎蛋☆ Fried eggs 谷类/牛奶 Cereal /Milk ※O
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



NACIS Weekly Lunch Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack 早点		巧克力麦芬※O☆ Chocolate muffin 酸奶 Yogurt O	香肠面包※O☆ Sausage bread 酸奶 Yogurt O	提子干面包※O☆ Raisin bread 酸奶 Yogurt O	大理石蛋糕 Marble cake 酸奶 Yogurt O
套餐 Set Menu		海鲜羹☆ Seafood & vegetables soup 泰式烤鸡腿※ Roast chicken drum 杏鲍菇黑椒牛柳☆ △ Stir-fried beef fillet & mushroom 甜玉米粒 Sweet corn 红米苋 Amaranth	冬瓜猪骨汤 White gourd & pork bone soup 红烧牛腩△ Soy braised beef 豉油皇炒海鲜△# Sautéed shrimps & squid 牛心菜 Cabbage 广东菜心 Guangdong cabbage	意大利蔬菜汤△ Minestrone 意大利肉酱面※O☆ Pasta Bolognese 米兰大虾※☆# Breaded prawn 土豆泥O Mashed potato 菜心 Choy sum	丝瓜蛋汤☆ Towel gourd & eggs soup 糖醋排骨☆△ Sweet & sour pork ribs 腊肠炒蛋☆ Scrambled eggs with Chinese sausage 油麦菜 Leaf lettuce 芥兰苗 Kai-lan
Vegetarian option 素食精选		日式咖喱蔬菜※O☆ Vegetables curry (Vegetarian)	芝士薄饼※☆O Quattro formaggi wraps (Vegetarian)	蘑菇芝士烩饭O Mushroom risotto (Vegetarian)	蔬菜炒面※☆ Fried noodles with vegetables (Vegetarian)
Chefs choice 厨师推荐		Specialty noodles 地道面食 Korean rice cake 韩国年糕※△O Seasonal vegetables 时令蔬菜	Tastes of Indian 印度美食 Chicken curry 印度咖喱鸡☆ Basmati rice 印度香米饭 Seasonal vegetables 时令蔬菜	Specialty noodles 地道面食 Beef noodles soup 蕃茄肥牛面※☆ Seasonal vegetables 时令蔬菜	Tastes of Asian 亚洲美食 Chicken cashew nut 泰式鸡肉饭△☆# 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 酸奶 Yoghurt O	香梨 Pear 牛奶 Milk O	苹果 Apple 酸奶 Yoghurt O	油桃 Nectarine 牛奶 Milk O

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



NACIS Weekly Dinner Menu

	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	
		榨菜肉丝蛋花汤☆ Tomato & eggs soup 红烧狮子头※☆ △ Soy braised pork ball 西芹炒虾仁△ Stir-fried celery & shrimps 菜心香菇面筋煲△ ※ Stir-fried choy sum, mushroom & tofu 娃娃菜 Baby cabbage	咖喱牛肉汤 Beef curry soup 酱鸭腿△ Braised duck legs 咸肉菜饭 Bacon & vegetable rice 上汤豆苗△ Bean sprout 红薯叶☆ Sweet potato leaves	罗宋汤※ Borsch soup 扒西冷牛排○ Grilled beef sirloin steak 烤春鸡 Roast chicken 薯角※ Potato wedges 西兰花 Broccoli	
素食选项 Vegetarian option 素食精选		蔬菜派※○ Vegetables pie (Vegetarian)	玛格丽特披萨※☆ ○ Margherita pizza (Vegetarian)	橄榄番茄意大利面 ※○☆ Tomato & olives pasta (Vegetarian)	
晚间 Snack 夜宵		瑞士卷※☆○ Swiss roll 酸奶 Yogurt ○	丹麦卷※☆○ Danish roll 酸奶 Yogurt ○	吞拿鱼三明治※○ ☆# Tuna sandwich 酸奶 Yogurt ○	

OUR HEALTHY EATING KEY

※ Gluten Content 面粉

△ Legumes Product 豆类

○ Dairy Product 牛奶

Shell Fish & Seafood 鱼&海鲜

☆ Eggs Product 鸡蛋