



### NACIS Weekly Breakfast Menu

	MONDAY 12.17	TUESDAY 12.18	WEDNESDAY 12.19	THURSDAY 12.20	FRIDAY 12.21
<b>Breakfast</b> 早餐	西式早餐 Western breakfast 新鲜水果 Fresh fruits 羊角面包※☆O (配黄油/果酱) Croissant 鸡肉早餐肠/培根※ <b>Chicken</b> <b>sausage/Bacon</b>  炒鸡蛋☆O Scrambled eggs	中式早餐 Chinese breakfast 新鲜水果 Fresh fruits 芹菜肉包包/豆沙包 △※ Celery & minced pork bun/Red bean bun 白粥/八宝粥△ Plain congee/Mixed congee 卤蛋☆△ Braised eggs  谷类/牛奶※O Cereal/Milk	西式早餐 Western breakfast 新鲜水果 Fresh fruits 法式吐司※☆O (配黄油/果酱) Breakfast roll (Served with butter or jam) 法兰克福肠/火腿※ Frankfurt sausage/Ham 炒鸡蛋 O☆ Scrambled eggs	中式早餐 Chinese breakfast 新鲜水果 Fresh fruits 鲜肉包/奶黄包※O Pork bun/Creamy custard bun 白粥/皮蛋瘦肉粥☆ Plain congee/Pork & preserved eggs congee 煮蛋☆ Boiled eggs  谷类/牛奶※O Cereal/Milk	上海早餐 Shanghai breakfast 新鲜水果 Fresh fruits 上海炒面※△☆ Fried noodles with chicken & Vegetables 春卷※ Spring roll 茶叶蛋△☆ Tea eggs  谷类/牛奶※O Cereal/Milk
<b>Drinks</b> 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□

O Dairy Product 牛奶

# Shell Fish & Seafood □&海□

☆ Eggs Product □蛋



	MONDAY 12.17	TUESDAY 12.18	WEDNESDAY 12.19	THURSDAY 12.20	FRIDAY 12.21
<b>Morning Snack 早点</b>	麦芬※O Muffin 酸奶 Yogurt O	红豆面包※O☆ Red bean bread 酸奶 Yogurt O	香肠面包卷※O☆ Sausage bread 酸奶 Yogurt O	木鱼花海苔面包※O☆ Fish floss & nori bread 酸奶 Yogurt O	丹麦面包 Danish 酸奶 Yogurt O
<b>套餐 Set Menu</b>	味噌汤 Miso soup 日式铁板鸡排△ Teriyaki chicken 叉烧炒鸡蛋☆ Scrambled eggs & char siu 上汤娃娃菜☆ Baby cabbage 甜玉米粒 Sweet corn	山药炖鸡汤 Chinese yam & chicken soup 黑胡椒烤牛腰肉 O Roast beef with black pepper sauce 番茄鱼柳 # Boiled fish fillet with tomato 有机花菜 Cauliflower 牛心菜 Cabbage	老鸭汤 Duck soup 豉香鸡丁△ Stir-fried chicken with soy sauce 虾仁蒸蛋☆ # Steamed eggs & shrimps 豆芽△ Bean sprout 上汤菠菜☆ Spinach	<b>Christmas lunch</b> Roast pumpkin soup 奶油南瓜汤※O Chicken with cranberry sauce 烤鸡肉蔓越莓汁 Glazed ham with gravy sauce 圣诞火腿配肉汁※O Bacon chipolatas 培根法兰克福香肠卷※ Roast potato 烤土豆 O Honey roast carrot 蜂蜜胡萝卜 Broccoli & baby corn 西兰花 & 玉米笋	菌菇豆腐汤△ Mushroom & tofu soup 红烧牛肉△ Soy braised beef 天妇罗虾配奇妙酱 # ※ ☆ Tempura prawn 青菜 Choy sum 白灼广东菜心 Guangdong cabbage
<b>Vegetarian option 素食精选</b>	日式炒乌冬面※☆△ Fried udon noodles with vegetables (Vegetarian)	芝士焗蔬菜※O Gratin vegetables (Vegetarian)	蔬菜炒饭 Fried rice with eggs & vegetables (Vegetarian)	蔬菜派※O☆ Individual vegetable pie (Vegetarian)	咖喱角※O☆ Samosa (Vegetarian)
<b>Chefs choice 厨师推荐</b>	Specialty noodles 地道面食 Beef noodles soup 咖喱牛肉拉面※☆ Seasonal vegetables 时令蔬菜	Tastes of Japanese 日本美食 Japanese teriyaki chicken rice 照烧鸡肉盖饭△☆ Seasonal vegetables 时令蔬菜	Specialty noodles 地道面食 Duck noodles soup 老鸭汤面※☆ Seasonal vegetables 时令蔬菜		Specialty noodles 地道面食 Beef noodles soup 番茄肥牛面※☆ Seasonal vegetables 时令蔬菜
<b>Sandwich Station 三明治吧</b>	Daily sandwich selection				
<b>Salad Station 色拉吧</b>	Daily salad selection				
<b>Fruit station 水果吧</b>	Fresh fruit selection				
<b>Drinks station 饮料吧</b>	Daily choice of Water or Yoghurt				
<b>Afternoon snack 午点</b>	香蕉 Banana 牛奶 O Milk	甜甜圈※O☆ Doughnut 牛奶 O Milk	巧克力麦芬※O☆ Chocolate muffin 牛奶 O Milk	葡式蛋挞※O☆ Egg tart 牛奶 O Milk	香蕉 Banana 牛奶 O Milk

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### NACIS Weekly Dinner Menu



	MONDAY 12.17	TUESDAY 12.18	WEDNESDAY 12.19	THURSDAY 12.20	FRIDAY 12.21
	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	
<b>晚餐 Dinner</b>	西湖牛肉羹△☆ Beef, vegetables & eggs soup 鱼香目鱼炒年糕 ※△☆O Stir-fried squid & rice cake with garlic sauce 蜜汁烤鸡 Roast chicken 培根炒卷心菜 Cabbage & bacon 蒜香豆苗△ Bean seedling	蘑菇豆腐羹△☆ Pork & mushroom & tofu soup 茄汁基围虾# Sour & sweet shrimps 蒜香炒腊肠※ Stir-fried Chinese sausage 油麦菜 Leaf lettuce 上汤金针菇☆ Needle mushroom	茶树菇鸡汤 Chicken & mushroom soup 上海菜饭 Shanghai fried rice with bacon & vegetables 酱牛肉△ Spiced beef 莴笋 Celtuce 杭白菜 Hang cabbage	奶油蘑菇汤 O Cream of mushroom soup 扒牛排 O Grilled beef steak 罗勒意大利面※☆ Pesto pasta 玉米棒 O Corn cob 扒蔬菜 Grilled vegetables	
<b>Vegetarian option 素食精选</b>	焗奶酪土豆派※O Potato & cheese pie	蘑菇焗饭※O Vegetable risotto (Vegetarian)	红烧素鸡△ Soy braised tofu (Vegetarian)	蔬菜麻辣烫 Spicy hot pot vegetables (Vegetarian)	
<b>Evening Snack 夜宵</b>	黑芝麻汤圆 Sweet dumping※△	吞拿鱼鸡蛋三明治 Tuan & eggs sandwich 酸奶 O Yogurt	黑芝麻糊 Black sesame soup	丹麦面包※☆O Danish bread 酸奶 O Yogurt	

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