



NASFS Weekly Breakfast Menu (11.08-11.12)

	MONDAY 08th	TUESDAY 09th	WEDNESDAY 10th	THURSDAY 11th	FRIDAY 12th
<b>Breakfast</b> 早餐	中式早餐 Chinese breakfast 新鲜水果 Fresh fruits 鱼香肉丝面※△☆ Shredded pork loin noodles soup 菜心 Choy sum 煎蛋☆ Fried eggs	西式早餐 Western breakfast 新鲜水果 Fresh fruits 火腿芝士汉堡※O☆ Cheese & ham burger 薯饼※O Hash brown 西式炒蛋 O☆ Scrambled eggs  谷类可选(玉米片, 全麦 维, 谷维滋)※O Choice of cereal (corn Flakes, all bran, honey nut)	中式早餐 Chinese breakfast 新鲜水果 Fresh fruits 手抓饼※O☆ Hand grasping cake 酱肉包※△☆ Steamed minced pork bun 白粥 Plain congee 菠菜猪骨粥△ Spinach & pork bonecongee (粥附三种小菜) 卤蛋△☆ Spiced corned egg	西式早餐 Western breakfast 新鲜水果 French fruits 培根芝士面包※O☆ Cheese bread 西式炒蛋 O☆ Scrambled eggs  谷类可选(玉米片, 全麦 维, 谷维滋)※O Choice of cereal (corn Flakes, all bran, honey nut)	中式早餐 Chinese breakfast 新鲜水果 Fresh fruits 豉油皇炒面※△☆ Fried noodles 马拉糕※△O☆ Cantonese sponge cake 白粥 Plain congee 滑蛋牛肉粥△☆ Beef & eggs congee (粥附三种小菜) 五香茶叶蛋△☆ Tea eggs
<b>Drinks</b> 饮料	Organic soybean milk 有机豆浆	Choice of drink among Milk, Soybean milk, Yogurt 牛奶,豆奶,酸奶选一	Organic soybean milk 有机豆浆	Choice of drink among Milk, Soybean milk, Yogurt 牛奶,豆奶,酸奶选一	Organic soybean milk 有机豆浆

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



NASFS Weekly Lunch Menu (11.08-11.12)

	MONDAY 08th	TUESDAY 09th	WEDNESDAY 10th	THURSDAY 11th	FRIDAY 12th
Set Morning Snack 早点	菠萝包※O☆ Pineapple bread 酸奶 Yogurt O	提子香草丹麦酥※O☆ Raisin Danish 酸奶 Yogurt O	黑芝麻麻薯※O△☆ Mochi bread 酸奶 Yogurt O	卡仕达卷※O☆ Cream custardanish 酸奶 Yogurt O	全麦水果面包※O△☆ Whole-wheat & dried fruit bread 酸奶 Yogurt O
Set Menu 套餐	菌菇汤 Mixed mushroom soup 四喜丸子※△☆ Braised meet balls 虾仁滑蛋#☆ Scrambled eggs & shrimps 蚝油茄子#△ Steamed eggplant with oyster sauce 高山生菜 Lettuce	冬瓜猪骨汤 White gourd & pork bone soup 无锡排骨※△☆ Pork ribs with sweet & sour sauce 脆皮鸡※O☆ Crispy chicken 三丝银芽△ Bean sprout 豆腐皮烩杭白菜 Stewed hang cabbage & tofu	海鲜蛋羹△#☆ Seafood & egg soup 香芹炒海鲜#△ Stir-fried seafood & vegetables 日式咖喱牛肉※O Japanese beef curry 土豆泥※O Mashed potatoes 上海青 Pak Choi	油豆腐老鸭汤△ Duck & tofu soup 梅菜蒸五花肉△ Braised pork belly & preserved vegetables 酥脆鱼柳※#☆ Crispy fish fillet 西红柿炒蛋☆ Scrambled eggs & tomato 西兰花 Broccoli	荠菜肉丝豆腐羹△☆ Shepherds purse, shredded pork loin & tofu soup 铁板牛柳△☆ Stir-fried beef fillet 蜜汁烤鸡腿△ Honey roast chicken drums 脆培根炒包菜△ Bacon & cabbage 芥兰 Kai lan
Vegetarian option 素食精选	蔬菜咖喱炒饭※△O☆ Curry fried rice with vegetables	铁板农家豆腐配豉油汁△ Grilled tofu served with soy sauce	西红柿意大利面※O☆ Pasta with tomato	裙带菜, 胡萝卜, 豌豆粒蒸蛋△☆ Steamed eggs with wakame, carrot & green pea	素炒什菌片△ Stir-fried mixed mushrooms & vegetables
Health choice station 自助粗粮吧	Daily healthy choices				
Afternoon snack 午点	黄油蛋糕※O☆ Butter cake 牛奶O Milk	甜甜圈※O☆ Donut 豆奶O△ Soy milk	香蕉 Banana 牛奶O Milk	中式蒸元气玉米糕※O△☆ Steamed sweet corn pudding 果汁 Fruit juice	芝士卷※O☆ Swiss roll 牛奶O Milk

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# Shell Fish & Seafood 鱼&海鲜

☆ Eggs Product 鸡蛋



NASFS Weekly Dinner Menu (11.08-11.11)

	MONDAY 08th	TUESDAY 09th	WEDNESDAY 10th	THURSDAY 11th	
	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	煎蛋萝卜丝汤☆ Fried eggs & white turnipsoup 手撕鸡柳※△☆ Baked chicken finger 土豆西红柿炖牛腩 Stewed beef with tomato & potatoes 上汤小瓜☆ Zucchini 菜心苗 Choy sum	淮山龙骨汤 Chinese yam & pork bone soup 水煮牛肉△☆ Poached sliced beef in hot chilli oil 小酥肉※△☆ Crispy pork loin 蒜泥炒黄瓜 Cucumber with garlic 油麦菜	海带娃娃菜汤#☆ Kelp & baby cabbage soup 沸腾鱼片#△☆ Poached fish fillet 卤鸭△ Spiced duck 白灼莴笋丝△ Celtuce 广东菜心 Guangdong cabbage	香菇枸杞土鸡汤 Mushroom, wolfberry & chicken soup 油爆黑虎虾△# Fried tiger prawn 香芋蒸排骨△ Steamed pork ribs & taro 玉米粒 Sweet corn 有机菠菜 Spinach	
Vegetarian option 素食精选	双菇菜心△ Bokchoi with mushrooms	咖喱角※O△☆ Samosa	青菜, 香菇, 胡萝卜, 土豆, 鸡蛋焖饭△☆ Stewed rice with vegetables	虎皮青椒&虎皮蛋 △☆ Sautéed green pepper & fried eggs	
Health choice station 自助粗粮吧	Daily healthy choices				
Set Men Evening Snack 夜宵	艇仔粥※△# Seafood congee	玉米紫薯糕※O△☆ Steamed sweet corn & purple potatoes pudding 酸奶O Yoghurt	黑芝麻汤圆※△ Sweet dumpling	海绵蒸蛋糕※O☆ sponge cake 酸奶O Yoghurt	

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