



**NAS NingBo Weekly Breakfast Menu**

|                         | MONDAY 1/17  | TUESDAY 1/18   | WEDNESDAY 1/19  | THURSDAY 1/20   | FRIDAY 1/21  |
|-------------------------|--|--|---|---|--|
| <b>Breakfast<br/>早餐</b> | 中式早餐<br>Chinese breakfast<br>新鲜水果<br>Fresh fruits<br>紫菜虾皮蛋花汤 # ☆<br>Nori & dried small shrimps soup<br>豉油皇肉丝炒面 ※ △ ☆<br>Fried noodles with shredded pork, vegetables & eggs<br>酱蛋 △ ☆<br>Spiced eggs | 西式早餐<br>Western breakfast<br>新鲜水果<br>Fresh fruits<br>热狗面包 ※ O ☆<br>(配黄油/果酱)<br>Hot Dog<br>(Served with butter/jam)<br>培根 ※<br>Bacon<br>牛肉早餐肠 ※<br>Grilled beef sausage<br>薯饼 ※<br>Hash brown<br>西式炒蛋 O ☆<br>Scrambled eggs | 中式早餐<br>Chinese breakfast<br>新鲜水果<br>Fresh fruits<br>粽子 ※ △<br>Zhongzi<br>手抓饼 ※ O △ ☆<br>Scallion pan cake<br>白粥<br>Plain congee<br>北菇滑鸡粥 ☆<br>Mushroom & chicken congee<br>水煮土鸡蛋 ☆<br>Boiled egg | 西式早餐<br>Western breakfast<br>新鲜水果<br>Fresh fruits<br>早餐面包 ※ O ☆<br>(配黄油/果酱)<br>Breakfast roll<br>(Served with butter/jam)<br>火腿 ※<br>Ham<br>鸡肉早餐肠 ※<br>Grilled chicken sausage<br>茄汁豆 △<br>Baked bean<br>西式炒蛋 O ☆<br>Scrambled eggs | 中式早餐<br>Chinese breakfast<br>新鲜水果<br>Fresh fruits<br>蒸饺 ※ △<br>Steamed dumpling<br>香菇菜包 ※ △<br>Steamed mushroom & choy sum bun<br>白粥<br>Plain congee<br>窝蛋牛肉粥 ☆<br>Beef & eggs congee<br>茶叶蛋 △ ☆<br>Tea eggs |
| <b>Drinks<br/>饮料</b>    | Choice of drink among Milk, Soybean milk, Yoghurt<br>牛奶, 豆浆, 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



NAS NingBo Weekly Lunch Menu

|                               | MONDAY 1/17   | TUESDAY 1/18   | WEDNESDAY 1/19   | THURSDAY 1/20   | FRIDAY 1/21  |
|-------------------------------|---|--|--|---|--|
| <b>Morning Snack 早点</b>       | 火腿芝士面包※O☆<br>Ham & cheese bread<br>酸奶<br>Yogurt O   | 大理石蛋糕※O☆<br>Marble cake<br>酸奶<br>Yogurt O  | 中式蒸玉米糕※△O☆<br>Steamed corn pudding<br>酸奶<br>Yogurt O   | 红豆面包※△O☆<br>Red bean bread<br>酸奶<br>Yogurt O  | 叉烧酥※△O☆<br>BBQ pork pastry<br>酸奶<br>Yogurt O   |
| <b>Set Menu 套餐</b>            | 海带土豆汤 #<br>Kelp & potatoes soup<br>番茄鱼柳 # △☆<br>Stewed fish fillet & tomato<br>肉糜蒸蛋△☆<br>Steamed minced pork & eggs<br>脆炒青瓜△<br>Cucumber<br>广东菜心<br>Guangdong cabbage | 猪骨萝卜汤<br>Turnip & pork soup<br>腐乳肉△<br>Stewed pork belly<br>香酥鸡腿※△<br>Crispy chicken drums<br>干锅卷心菜△<br>Griddle cabbage<br>高山生菜<br>Lettuce | 西红柿蛋汤☆<br>Tomato & eggs soup<br>小鸡炖蘑菇△<br>Stewed chicken with mushroom<br>油焖虎虾※# △<br>Braised tiger prawn<br>上汤娃娃菜※△<br>Baby cabbage<br>本地菜心<br>Choy sum | 海鲜豆腐羹△# ☆<br>Seafood, tofu & eggs soup<br>咖喱牛腩 ※O<br>Beef curry<br>酱炒小海鲜 # △<br>Wok-fried seafood & vegetables<br>金针菇炒蛋☆<br>Scrambled eggs & needle mushrooms<br>白灼油麦菜△<br>Indian lettuce | 鲜蔬芙蓉汤☆<br>Vegetables & eggs soup<br>烩鱼丸※# ☆<br>Boiled fish ball<br>酱鸭△<br>Spiced duck legs<br>蚝油炒黄瓜 # △<br>Stir-fried cucumber in oyster sauce<br>菜心<br>Choy sum |
| <b>Vegetarian option 素食精选</b> | 西红柿炒蛋☆<br>Scrambled eggs & tomato   | 白菜豆腐炖粉条※△<br>Stewed bean vermicelli with tofu & bok choy   | 烩地三鲜△<br>Stir-fried mixed vegetables   | 蔬菜土豆焖饭△<br>Fried rice with vegetables & potatoes  | 春卷<br>Spring roll  |
| <b>Fruit station 水果吧</b>      | 新鲜水果选一<br>One choice of fresh fruits  |  |  |   |  |
| <b>Drinks station 饮料吧</b>     | 水或酸奶选一<br>Daily choice of Water or Yoghurt  |  |  |   |  |
| <b>Afternoon snack 午点</b>     | 中式蒸蔓越莓米糕<br>※△O☆<br>Steamed cranberry pudding<br>牛奶 O<br>Milk   | 肉松面包※△O☆<br>Meat floss bread<br>果汁<br>Fruit juice  | 蔓越莓芝士软欧面包<br>※△O☆<br>Cranberry & cheese bread<br>牛奶 O<br>Milk  | 卡仕达面包※O☆<br>Cream custard bread<br>果汁<br>Fruit juice  | 黄油蛋糕※O☆<br>Butter cake<br>牛奶 O<br>Milk   |

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# Shell Fish & Seafood 鱼&海鲜

NAS NingBo Weekly Dinner Menu



|                                 | MONDAY 1/17   | TUESDAY 1/18   | WEDNESDAY 1/19  | THURSDAY 1/20   |  |
|---------------------------------|---|--|---|---|--|
|                                 | 酸奶<br>Yoghurt<br>各式时令水果选—<br>Selection seasonal fruits  | 酸奶<br>Yoghurt<br>各式时令水果选—<br>Selection seasonal fruits   | 酸奶<br>Yoghurt<br>各式时令水果选—<br>Selection seasonal fruits  | 酸奶<br>Yoghurt<br>各式时令水果选—<br>Selection seasonal fruits  |  |
| <b>晚餐<br/>Dinner</b>            | 平菇蛋汤☆<br>Mushroom & eggs soup<br>啤酒鸭△<br>Stewed duck in beer<br>黑椒牛柳△☆<br>Stir-fried beef fillet with black pepper<br>蒜蓉蒸茄子△<br>Egg plant<br>上汤菠菜☆<br>Spinach | 咖喱牛肉汤※<br>Beef curry soup<br>三杯小海鲜 # △<br>Stir-fried seafood with garlic & basil sauce<br>黄焖鸡△<br>Braised chicken<br>韭菜炒银芽△<br>Bean sprout & Chives<br>杭白菜<br>Hang cabbage | 莲藕骨头汤<br>Lotus root & pork soup<br>烩三鲜※△☆<br>Boiled egg dumpling, pork ball & tiger prawn<br>咕啫肉※△☆<br>Sour & sweet pork loin<br>干锅花菜△<br>Cauliflower<br>蒜炒西芹<br>Celery | 萝卜白菜煎蛋汤☆<br>Fried eggs, bok choy & white turnip soup<br>陈皮炖排骨△<br>Stewed pork ribs & dried orange peel<br>蜜汁烤鸡腿肉△<br>Honey roast chicken<br>干锅土豆△<br>Griddle potatoes<br>上汤西兰花☆<br>Broccoli |  |
| <b>getarian option<br/>素食精选</b> | 咖喱炒蔬菜※O<br>Vegetables curry   | 蔬菜饺子※△☆<br>Vegetables dumpling   | 家常烩豆腐△☆<br>Braised tofu & vegetables  | 芝士焗白花菜※O<br>Gratin cauliflower  |  |
| <b>Evening<br/>Snack<br/>夜宵</b> | 鸡蛋三明治※O☆<br>Eggs sandwich<br>酸奶<br>Yogurt O   | 椰汁红豆西米露※△O<br>Sweet sago, red bean with coconut milk   | 蒸蛋糕※O☆<br>Sponge cake<br>酸奶<br>Yogurt O   | 芝士火腿三明治※O☆<br>Cheese & ham sandwich<br>酸奶<br>Yogurt O   |  |

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