



NingBo Weekly Breakfast Menu

	MONDAY 10/25	TUESDAY 10/26	WEDNESDAY 10/27	THURSDAY 10/28	FRIDAY 10/29
Breakfast 早餐	西式早餐 Western breakfast 新鲜水果 Fresh fruits 牛角面包※O☆ Croissant 意式火腿,番茄,蘑菇,芝士焗蛋※O☆ Ham, tomato & mushroom frittata	中式早餐 Chinese breakfast 新鲜水果 Fresh fruits 雪菜肉丝面※△☆ Shredded meat & salted vegetables noodles soup 煎蛋☆ Fried eggs	西式早餐 Western breakfast 新鲜水果 Fresh fruits 芝士火腿三明治※O☆ Cheese & ham sandwich 薯饼※ Hash brown 西式炒鸡蛋 O☆ Scrambled eggs	中式早餐 Chinese breakfast 新鲜水果 Fresh fruits 葱油饼※△☆ Scallion pancake 肉丝白菜汤年糕※△☆ Stewed shredded meat, bok choy & rice cake 煮蛋☆ Boiled eggs	中式早餐 Chinese breakfast 新鲜水果 Fresh fruits 叉烧包※△☆ BBQ pork bun 红糖枣糕※O☆ Brown sugar & red date pudding 白粥 Plain congee 海鲜粥#△☆ Seafood congee 卤蛋△☆ Braised eggs
Drinks 饮料	Choice of drink among Milk, Soybean milk, Yoghurt 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



NingBo Weekly Lunch Menu

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Morning Snack 早点	蓝莓麦芬※O☆ Cranberry muffin 酸奶 Yogurt O	巧克力面包※O☆ Chocolate bread 酸奶 Yogurt O	中式桂花蒸糕※O△☆ Osmanthus pudding 酸奶 Yogurt O	牛角面包※O☆ Croissant 酸奶 Yogurt O	提子司康※O☆ Scone 酸奶 Yogurt O
Set Menu 套餐	菌菇汤 Mushroom soup 椰香牛肉※O Beef curry 滑蛋虾仁#☆ Scrambles shrimps & eggs 甜玉米粒 Sweet corn 上汤西兰花☆ Broccoli	罗宋汤※ Brosch soup 美式烤肋排△ BBQ pork ribs 意大利肉酱面※☆ Pasta Bolognese 里昂土豆 Lyonnais potatoes 卷心菜&胡萝卜 Cabbage & Carrot	榨菜肉碎蛋汤☆ Minced pork , Szechuan pickle & egg soup 爆炒黑胡椒肥牛△ Wok-fried beef with black pepper sauce 冰糖鸭腿△ Honey roast duck legs 豉油蒸萝卜△ Steamed white turnip 上海青 Choy sum	油豆腐老鸭汤△ Tofu & duck soup 虫草花蒸肉圆※△☆ Poached pork ball with cordyceps flower 西红柿焗鱼#☆ Stewed sole fish with tomatoes 青椒土豆丝 Bell pepper & potatoes 本地生菜 Lettuce	冬瓜猪骨汤 White gourd & pork bone soup 酱爆肉丁△☆ Kung pao pork loin 蜜汁烤鸡腿△ Roast chicken drums 蒜蓉粉丝蒸娃娃菜※ △ Steamed bean vermicelli & baby cabbage 广东菜心 Guangdong cabbage
Vegetarian option 素食精选	藏红花蔬菜炒饭 O△ Saffron rice with vegetables	家常豆腐△ Soy braised tofu & vegetables	西红柿炒蛋☆ Scrambled eggs & tomato	印度咖喱时蔬※O△ Vegetable' s curry	蔬菜芝士卷饼※O☆ Vegetables & cheese wraps
Fruit station 水果吧	Fresh fruit selection				
Drink's station 饮料吧	Yoghurt				
Healthy Choice Station 粗粮吧	Daily healthy choices				
Afternoon snack 午点	蛋挞※O☆ Egg tart 牛奶 O Milk	肉松面包※O△☆ Meat floss bread 果汁 Fruit juice	大理石蛋糕※O☆ Marble cake 牛奶 O Milk	原味麦芬※O☆ Plain muffin 果汁 Fruit juice	芝士火腿三明治 Cheese & ham sandwich※O☆ 牛奶 O Milk

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NingBo Weekly Dinner Menu

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Dinner 晚餐	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 Water/Yoghurt 各式时令水果选一 Selection seasonal fruits	
	红枣枸杞鸡汤 Red date, wolfberry & chicken soup 油爆虎虾△# Sauteed tiger shrimps 红烧肉鹌鹑蛋△☆ Braised pork belly & quail eggs 韭菜银芽△ Chive & bean sprout 杭白菜 Hang cabbage	西红柿蛋汤☆ Tomato & eggs soup 水饺※△☆ Chinese dumpling 香酥鸡腿※☆ Crispy chicken legs 豆豉鲮鱼油麦菜△# Fried dace with black bean & leaf lettuce 菜心苗 Green vegetables	莲藕猪骨汤 Lotus root & pork bone soup 酸菜鱼△#☆ Boiled fish with pickled cabbage 芥兰炒牛肉△☆ Stir-fried beef fillet & kalia 肉碎炒蒜苔△ Stir-fried minced pork & garlic sprout 白灼西生菜△ Iceberg	海带金菇萝卜汤# Kelp, needles mushroom & white turnip soup 日式鸡肉串△ Japanese chicken kebabs 日式炒乌冬面※△☆ Fried udon noodles with bacon & vegetables 薯角※ Potato wedges 青甘蓝 Cabbage	
Vegetarian option 素食精选	西红柿芝士意大利面※ ☆ Pasta with tomato & cheese sauce	素食小炒△ Stir-fried mixed vegetables	香葱蔬菜蛋炒饭☆ Fried rice with vegetables & eggs	素炒乌冬面※△☆ Fried udon noodles with vegetables	
Evening Snack 夜宵	小米糕※O△☆ Couscous pudding 酸奶O Yoghurt	香芋地瓜丸※O△☆ Sweet yam & sweet potato ball 酸奶O Yoghurt	培根芝士包※O△☆ Steamed bacon & cheese bun 酸奶O Yoghurt	冰糖银耳炖雪梨 White fungus & snow pear soup	

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