



NACIS Weekly Breakfast Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Breakfast 早餐	西式早餐 Western breakfast 新鲜水果 Fresh fruits 芝士火腿松饼※O☆ Cheese & ham English muffin 薯饼※ Hash brown 西式炒鸡蛋 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 黑米烧卖※△ Black rice & red bean paste shumai 牛肉馅饼※△☆ Beef pie 白粥 Plain congee 香菇滑鸡粥△☆ Chicken & mushroom congee 茶叶蛋△☆ Tea eggs	中式早餐 Chinese breakfast 新鲜水果 Fresh fruits 咖喱牛肉面※△☆ Beef curry noodles soup 菜心 Choy sum 卤蛋△☆ Braised eggs	西式早餐 Western breakfast 新鲜水果 Fresh fruits 吐司面包※O☆ (配黄油/果酱) Toast (Served with butter or jam) 牛肉早餐肠※ Beef sausage 培根 Bacon 煎蛋☆ Fried eggs 谷类可选(玉米片, 全麦维, 谷维滋) ※O Choice of cereal (corn Flakes, all bran, honey nut)
Drinks 饮料	Choice of drink among Milk, Soybean milk, Yoghurt 牛奶, 豆奶, 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



诺德安达双语学校上海闵行区
NACIS SHANGHAI

NACIS Weekly Lunch Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack 早点	香蕉 Banana 酸奶 Yogurt O	蒸蛋糕※O☆ Sponge cake 酸奶 Yogurt O	中式蒸枣糕※△O☆ Steamed jujube pudding 酸奶 Yogurt O	黄油蛋糕※O☆ Butter cake 酸奶 Yogurt O	巧克力面包※O☆ Chocolate bread 酸奶 Yogurt O
Set Menu 套餐	猪骨黄豆汤△ Pork & soy bean soup 粤式传统虫草花香菇 蒸鸡△ Steamed chicken, mushroom & cordyceps flower 红烧肉烧薯仔△ Soy braised pork belly & baby potatoes 玉米粒 Sweet corn 上海青 Choy sum	淮山蛋汤☆ Chinese yam & eggs soup 黄油西红柿炖牛腩 O Stewed beef brisket & tomato 海鲜小炒皇 # △ Stir-fried seafood & vegetables 上汤有机菠菜 Spinach 本地生菜 Lettuce	泰国美食日 Thai food promotion 泰式椰奶蔬菜汤 O Thai vegetables soup 泰式烤猪柳△ Thai roast pork loin 沙爹鸡柳※O☆ Chicken satay 泰式炒饭 O Thai fried rice 银芽△ Bean sprout	海米豆腐汤 # △ Dried shrimps & tofu soup 洋葱甜椒炒牛柳△☆ Stir-fried beef fillet 蒜蓉粉丝蒸鱼柳※ # △ Steamed fish fillet & bean vermicelli 白灼娃娃菜☆ Baby cabbage 广东菜心 Guangdong cabbage	西红柿蛋汤☆ Tomato & eggs soup 京酱肉丝△☆ Stir-fried shredded pork lion with sweet beam paste 虾仁炒青瓜 # △ Stir-fried shrimps & cucumber 酱麻油拌手撕茄子△ Egg plant 油麦菜 Leaf lettuce
Specialty noodles 地道面食	嫩笋老鸭面※△☆ Duck & bamboo shoot noodles soup 各式小菜及时令蔬菜 Side dish & Seasonal vegetables	上海辣肉面※△☆ Spicy pork noodles soup 各式小菜及时令蔬菜 Side dish & Seasonal vegetables	酱爆鸡丁面※△☆ Soy braised chicken noodles soup 各式小菜及时令蔬菜 Side dish & Seasonal vegetables	红烧狮子头面※△☆ Soy braised meat ball noodles soup 各式小菜及时令蔬菜 Side dish & Seasonal vegetables	老坛酸菜牛肉面※△☆ Beef with pickled vegetables noodles soup 各式小菜及时令蔬菜 Side dish & Seasonal vegetables

Global Delicacies 环球精选	意大利面吧※O△☆ Pasta bar (附经典肉酱或罗马风味蘑菇芝士培根酱) (Served with Bolognese or carbonara sauce)	泰式咖喱鸡※O△☆ Thai chicken curry 茉莉香米饭 Steam jasmine rice 时令蔬菜 Seasonal vegetables	韩式炒年糕※O△☆ Korean rice cake 韩式炸鸡※△☆ Korean fried chicken 时令蔬菜 Seasonal vegetables	福建鱼丸汤※△#☆ Fujian fish ball soup 福建炒饭△#☆ Fujian fried rice 时令蔬菜 Seasonal vegetables	日式猪排※O△☆ (附猪排汁或咖喱汁) Tonkatsu 米饭 Steam rice 时令蔬菜 Seasonal vegetables
Vegetarian option 素食精选	菌菇炖豆腐△ Stewed mushroom & tofu	烩鹰嘴豆△ Chickpeas stew	泰式炒河粉※O☆ Phad Thai	西班牙鸡蛋派 O☆ Spanish omelette	扒蔬菜照烧汁△ Grilled vegetables with teriyaki sauce
Fruit station 水果吧	Fresh fruit selection				
Drink's station 饮料吧	Daily choice of Water or Yoghurt				
Afternoon snack 午点	提子面包卷※O☆ Raisin Danish roll 牛奶 O Milk	蔓越莓芝士软欧面包 ※O☆ Cranberry cheese bread 果汁 Fruit juice	牛角面包※O☆ Croissant 牛奶 O Milk	肉松面包※O△☆ Meat floss bread 果汁 Fruit juice	芝士火腿三明治※O☆ Cheese & ham sandwich 牛奶 O Milk

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NACIS Weekly Dinner Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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		
	海鲜羹 # ☆ Seafood & eggs soup 香酥鸭腿 △ Crispy duck legs 叉烧炒蛋 △ ☆ Scrambled eggs & char siu 上汤小瓜 ☆ Zucchini 白灼芥兰 △ Kai-lan	猪骨汤 White gourd & pork soup 菠萝京都肉排煲 △ Stewed pork ribs & pineapple 支竹炆鱼 ※ △ # ☆ Fish & tofu stew 香葱蛋炒饭 ☆ Fried rice with eggs 杭白菜 Hang cabbage	菌菇蛋汤 ☆ Mushroom & eggs soup 顺德四杯鸡 △ Stewed chicken 蒜蓉蒸扇贝 ※ △ # Steamed scallop 西芹炒鸡蛋 ☆ Scrambled eggs & celery 鸡毛菜 Chinese little green		
Vegetarian option 素食精选	素春卷 ※ ☆ Spring roll	蔬菜芝士墨西哥饼 ※ O ☆ Vegetables & cheese wraps	干锅什蔬 △ Griddle mixed vegetables		
Evening Snack 夜宵	大理石蛋糕 ※ O ☆ Marble cake 酸奶 Yogurt O	什果小圆子 ※ Sweet dumpling	金枪鱼三明治 ※ O # ☆ Tuna sandwich 酸奶 Yogurt O		

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