



NAS Suzhou Weekly Breakfast Menu 11.29-12.03

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast 早餐	中式早餐 Chinese breakfast 新鲜水果 Fresh fruits 糯米烧卖※△ Shuai 葱油饼※O△☆ Scallion pan cake 白粥 Plain congee 北姑滑鸡粥☆ Mushroom & chicken congee 水煮土鸡蛋☆ Boiled egg	西式早餐 Western breakfast 新鲜水果 Fresh fruits 芝士培根汉堡※O☆ Cheese & bacon burger 薯饼※ 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 紫菜虾皮蛋花汤 # ☆ Nori & dried small shrimp' s soup 豉油皇炒面※△☆ Fried noodles with shredded pork, vegetables & eggs 酱蛋△☆ Spiced eggs	西式早餐 Western breakfast 新鲜水果 Fresh fruits 牛角面包※O☆ (配黄油/果酱) Breakfast roll (Served with butter/jam) 火腿※ Ham 法兰克福肠※ Grilled Frankfurt sausage 茄汁豆△ Baked bean 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 糯米鸡※△ Glutinous rice chicken 香菇菜包※△ Steamed mushroom & choy sum bun 白粥 Plain congee 窝蛋牛肉粥△☆ Beef & eggs congee 茶叶蛋△☆ Tea eggs
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



NAS Suzhou Weekly Lunch Menu 11.29-12.03

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack 早点	巧克力麦芬※O☆ Chocolate muffin 酸奶 Yogurt O	蒸蛋糕※O☆ Sponge cake 酸奶 Yogurt O	红糖红枣糕※O△☆ Brown sugar & red date pudding 酸奶 Yogurt O	麻薯※O△☆ Mochi bread 酸奶 Yogurt O	甜甜圈※O☆ Donut 酸奶 Yogurt O
Set Menu 套餐	土豆牛肉汤 Beef & potatoes soup 酱爆鸡丝※△☆ Kung pao chicken 西红柿豆花鱼 # △☆ Poached fish fillet with tomato sauce 玉米粒 Sweet corn 广东菜心 Guangdong cabbage	淮山炖鸡汤 Chinese yam & chicken soup 红烧肉△ Stewed pork belly 当红炸子鸡※△ Fried chicken 干锅卷心菜△ Griddle cabbage 高山生菜 Lettuce	莲藕猪骨汤 Lotus root & pork bone soup 孜然猪柳粒※△☆ Stir-fried pork loin with cumin 油爆虎虾 # △ Fried tiger prawn with soy sauce 蒜蓉粉丝蒸娃娃菜※△ Steamed bean vermicelli & baby cabbage 本地菜心 Choy sum	海鲜蛋羹 # ☆ Seafood & eggs soup 土豆焖牛腩△ Stewed beef & potatoes 酱鸭△ Spiced duck legs 白灼金针菇△ Needle mushrooms 菜心苗 Choy sum	意大利蔬菜汤※△ Minestrone 芝士披萨※O☆ Cheese pizza 意式传统炖牛肉※ Stewed beef & vegetables 胡萝卜 Carrot 西兰花 Broccoli
Vegetarian option 素食精选	西红柿炒蛋☆ Scrambled eggs & tomato	白菜豆腐炖粉条※△ Stewed bean vermicelli with tofu & bok choy	烩地三鲜△ Stir-fried mixed vegetables	蔬菜土豆焖饭△ Fried rice with vegetables & potatoes	香菇面筋菜心煲△ Braised mushroom, tofu & vegetables
Fruit station 水果吧	新鲜水果选一 One choice of fresh fruits				
Drink's station 饮料吧	水或酸奶选一 Daily choice of Water or Yoghurt				
Afternoon snack 午点	牛角面包※O☆ Croissant 牛奶 O Milk	蔓越莓芝士欧包※O☆ Cranberry cheese bread 果汁 Fruit juice	肉松面包※O△☆ Meat floss bread 牛奶 O Milk	蓝莓麦芬※O☆ Blueberry muffin 果汁 Fruit juice	芝士火腿三明治※O☆ Cheese & ham sandwich 牛奶 O Milk

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Shell Fish & Seafood 鱼&海鲜



NAS Suzhou Weekly Dinner Menu 11.29-12.03

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY 1	FRIDAY
	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	
Dinner 晚餐	金菇蛋汤☆ Needles mushroom & eggs soup 啤酒鸭△ Stewed duck in beer 蒜蓉蒸排骨△ Steamed pork ribs 鱼香茄子△ Braided egg plant 上汤菠菜☆ Spinach	咖喱牛肉汤※ Beef curry soup 三杯小海鲜# △ Stir-fried seafood with garlic & basil sauce 黄焖鸡△ Braised chicken 韭菜炒豆芽△ Bean sprout & Chives 杭白菜 Hang cabbage	菌菇汤 Mushroom soup 烩三鲜※△☆ Boiled egg dumpling, pork ball & tiger prawn 咕啫肉※△☆ Sour & sweet pork loin 干锅花菜△ Cauliflower 西芹百合 Celery & Lily bulb	西红柿扁尖冬瓜汤 Tomato, dried bamboo shoots & White gourd soup 蜜汁烤鸡腿肉△ Honey roast chicken 酸汤肥牛△ Stewed beef in sour soup 干锅土豆△ Griddle potatoes 上汤西兰花☆ Broccoli	
Vegetarian option 素食精选	咖喱炒蔬菜※O Vegetable' s curry	芝士焗白花菜※O Gratin cauliflower	家常烩豆腐△☆ Braised tofu & vegetables	蔬菜饺子※△☆ Vegetable' s dumpling	
Evening snack 夜宵	红豆沙小圆子※△ Sweet rice dumpling	牛角芝士三明治 ※O☆ Cheese sandwich 酸奶 Yogurt O	全麦水果面包※O△☆ Wholewheat bread 酸奶 Yogurt O	蛋挞※O☆ Egg tart 酸奶 Yogurt O	

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