



NINA HOTEL

ISLAND SOUTH

南灣如心酒店

HEALTHY MEAL BOXES | 健康之選

	BREAKFAST 早餐	LUNCH 午餐	DINNER 晚餐
MON	<p>Chilled Juice and Coffee Scrambled Egg with Tomato and Ham, Danish 果汁及咖啡 炒蛋，扒番茄，火腿，丹麥酥</p>	<p>Mediterranean Chickpea Salad with Chicken Sliced 雞肉地中海鷹嘴豆沙律</p>	<p>Seared Salmon Fillet with Tomato Salsa Vegetables and Pasta 香煎三文魚意大利麵配番茄莎莎</p>
TUE	<p>Chilled Juice and Coffee Chicken Congee and Steamed Rice Roll 果汁及咖啡 滑雞粥，腸粉</p>	<p>Mushroom and Spinach Salad with Ham 蘑菇菠菜火腿沙律</p>	<p>Slow-cooked Chicken Breast, Vegetables and Poached Potato 慢煮雞胸伴薯菜</p>
WED	<p>Chilled Juice and Coffee Boiled Egg with Tomato and Sausage, Croissant 果汁及咖啡 焗蛋，扒番茄，香腸，牛角包</p>	<p>Caesar Salad with Shrimps 鮮蝦凱撒沙律</p>	<p>Seared Sole Fillet with Lemon Olive Oil Vegetables and Steamed Rice 香煎龍脷魚柳伴蔬菜配檸檬橄欖油配 白飯，時菜</p>
THUR	<p>Chilled Juice and Coffee Oatmeal with Low Fat Milk, Danish 果汁及咖啡 低脂燕麥粥，丹麥酥</p>	<p>Chicken and Tomato Wrap 雞肉番茄捲</p>	<p>Baked Pumpkin and Baby Corn with Cheese, Vegetable and Steamed Rice 芝士焗南瓜珍珠筍 配白飯，時菜</p>
FRI	<p>Chilled Juice and Coffee Scrambled Egg with Tomato and Ham, Croissant 果汁及咖啡 炒蛋，扒番茄，火腿，牛角包</p>	<p>Fried Rice with Vegetables and Shrimp 鮮蝦蔬菜炒飯</p>	<p>Seared Salmon Fillet with Potato Salad 香煎三文魚柳伴薯仔沙律</p>
SAT	<p>Chilled Juice and Coffee Cereals Corn Flake with Low Fat Milk, Danish 果汁及咖啡 粟米片配低脂牛奶，丹麥酥</p>	<p>Sweet Potato and Black Bean Casserole with Duck Breast 鴨胸番薯黑豆燉鍋</p>	<p>Seared Chicken Breast with Pesto, Green Salad 羅勒雞胸沙律</p>
SUN	<p>Chilled Juice and Coffee Boiled Egg with Tomato and Sausage, Croissant 果汁及咖啡 焗蛋，扒番茄，香腸，牛角包</p>	<p>Baked Broccoli with Breadcrumb, Cheese, Shrimps and Steamed Rice 鮮蝦伴芝士焗西蘭花 配白飯</p>	<p>Forest Mushroom Risotto 蘑菇意大利飯</p>

Daily Lunch meal with Fruit | 每日午餐配時令水果

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