



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

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

Mediterranean Chickpea Salad
with Chicken Sliced

雞肉地中海鷹嘴豆沙律

Seared Salmon Fillet
with Tomato Salsa
Vegetables and Pasta

香煎三文魚意大利麵配番茄莎莎

TUE

Chilled Juice and Coffee
Chicken Congee and
Steamed Rice Roll

果汁及咖啡
滑雞粥，腸粉

Mushroom and Spinach Salad
with Ham

蘑菇菠菜火腿沙律

Slow-cooked Chicken Breast,
Vegetables and Poached Potato

慢煮雞胸伴薯菜

WED

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

Caesar Salad with Shrimps

鮮蝦凱撒沙律

Seared Sole Fillet
with Lemon Olive Oil Vegetables
and Steamed Rice

香煎龍俐魚柳伴蔬菜配檸檬橄欖油
配白飯，時菜

THUR

Chilled Juice and Coffee
Oatmeal with Low Fat Milk, Danish

果汁及咖啡
低脂燕麥粥，丹麥酥

Chicken and Tomato Wrap

雞肉番茄捲

Baked Pumpkin and
Baby Corn with Cheese, Vegetable
and Steamed Rice

芝士焗南瓜珍珠筍
配白飯，時菜

FRI

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

Fried Rice
with Vegetables and Shrimp

鮮蝦蔬菜炒飯

Seared Salmon Fillet
with Potato Salad

香煎三文魚柳伴薯仔沙律

SAT

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

Sweet Potato and
Black Bean Casserole
with Duck Breast

鴨胸番薯黑豆燉鍋

Seared Chicken Breast
with Pesto, Green Salad

羅勒雞胸沙律

SUN

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

Baked Broccoli with Breadcrumbs,
Cheese, Shrimps and Steamed Rice

鮮蝦伴芝士焗西蘭花
配白飯

Forest Mushroom Risotto

蘑菇意大利飯

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

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