



NINA HOTEL

TSUEN WAN WEST

荃灣西如心酒店

HEALTHY MEAL BOXES | 健康之選

BREAKFAST | 早餐

LUNCH | 午餐

DINNER | 晚餐

MON
星期一

Chilled Juice and Coffee
Scrambled Egg
with Tomato and Ham, Danish
冰凍果汁及咖啡
炒蛋、扒番茄、火腿及丹麥酥

Mediterranean Chickpea Salad
with Chicken Sliced
雞肉地中海鷹嘴豆沙律

Seared Salmon Fillet
with Vegetables and Pasta,
Tomato Salsa
香煎三文魚意大利麵配番茄莎莎

TUE
星期二

Chilled Juice and Coffee
Chicken Congee
and Steamed Rice Roll
冰凍果汁及咖啡
滑雞粥、蒸腸粉

Mushroom and Spinach Salad
with Ham
蘑菇菠菜火腿沙律

Slow-cooked Chicken Breast
with Potatoes and Vegetable
慢煮雞胸伴薯菜

WED
星期三

Chilled Juice and Coffee
Boiled Egg with Tomato
and Sausage, Croissant
冰凍果汁及咖啡
焗蛋、扒番茄、香腸、牛角包

Caesar Salad with Shrimps
鮮蝦凱撒沙律

Seared Sole Fillet
with Vegetables,
Lemon Olive Oil
香煎龍脷魚柳伴蔬菜
配檸檬橄欖油

THU
星期四

Chilled Juice and Coffee
Oatmeal with Milk, Danish
冰凍果汁及咖啡
麥皮、丹麥酥

Chicken Tortillas Wrap
墨西哥雞肉捲

Baked Pumpkin and Baby Corn
with tomato Sauce
Vegetable and Steamed Rice
茄汁焗南瓜珍珠筍、時菜、白飯

FRI
星期五

Chilled Juice and Coffee
Scrambled Egg with Tomato
and Ham, Croissant
冰凍果汁及咖啡
炒蛋、扒番茄、火腿、牛角包

Fried Rice
with Mushrooms and Shrimp
鮮蝦珍菌炊伊麵

Seared Salmon Fillet
with Potato Salad
香煎三文魚柳伴薯仔沙律

SAT
星期六

Chilled Juice and Coffee
Cereals Corn Flake
with Low Fat Milk, Danish
冰凍果汁及咖啡
粟米片配低脂牛奶及丹麥酥

Sweet Potatoes
and Black Bean Casserole
with Duck Breast
鴨胸番薯黑豆燉鍋

Seared Pesto Chicken
Breast Salad with Greens
羅勒雞胸沙律

SUN
星期日

Chilled Juice and Coffee
Boiled Egg with Tomato
and Sausage, Croissant
冰凍果汁及咖啡
焗蛋、扒番茄、香腸及牛角包

Baked Broccoli
with Tomato Sauce and Shrimps
Vegetable and Steamed Rice
鮮蝦伴番茄汁焗西蘭花
配白飯、時菜

Wild Mushroom Risotto
蘑菇意大利飯

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

Menu items are subject to availability
以上菜式只作參考；如有更改，恕不另行通知

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