

International LUNCH MENU

国际餐 午餐菜单



四月
April
2024

8-Apr

意大利肉酱面
Spaghetti bolognese
烤法棍面包
Bake baguettes
蔬菜沙拉
Green salad
鸡肉蔬菜汤
Chicken and vegetable soup

9-Apr

西式炸鸡
Western friend chicken
黄油焗玉米粒
Baked corn kernels with butte
西班牙海鲜炒饭
Fried Rice
果蔬沙拉
Vegetables Soup

10-Apr

西式时蔬炖猪肉
Stewed Pork with Vegetable
培根炒头菜
Stir-fried Cabbage with Bacon
炸虾
Fried prawn
米饭/小蛋糕
Rice/Cakes

11-Apr

香肠牛肉粒披萨
Pepperoni Pizza
奥尔良烤鸡翅根
Chicken Wings
黄油西兰花
Butter Broccoli
蔬菜汤
Vegetables Soup

12-Apr

墨西哥铁板鸡肉
Mexican Iron Plate Chicken
生菜, 芝士, 红腰豆, 莎莎酱
培根蔬菜炒饭
Fried Rice with Bacon and Vegetable
土豆汤
Potatoes Soup

15-Apr

西式炸龙利鱼柳
Western fried fish fillet
蒜香马铃薯
Garlic potato
牛心菜沙拉
Beef heart salad
西红柿浓汤
Tomato puree

16-Apr

BBQ烤鸡腿
Chicken Legs
西式炖菜
Stewed Vegetables
奶油蘑菇焗饭
Mushroom baked rice With cream
奶香玉米棒
Corn Cob

17-Apr

金枪鱼三明治
Tuna Sandwiches
原味炸鸡块
Original fried chicken nugget
炒小米青瓜
Fried Cucumber
南瓜汤
Pumpkin Soup

18-Apr

猪肉汉堡
Pork Burger
芝士片, 西红柿片, 生菜
Cheese Tomato Lettuce
炸洋葱圈
Onion Rings
水果沙拉
Fruit Salad

19-Apr

印度红咖喱猪肉饭
Indian Style Curry Pork Over Rice
炸虾/中东面包
Fried Shrimp / Middle eastern bread
白菜鸡丝沙拉
Shredded Chicken with cabbage Salad
扁豆汤
Green Soup

22-Apr

咖喱牛肉丸
Curry beef meatballs
米饭
Rice
炸鳕鱼排
Fried cod steak
牛油果蔬菜沙拉
Avocado and vegetable salad
玉米粒浓汤
Corn puree

23-Apr

黑椒汁鸡排
Chicken cutlets with black pepper Sauce
烤猪肉拌饭
Roast pork bibimbap
蘑菇炒角瓜
Stir-fried Zucchini with Mushroom
小蛋糕
Cake

24-Apr

牛肉千层面
Beef Lasagna
洋葱、培根炒四季豆/香蒜面包
Stir-fried Sting Beans Garlic Bread
芝士焗玉米粒
Baked Corn Grains with Cheese

25-Apr

墨西哥餐
Tacos
墨西哥米饭
Spanish Rice
生菜丝, 芝士
红腰豆, 莎莎酱
Lettuce, bean cheese Salsa

26-Apr

热狗/牛肉酱
Hot dog/beef paste
芝士, 洋葱碎, 酸黄瓜
Cheese/chopped onion Pickled cucumber
炸地瓜条
Fried sweet potato sticks
蒜蓉花菜
Cauliflower with garlic paste

29-Apr

黑椒菌菇炖猪肋条
Stewed pork ribs with Black pepper and
蔬菜拌饭
Rice with vegetables
烤鸡肉蔬菜沙拉
Roasted chicken and Vegetable salad
西式洋葱汤
Western onion soup

30-Apr

日式照烧鸡
Chicken Gravy
黑椒汁土豆泥
Mashed Potato with Black Pepper Sauce
蒜蓉角瓜
Sit-fried Zucchini with
小面包
Dinner Roll

1-May

2-May

茄汁肉丸意面
Spaghetti with Tomato Sauce and Meat Ball
香蒜面包
Garlic Bread
培根土豆炒线豆
Bacon Potatoes String bean
蔬菜汤
Vegetables Soup

3-May

红酒炖牛肉
Gou lash(Beef)
意大利空心面
Macaroni
玉米坚果蔬菜沙拉
Nut and Vegetable Salad
春卷/小餐包
Dinner Roll



蛋类
EGG



牛奶
DAIRY



海鲜类
SEAFOOD



坚果类
NUTS



豆类
SOY



面粉类
GLUTEN



蜂蜜
HONEY



胡椒类
PEPPER

All vegetables are subject to changes due to availability .

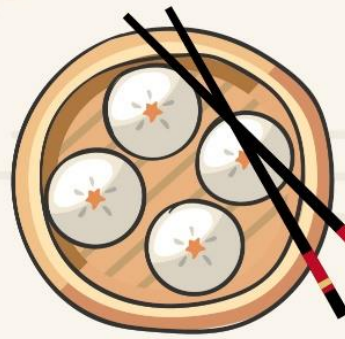
All meals are served with one staple such as (bread, rice, or beans)
每日西餐都会配有面包(当日有其它主食除外)

<http://www.daishuamei.org/index.php/zh/menu-student-life/menu-chinese-lunch>

Chinese 中餐

LUNCH MENU

午餐菜单



四月
April
2024

8-Apr

莲藕炖排骨
Stewed Pork Ribs
茄汁鸡片
Sliced chicken in tomato sauce
🍳🐟 虾仁蒸蛋
Steamed Eggs with Shrimp
草菇菜心
Stir-fried Vegetables with
Yellow Chives
🍳 西红柿鸡蛋汤
Tomato and egg soup

15-Apr

🐟 双鲜溜肉片
Braided Fish Balls with Squid
and Slice Pork
菠萝咕咾肉
Sweet and Sour Pork
🌿 家常豆腐
Home Style Tofu
杏鲍菇烧油菜
Stir-fried Chinese Vegetable
with King Oyster Mushroom
冬瓜排骨汤
Pork ribs soup with
wax gourd

22-Apr

辣子鸡
Spicy Chicken
咖喱牛肉
Curry Beef
木须肉
Stir-fried Pork with Black
Mushroom and Eggs
🌿 荷兰豆有机花菜
Stir-Organic Cauliflower with
Dutch beans
枸杞红枣银耳汤
Wolfberry and date
tremella soup

29-Apr

宫爆鸡丁
Kung Pao Chicken Dices
西芹炒牛肉
Stir-fried Celery with
Beef Chitlins
🌿 白菜腐竹炒肉片
Fried Shredded Potatoes
尖椒土豆丝
Fried Shredded Potatoes
萝卜鱼丸汤
Radish and fish ball soup

9-Apr

🐟 糖醋鱼块
Sweet and Sour Fillet
沙茶牛肉
Satay beef
木耳白菜炒肉丸
Stir fried meat with
fungus and Cabbage
蚝油西生菜
Stir-fried Bok Choy with Black
Mushrooms in Oyster Sauce
萝卜鱼丸汤
Radish and fish ball soup

16-Apr

水煮肉片
Boiled Meat
鲜鸡榛蘑炖粉皮
Braided Chicken and
Mushroom with Vermicelli
🌿 橄榄四季豆
Stir-Olive Kidney beans
莴笋炒木耳
Stir-fried Asparagus with Lettuce
and Wood Ear Mushroom
🍳 紫菜蛋花汤
Seaweed egg drop soup

23-Apr

叉烧肉
Char siu
孜然鸡胗
Stir-Cumin Chicken gizzard
🍳 西红柿炒鸡蛋
Scrambled Egg with Tomato
蒜蓉西兰花
Garlic Broccoli
🍳 紫菜蛋花汤
Seaweed egg drop soup

30-Apr

萝卜炖牛腩
Stewed Beef Brisket with Radish
🐟 三鲜焖子
Seafood with Chinese Snacks
🌿 干煸四季豆
Stir-fried String Beans with
Minced Pork
清炒西兰花
Stir-fried Broccoli with Wood Ear
🍳 西红柿鸡蛋汤
Tomato and egg soup

10-Apr

鱼香肉丝
Braised Shredded Pork
毛血旺
Buck blood in chili sauce
小白菜豆腐炖肉片
Braised spare ribs
with Cabbage and Tofu
素炒三丝 (韭菜, 豆芽, 豆腐皮)
🌿 Stir-fried Bean Sprouts with
Chives and Tofu Skin
冬瓜排骨汤
Pork ribs soup with
wax gourd

17-Apr

干豆角炖五花肉
Pork belly with Dried beans
🐟 冬瓜冻豆腐炖海虾
Stewed Shrimp with Wax
Gourd and tofu
鱼香茄条
Braised Shredded Eggplant
蒜茸油麦菜
Fried Mashed Garlic
and Lettuce
枸杞红枣银耳汤
Wolfberry and date
tremella soup

24-Apr

川味回锅肉
Twice-cooked Pork
柠檬鸡
Lemon Chicken
蚂蚁上树
Sauteed Vermicelli with Minced
Pork
清炒娃娃菜
Fried Chinese Cabbage
冬瓜排骨汤
Pork ribs soup with
wax gourd

1-May

三杯鸡
Stewed Chicken with Potatoes
土豆炖排骨
Braised ribs with potatoes
麻椒炒红肠
Fried Sausages with
Spicy Pepper
蒜泥茼蒿
Garlic Mashed Garland
Chrysanthemum
枸杞红枣银耳汤
Wolfberry and date
tremella soup

11-Apr

咖喱鸡
Curry Chicken
海带土豆红烧肉
Braised pork with
seaweed and potatoes
🐟 小葱木耳炒虾仁
Stir-fried Shrimp with
Scallions Fungus
火爆牛心菜
Stir-fried Cabbage
🍳 紫菜蛋花汤
Seaweed egg drop soup

18-Apr

西红柿炖牛腩
Braised Beef
孜然羊肉
Fried slices pork
🌿 线豆肉片炖土豆条
Stir-fried String Beans
Potato chips
🌿 牛心菜水晶粉炒豆皮
Fried Chinese Cabbage with
Tofu Skin
🍳 西红柿鸡蛋汤
Tomato and egg soup

25-Apr

红烧鸡块
Braised Chicken in
brown sauce
黑椒牛肉
Beef with Black Pepper Sauce
芸豆烧肉片
Scrambled Beans
with Slice Pork
芹菜炒粉
Stir-fried Celery
萝卜鱼丸汤
Radish and fish ball soup

2-May

三杯鸡
Stewed Chicken with Potatoes
土豆炖排骨
Braised ribs with potatoes
麻椒炒红肠
Fried Sausages with
Spicy Pepper
蒜泥茼蒿
Garlic Mashed Garland
Chrysanthemum
枸杞红枣银耳汤
Wolfberry and date
tremella soup

12-Apr

麻辣香锅
Spicy hot pot
樱桃肉
Sweet and Sour Diced Pork
🌿 大酱豆腐
Braised Tofu
白灼西生菜
Stir-fried Bok Choy with Black
Mushrooms in Oyster Sauce
枸杞红枣银耳汤
Wolfberry and date
tremella soup

19-Apr

红烧狮子头
Braised Pork Meatball and
Chinese Cabbage
香菇小炖肉
Braised Pork with Tofu Skin
and Mushroom
肉末茄条
Eggplant strips with
minced meat
🌿 荷塘小炒
Stir-fried Benas with Lotus Root
萝卜鱼丸汤
Radish and fish ball soup

26-Apr

盐焗鸡
Salt Baked Chicken
一品农家炖
Braised Pork with Beans
and Pumpkin
清炒木耳有机花菜
Stir-fried
Organic Cauliflower
🌿 葱油豆皮
Stir-fried Baby Cabbage
with Seafood
🍳 西红柿鸡蛋汤
Tomato and egg soup

3-May

🍳 台式卤肉/卤蛋
Taiwanese Style Stewed
Minced Pork
炸猪排
Pork Schnitzel
🌿 芹菜豆干炒肉丝
Stir-fried Shredded
Pork with Celery
香菇油菜
Stir-fried Mushroom and Cole
🍳 紫菜蛋花汤
Seaweed egg drop soup



蛋类
EGG



牛奶
DAIRY



海鲜类
SEAFOOD



坚果类
NUTS



豆类
SOY



面粉类
GLUTEN



蜂蜜
HONEY



胡椒类
PEPPER

All meals are served with Staple food of coarse grains and fresh fruits. All vegetables are subject to changes due to availability.

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Dinner 晚餐

MENU 菜单

四月
April
2024

8-Apr

黄焖鸡
Yellow braised chicken

地三鲜
Stewed Potatoes with
Eggplant

菠菜炒粉
Fried Spinach

杂粮米饭
玉米面馒头

9-Apr

酱猪大骨
Sauce Pig Bone

葱爆牛肉
Stir-fried Beef with
Scallions

白灼西生菜
Fried Lettuce

杂粮米饭
大枣馒头

10-Apr

叉烧肉
Barbecued Pork

炸春卷
Spring Rolls

尖椒炒豆皮
Fried Tofu Skin with
Chili Peppers

火腿炒饭
Ham Fried Rice

11-Apr

牛肉千层面
Beef Lasagna

洋葱、培根炒
四季豆/香蒜面包
Stir-fried Sting Beans
Garlic Bread

芝士焗玉米粒
Baked Corn Grains
with Cheese

15-Apr

日式肥牛饭
Japanese Style Fat Beef
Rice

西红柿炒蛋
Scrambled Egg with
Tomato

松仁山药炒茼蒿
Stir-fried Garland

黑米米饭
双色馒头

16-Apr

茄汁鲈鱼
Braised Fish

干煸四季豆
Stir-fried String Beans
with Minced Pork

炆土豆丝
Fried shredded
potatoes

黑米米饭
发面饼

17-Apr

番茄牛肉米线
Tomatoes with Beef Sauce
and Rice Noodles

酸菜鱼米线
Spicy and Sour Fish

小油菜、豆芽
卤蛋、卤鸡腿

18-Apr

BBQ猪肉三明治
(猪肉, 酸黄瓜、西红柿、
芝士碎、西生菜酱汁)

薯条
French Fries

牛心菜沙拉
Chinese Cabbage Salad

南瓜汤
玛芬蛋糕

22-Apr

红烧排骨
Braised Pork Ribs

鱼香豆腐
Fish bean curd

木耳大白菜
Fried Chinese Cabbage
with Black Fungus

黑米米饭
双色馒头

23-Apr

孜然护心肉
Cumin heart meat

酸菜炒肉
Sauteed meat with
pickled cabbage

清炒油麦菜
Fried romaine

花豆米饭
奶香花卷

24-Apr

可乐鸡翅根
Coca Cola Chicken
Wings Root

芸豆土豆炖五花肉
Stewed Pork with
Potatoes and Beans

荷兰豆炒双花
Fried Cauliflower with
Dutch Beans

二米米饭
葱油花卷

25-Apr

奥尔良猪肉披萨
芝士披萨
Pizza

洋葱圈
Onion Rolls

烤鸡翅根
Chicken Wings

蘑菇花耶菜
Fried Cauliflower

29-Apr

柠檬鸡
Lemon Chicken

麻婆豆腐
Mapo tofu

香菇小油菜
Fried Mushroom with
Vegetables

红豆米饭
花卷

30-Apr

干炒牛河
Stir fried rice noodles with beef

老醋白菜
Cabbage in vinegar

榨菜丝炒肉
Stir fried meat with
shredded mustard

燕麦米饭
小碴馒头

1-May

2-May

烤猪肉芝士卷
Grilled pork
and cheese roll

芝士焗南瓜
Baked Pumpkin with Cheese

奶油蘑菇汤
Cream of Mushroom Soup

烤鸡肉沙拉
Grilled Chicken Salad



蛋类
EGG



牛奶
DAIRY



海鲜类
SEAFOOD



坚果类
NUTS



豆类
SOY



面粉类
GLUTEN



蜂蜜
HONEY



胡椒类
PEPPER

每日晚餐都配有米饭和汤(当日主食是面食除外)

Breakfast MENU

早餐 菜单

四月
April
2024

8-Apr

🌾 手抓饼

烤猪肉
火腿
生菜丝/肉松

🍳 鸡蛋糕
蔬菜粥

9-Apr

🌾 烤芝士火腿三明治
(生菜叶, 西红柿片)

🍳 煎蛋

奶香玉米棒
培根炒牛心菜

10-Apr

蘑菇焗饭

蔬菜汤

煎培根

🍳 西式炒蛋

辣白菜
炒什锦蔬菜

11-Apr

🌾 葱油饼

糖饼

🍳 皮蛋瘦肉粥

台湾烤肠

蒜泥金针菇
拌海带丝

12-Apr

🌾 肉馅小笼包

🌾 小白菜素馅小笼包

小米粥

🍳 卤蛋

🌿 凉拌笨豆芽
梅菜笋丝

15-Apr

🌾 南瓜小馒头

🌾 花卷

八宝粥

🍳 卤鹌鹑蛋

烤肠

黄瓜火腿拌粉丝
酸辣木耳

16-Apr

🌾 田园汉堡

黄瓜片、西生菜,
西红柿片

🍳 西式炒蛋

烤培根

炒玉米粒

西兰花

17-Apr

🌾 猪肉玉米馄饨

🌾 土豆饼

🍳 茶叶蛋

拌榨菜丝

🍄 腐竹芹菜花生米

18-Apr

扬州炒饭

🌾 果酱西士多

煎培根

🍄 拌三丁

🍳 西红柿蛋花汤

19-Apr

🌾 日式煎饺

🍳 水煮蛋

烤早餐肠

凉拌素丝

🍄 茴香拌花生米
杂粮粥

22-Apr

🌾 鸡肉菌菇炒意面

🍳 胡萝卜青豆炒蛋

烤培根

炒花椰菜

土豆鸡肉沙拉

23-Apr

🌾 青椒火腿饼

山药枸杞粥

🍳 水煮蛋

菠菜拌肉丝

炒土豆丝

24-Apr

🌾 🍳 鸡蛋三明治

角瓜炒蘑菇

蒜香烤土豆

早餐猪肉肠

蔬菜沙拉

25-Apr

🌾 芹菜牛肉包子

🌾 素馅包子

🍳 茶叶蛋

大碴子粥

炒时蔬

拌海带丝

26-Apr

韩式紫菜拌饭

烤鸡肉

🌿 韩式大酱豆腐汤

🍳 洋葱玉米炒蛋

生菜叶

泡菜

29-Apr

🌾 乌冬面

🍳 卤鹌鹑蛋

炸麻球, 炸地瓜丸

小油菜

木耳金针菇火腿

午餐肉罐头, 牛肉丸

30-Apr

🌾 猪肉圆葱馅饼

🌾 素馅馅饼

白粥

🍳 水煮蛋

凉拌干丝

黄瓜拌火腿

1-May

2-May

西式炒饭

烤培根

鸡肉早餐肠

清炒西兰花

玉米粒火腿沙拉

西红柿浓汤

3-May

青菜火腿丁疙瘩汤

肉夹馍

黄瓜木耳炒蛋

芹菜拌花生米

榨菜丝



蛋类
EGG



牛奶
DAIRY



海鲜类
SEAFOOD



坚果类
NUTS



豆类
SOY



面粉类
GLUTEN



蜂蜜
HONEY



胡椒类
PEPPER

每日早餐均配有牛奶、豆浆、各种小菜、果汁、水果茶、果酱和面包
Daily breakfast is served with milk, soy milk, a variety of small dishes, fruit juice, jam and bread

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