

International

国际餐 Lunch Menu 午餐菜单



十二月
December
2025

1 - Dec

 日式猪肉饭
Japanese Pork Rice Bowl

 口蘑培根西兰花
Fried Bacon with Mushroom &
Broccoli

 金枪鱼土豆沙拉
Tuna and Potato Salad

香酥鱼排
Crispy Fish Fillet

2 - Dec

 黑椒牛肉意面
Black Pepper Beef Pasta

芝士肉糜焗角瓜
Stewed Meat with Zucchini
and Cheese

蒜香面包
Garlic Bread

南瓜汤
Pumpkin Soup

3 - Dec

西式炸鸡肉
Fried Chicken

西班牙海鲜炒饭
Spanish Seafood Fried Rice

咖喱烩蔬菜
Curried Vegetables

 果蔬沙拉
Fruits and Vegetable Salad

4 - Dec

 墨西哥牛肉塔可
Mexican Tacos

墨西哥炒饭
Mexican Fried Rice

生菜,芝士,红腰豆,莎莎酱
lettuce, Cheese ,
Bean, Salsa Sauce

墨西哥蛋糕
Mexican Cakes

5 - Dec

 猪肉汉堡
Pork Burger

蒜香薯角
Garlic Potato Wedges

水果沙拉
Fruit Salad

奶油蘑菇汤
Cream of Mushroom
Soup

8 - Dec

 牛肉千层面
Beef Lasagna

香烤黄油吐司
Butter Toasts

 洋葱培根炒四季豆
Stir-fried Green Beans with Bacon
& Onion

土豆浓汤
Potato Soup

9 - Dec

印度红咖喱猪肉饭
Indian Style Curry Pork Over
Rice

 上校鸡块/中东面包
Chicken Nuggets/ Middle
Eastern Bread

白菜鸡丝沙拉
Shredded Chicken
with Cabbage Salad

 扁豆汤
Lentil Soup

10 - Dec

西式番茄炖猪梅肉
Stir Fried Pork with Tomato

通心粉/米饭
Macaroni/Rice

鲜蔬沙拉
Vegetable Salad

 椰蓉小面包
Coconut Shredded
Bread

11 - Dec

BBQ烤鸡腿
BBQ Roast Chicken Legs

西式炖菜
Goulash

蔬菜拌饭
Mixed Rice with Vegetables

芝士焗薯泥
Sweet Potato Baked with
Cheese

12 - Dec

热狗
Hotdogs

炸洋葱圈
Deep Fried Onion Rings

金枪鱼土豆沙拉
Potato And Tuna Salad

蔬菜汤
Vegetable 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 and fresh fruit. All vegetables are subjects to changes due to availability.
所有餐食均配备主食及新鲜水果。蔬菜供应将根据实际供货情况作相应调整。



1 - Dec

- 沙茶牛肉
Braised Beef
- 排骨炖芸豆
Stewed Pork Ribs with Beans
- 西红柿炒鸡蛋
Fried Tomatoes and Egg
- 白玉菇炒角瓜
Fried Zucchini with mushroom
- 红枣银耳汤
Red Date and White Fungus Soup

2 - Dec

- 红烧肉丸
Stewed Meat Balls
- 萝卜丝炖海虾
Stewed Shrimp with Shredded Radish
- 家常豆腐
Stewed Tofu with Sliced Pork
- 香菇烧油菜
Stir-fried Bok Choy with Mushroom
- 西红柿鸡蛋汤
Tomato and Egg Soup

3 - Dec

- 台式卤肉/卤蛋
Taiwanese Style Stewed Minced Pork/Egg
- 炸鸡排
Chicken Schnitzel
- 蒜苔炒肉
Stir-fried Pork with Garlic Sprouts
- 田园小炒皇
Stir-fried Mixed Vegetables
- 萝卜肉丸汤
Radish and Meatball Soup

4 - Dec

- 新疆大盘鸡
Stewed Chicken with Potatoes
- 葱爆梅肉
Stir-fried Pork with Scallions
- 海米烧冬瓜
Braised Wax Gourd with Dried Shrimp
- 蒜仔菜心
Stir-fried Choy Sum with Garlic
- 鲜豆腐汤
Tofu and Dried Shrimp Soup

5 - Dec

- 鱼香肉丝
Braised Shredded Pork
- 土豆炖牛肉
Braised Beef with Potatoes
- 风味烧茄子
Braised Eggplant
- 青笋炒木耳
Fried Lettuce and Fungus
- 紫菜蛋花汤
Seaweed and Egg Drop Soup

8 - Dec

- 烧汁香菇鸡肉丸
Braised Chicken Meatballs with Mushrooms
- 排骨炖山药玉米
Stewed Ribs with Yam and Corn
- 酱香肉末小白菜
Stir-fried Chinese Cabbage with Minced Pork
- 炒合菜
Stir-fried Mixed Vegetables
- 红枣莲藕汤
Red Date Lotus Root Soup

9 - Dec

- 小炒黄牛肉
Stir-fried Beef
- 芸豆烧肘肉
Braised Pork with Kidney Beans
- 芹菜香干炒肉
Stir-frie Pork with Celery and Dried Bean Curd
- 甘蓝胡萝卜丝
Stir-fried Cabbage with Shredded Carrots
- 西红柿鸡蛋汤
Tomato and Egg Soup

10 - Dec

- 三杯鸡
Three Cups Chicken
- 酸菜鱼（黑鱼片）
Sour and Spicy Fish with Chinese Cabbage
- 麻椒炒肉片
Fried Sliced Pork with Pepper
- 蒜蓉茼蒿
Garlic Flavored Crown Daisy
- 红枣银耳汤
Red Date and White Fungus Soup

11 - Dec

- 京酱肉丝
Sauteed Shredded Pork in Sweet Bean Sauce
- 鲜鸡榛蘑炖粉皮
Braised Chicken and Mushroom with Vermicelli
- 大白菜木耳炒肉
Fried Sliced Pork with Chinese Cabbage
- 豆豉鲮鱼油麦菜
Sauteed Vegetable with Diced Fish & Black-Bean Sauce
- 酸辣汤
Hot and Sour Soup

12- Dec

- 孜然羊肉
Fried Lamb with Cumin
- 酸菜五花肉炖粉条
Stewed Vermicelli with Pickled Cabbage and Pork
- 萝卜丝炒肉丝
Stir-fried Sliced Pork and Radish
- 清炒小白菜
Stir-fried Chinese Cabbage
- 冬瓜排骨汤
Pork Rib and Wax Gourd Soup



蛋类
EGG



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海鲜类
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豆类
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PEPPER

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Dinner

晚餐

Menu
菜单

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1 - Dec

香酥炸偏口鱼
Deep Fried Flatfish

莲藕炒肉
Stir-fried Pork with Lotus Root

角瓜炒鸡蛋
Fried Zucchini with Egg

鸡肉三明治
Chicken Sandwich

风味拌素鸡

2 - Dec

枣香芋红烧肉
Braised Pork with Taro

双椒炒肚条
Stir-fried Pork with Peppers

麻酱时蔬
Mixed Vegetables with
Sesame Paste

西式炒面
Fried Noodles

五彩汤圆

3 - Dec

卤煮鸭腿
Stewed Duck Leg in Soy Sauce

麻辣烫
Spicy Hot Pot

凉拌三素
Chinese Style Triple
Shredded Salad

炒饭
Fried Rice

爽口萝卜丝

4 - Dec

风味甜辣鸡翅
Sweet and Spicy Chicken Wing

韩式年糕锅
Korean Stir-fried Tteok Hotpot

炒杂菜
Stir-fried Vegetables

大白菜炖豆腐
Stewed Chinese Cabbage with
Tofu

油泼刀削面

8 - Dec

港式叉烧肉
Cantonese-style Barbecue Pork

青瓜木耳炒扇贝肉
Stir-fried Cucumber
with Scallop Cubes

酸辣土豆丝
Sour and Spicy Potato Chips

墨西哥鸡肉馅饼
Quesadillas

红油面筋

9 - Dec

麻辣鸭翅
Spicy Duck Wings

莲藕炒肉
Stir-fried Lotus Root with
Pork

蒜蓉金针菇蒸粉丝
Steamed Vermicelli with
Needle Mushroom

香肠披萨
Pizza

特色凉皮

10 - Dec

 牛肉面/大排面
Stewed Beef Sauce with Noodles
卤蛋, 小油菜, 西红柿
Eggs、Vegetables、Tomatoes

拌老虎菜
Tiger dishes

西式炒饭
Fried Rice

可口冰粉

11 - Dec

德式脆皮烤猪肘
German Roasted Pork Knuckle

德式香肠炖酸菜
Stewed Sausage with
Pickled Cabbage

芹菜土豆条炒肉
Stir-fried Potatoes with Pork
and Celery

蒜香薯角
Potato Wedges

清汤竹生面



蛋类
EGG



牛奶
DAIRY



海鲜类
SEAFOOD



坚果类
NUTS



豆类
SOY



面粉类
GLUTEN



蜂蜜
HONEY

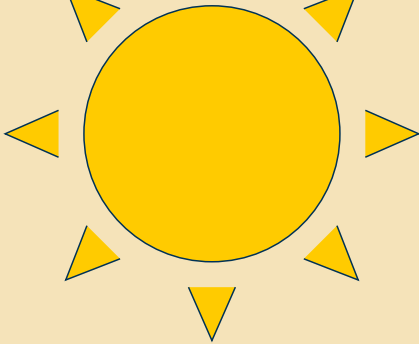


胡椒类
PEPPER

每日晚餐都配有米饭和汤（当日主食是面食除外）
Dinner is served with rice and soup daily, except on days when noodles are the main staple.

Breakfast

早餐 Menu 菜单



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1 - Dec

-  乌冬面
蒸玉米
- 营养蛋
烤肠
- 酱香饼
奶酪蛋糕
- 炒时蔬
榨菜丝

2 - Dec

-  田园鸡肉堡
生菜、西红柿片
- 烤培根
卷蛋糕
- 皮蛋瘦肉粥
爽口小菜
-  蔬菜炒饭
 蔬菜烘蛋

3 - Dec

-  肉夹馍 (猪肉)
肉夹馍 (鸡肉)
- 豆沙包
早餐肠
- 西红柿疙瘩汤
 茶叶蛋
- 小油菜炒肉丝
榨菜丝

4 - Dec

-  吊炉饼
烧卖
- 二米粥
-  鸡蛋
蒜苔炒肉
- 角瓜炒春和蒜肠
老醋三样

5 - Dec

-  西式炒面
薯泥三明治
- 红薯烤牛奶
 茶叶蛋
- 烤培根
清炒西兰花
- 辣白菜、拌饭酱
白粥

8 - Dec

- 脆皮蛋饼
 椒盐饼
- 拌豆腐丝
清炒油菜
-  五香鸡蛋
炸鸡柳
- 玉米大碴粥
蒸山药

9 - Dec

-  三鲜锅贴
素馅锅贴
- 小米粥
西红柿海鲜菇
- 黄瓜腐竹花生米拌
青红椒炒杏鲍菇
-  卤蛋
香煎鸡胸肉

10 - Dec

-  鸡肉菌菇炒意面
煎火腿
- 葱油饼
红薯饼
- 醋溜白菜
清炒菜心
- 烤鸡肉蔬菜沙拉
营养白粥

11 - Dec

-  酱肉玉米小笼包
素馅包
- 红豆包
早餐肠
-  五香鹌鹑蛋
清热绿豆粥
- 炒时蔬
炅拌土豆丝

12 - Dec

- 韩式拌饭
  韩式海鲜饼
- 香煎鸡胸肉
 洋葱玉米炒蛋
- 韩式大酱豆腐汤
炒杂菜
- 桔梗泡菜
辣白菜



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

Daily breakfast is served with milk, soy milk, a variety of small dishes, fruit juice, jam and bread.
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。