

International

国际餐 Lunch Menu 午餐菜单



四月
April
2026

13 - Apr

勃艮第炖牛肉
Stewed Beef

安娜土豆
Pommes Anna

烤蔬菜沙拉
Baked Vegetable Salad

西红柿浓汤
Tomato Soup

14 - Apr

黑椒蘑菇汁猪肉
Stewed Meatballs with
Mushroom

香酥薯饼
Hash Brown

意式蔬菜烘蛋
Baked Eggs with Vegetables

小餐包
Bread Rolls

15 - Apr

牧羊人派
Shepherd's Pie

菌菇炒饭
Mushroom Fried Rice

鸡肉沙拉
Chicken Salad

牛肉蔬菜汤
Beef and Vegetable
Soup

16 - Apr

至尊披萨
Supreme Pizza

奥尔良烤翅根
Orleans Grilled Chicken Wings

炒蘑菇花椰菜
Fried Mushroom and
Cauliflower

鸡肉蔬菜汤
Chicken and Vegetable
Soup

17 - Apr

牛肉乌冬面
Udon Noodles with
Shredded Beef

日式炸鸡排
Fried Chicken Cutlet

日式海鲜蒸蛋
Steamed Egg Custard with
Seafood

果蔬沙拉
Fruit and Vegetable Salad

20 - Apr

蒜香蘑菇牛肉粒
Pan-fried Beef Cubes and
Mushroom with Black Pepper

香煎鸡胸肉配时蔬
Fried Chicken Breast with
Seasonal Vegetable

烤土豆
Baked Potato

烤南瓜藜麦蔬菜沙拉
Baked Pumpkin with Quinoa
and Vegetable Salad

21 - Apr

印度红咖喱猪肉饭
Indian Curry Pork Over Rice

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

口蘑培根四季豆
Fried Bacon with Green Beans &
Mushroom

扁豆汤
Lentil Soup

22 - Apr

法式奶油蘑菇炖鸡
Stewed Creamy Chicken

法式香肠炒杂烩
Fried Sausage with Mixed
Vegetables

玉米蛋糕
Corn Cakes

土豆浓汤
Potato Soup

23 - Apr

手撕猪肉三明治
Pulled Pork Sandwich

蒜香薯角
Garlic Potato Wedges

田园沙拉
Garden Salad

蔬菜汤
Vegetable Soup

24 - Apr

意大利肉酱面
Spaghetti Bolognese

奶香芝士焗南瓜
Creamy Cheese Baked
Mashed Pumpkin

蒜香面包
Garlic Bread

西式洋葱汤
Onion Soup

27-Apr

瑞典肉丸
Swedish-Stewed Meat Balls

土豆泥配黑椒汁
Mashed Potato with Black
Pepper Sauce

炸天妇罗蘑菇蔬菜
Vegetable Tempura

鸡肉蔬菜汤
Chicken and Vegetable
Soup

28 - Apr

奥尔良烤鸡腿
Orleans Grilled Chicken Leg

西班牙炖菜
Spanish Stew

西班牙海鲜饭
Paella

红豆小面包
Red Bean Bread

29 - Apr

日式煎饺
Japanese-style Fried Dumpling

炸猪排
Pork Schnitzel

西生菜沙拉
Lettuce Salad

味噌汤
Miso Soup

30 - Apr

牛肉汉堡
Beef Burger

西红柿片, 生菜、酸黄瓜
with Sliced Tomato, Lettuce
and Pickled Cucumber

炸洋葱圈
Onion Rings

水果沙拉
Fruit 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

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。

中餐

Lunch Menu 午餐菜单



13 - Apr

排骨炖山药玉米
Stewed Pork Ribs with
Yam and Corn

烧汁鸡肉丸
Braised Chicken Meatballs

酱香肉末小白菜
Stir-fried Chinese Cabbage
with Minced Pork

炒合菜
Stir-fried Mixed Vegetables

火腿豆腐汤
Ham and Tofu Soup

14 - Apr

双菇炒牛肉
Stir-fried Beef with Mushroom

芸豆烧猪肘
Braised Pork with
Kidney Beans

木须肉
Fried Sliced Pork with egg

白灼西生菜
Blanched Romaine Lettuce

西红柿菌菇汤
Tomato and Mushroom
Soup

15 - Apr

三杯鸡
Three Cups Chicken

什锦烩鱼丸
Braised Fish Balls with
Mixed Vegetables

麻椒炒肉片
Fried Sliced Pork with Pepper

蒜蓉茼蒿
Garlic Flavored Crown Daisy

玉米山药萝卜汤
Corn, Yam and Carrot
Soup

16 - Apr

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
Spicy and Sour Soup

17- Apr

卤鸭腿
Braised Duck leg

麻婆豆腐
Mapo Tofu

白菜宽粉炖五花肉
Braised Pork with Chinese
Cabbage

蒜蓉菜心
Garlic Choy Sum

西红柿鸡蛋汤
Tomato and Egg Drop
Soup

20 - Apr

肘肉炖黄豆
Pork Hock and Soybean Stew

排骨炖土豆
Stewed Pork Ribs with Potatoes

蒜苔炒肉丝
Stir-fried Garlic Sprouts
with Shredded Pork

清炒娃娃菜
Stir-fried Pak Choi

冬瓜排骨汤
Pork Ribs and Wax
Gourd Soup

21 - Apr

可乐鸡翅根
Cola Chicken Wing Roots

什锦虾仁
Fried Shrimp with Mixed
Vegetables

小油菜炒肉片腐竹
Fried Bok Choy with
Sliced Pork

双菇炒角瓜
Stir-fried Zucchini and
Mushroom

萝卜牛肉丸汤
Radish and Beef Meatball
Soup

22 - Apr

黑椒牛肉
Black Pepper Beef

冬瓜烧肉丸
Stewed Meatballs with Wax
Gourd

芹菜香干炒肉
Stir-fried Pork with Celery
and Dried Bean Curd

青红椒炒笨豆芽
Str-fried Bean Sprouts

紫菜蛋花汤
Seaweed and Egg Drop
Soup

23 - Apr

双鲜熘肉片
Double Fresh Pork Slices

宫爆鸡丁
Kung Pao Chicken

蚂蚁上树
Sauteed Vermicelli with
Minced Pork

草菇菜心
Stir-fried Mushroom with
Choy Sum

鲜豆腐汤
Tofu and Dried Shrimp Soup

24 - Apr

红烧排骨
Braised Pork Ribs

五花肉豆角烧茄子
Stewed Pork with Kidney
Beans and Eggplant

青笋山药炒火腿
Stir-fried Asparagus Lettuce
and Sliced Yam with Ham

尖椒土豆丝
Stir-fried Shredded Potatoes
with Peppers

番茄菌菇汤
Tomato and Mushroom
Soup

27 - Apr

辣子鸡
Spicy Chicken

排骨炖土豆海带
Stewed Ribs with Tomatoes

西红柿炒鸡蛋
Fried Tomatoes and Eggs

清炒小白菜
Stir-fried Chinese Cabbage

冬瓜排骨汤
Pork Ribs and Wax
Gourd Soup

28 - Apr

油焖大虾
Braised Prawns

川味酸菜炒肉
Sichuan Pickled Cabbage
and Sliced Pork

椒盐茶树菇
Salt and Pepper Mushrooms

牛心菜炒肉丝
Stir-fried Cabbage with
Sliced Pork

萝卜牛肉丸汤
Beef Balls and Radish
Soup

29 - Apr

菠萝咕咾肉
Sweet and Sour Pork

西兰花炒牛肉
Stir-fried Beef and Broccoli

鲜鸡榛蘑炖粉皮
Braised Chicken and
Mushroom with Vermicelli

尖椒豆腐皮
Stir-fried Soybean Skin
with Peppers

酸辣汤
Spicy and Sour Soup

30 - Apr

金汤鱼片
Sour and Spicy Fish Fillets

椒香鸡腿
Sichuan Pepper Chicken
Thighs

茄汁豆腐抱蛋
Stewed Tofu and Eggs with
Tomato Sauce

芹菜炒土豆丝
Stir-fried Celery and Shredded
Potatoes

紫菜蛋花汤
Seaweed and 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 and fresh fruits. 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。

Dinner

晚餐

Menu
菜单

四月
April
2026

13 - Apr

水煮肉片
Sichuan Boiled Pork Slices

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

酸辣土豆丝
Sour and Spicy Shredded Potatoes

墨西哥鸡肉馅饼
Quesadillas

 红油面筋
Cold Mixed Spicy Gluten

14 - Apr

宫保鸡丁
Kung Pao Chicken

莲藕炒肉
Stir-fried Lotus Root with Pork

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

 炸春卷
Deep Fried Spring Rolls

特色凉皮
Cold Rice Noodles

15 - Apr

 香酥小河虾
Deep Fried Shrimp

酸菜炒粉
Stir-fried Pickled Cabbage with
Glass Noodles

清炒菠菜
Stir-fried Spinach

玉米片配莎莎酱
Tortilla Chips & Salsa

烤冷面
Grilled Noodles

16 - Apr

牛肉盖饭
Beef Over Rice

蒜香薯角
Potato Wedges

麻辣拌
Spicy Mixed Noodles and
Vegetables

 金枪鱼沙拉
Tuna Salad

慕斯
Mousse

20 - Apr

香酥鸡脆骨
Crispy Chicken Cartilage

肉末蒸蛋
Steamed Egg Custard with
Minced Pork

牛心菜炒水晶粉
Fried Chinese Cabbage with
Glass Noodles

鸡肉三明治
Chicken Sandwiches

骨肉相连
Chicken BBQ

21 - Apr

凤梨甜酸肉
Pineapple Sweet and
Sour Pork

农家乱炖 (土豆、玉米、南瓜)
Stewed Mixed Vegetables

西芹炒百合
Fried Celery with Lily

香肠披萨
Pepperoni Pizza

五彩大拉皮
Chinese Salad

22 - Apr

西红柿炖牛腩
Stewed Beef Brisket and
Potato

时蔬炒肉片
Stir-fried Sliced Pork and
Seasonal Vegetable

特色凉菜
Cold Mixed Vegetables

发面千层饼/葱香花卷
Multi-layered pancake/steamed
Rolls

酸辣土豆粉
Spicy and Sour Potato
Noodles

23 - Apr

西式炸鸡
Fried Chicken

火腿炒饭
Ham Fried Rice

西式炖菜
Western Stewed

果蔬沙拉吧
Fruits and Vegetables Salad

烤牛肉丸
Grilled Beef Balls

27 - Apr

广式叉烧肉
Cantonese-style Barbecue Pork

干锅土豆片
Stir-fried Sliced Potatoes

麻酱时蔬
Chinese Salad

墨西哥鸡肉卷
Chicken Quesadilla

五彩冰粉
Ice Jelly

28 - Apr

蒜苔回锅肉
Stir-fried Pork and Garlic
Sprouts

 西红柿炒蛋
Stir-fried Egg with Tomatoes

海苔鸡肉拌饭
Seaweed and Chicken
Mixed Rice

蔬果沙拉吧
Salad Bar

大连炒焖子
Pan Fried Starch Jelly

29 - Apr

 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
Cold Mixed Vegetables

西式炒饭
Fried Rice

风味拌鸡架
Spicy Fried Chicken Rack



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

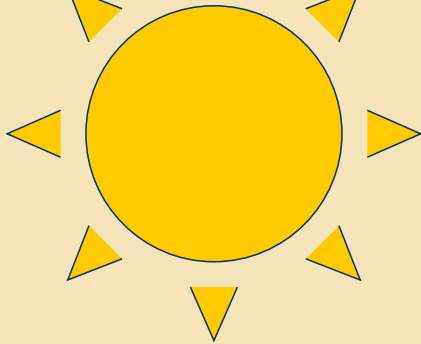
每日晚餐都配有米饭和汤 (当日主食是面食除外)

Dinner is served with rice and soup daily, except on days when noodles are the main staple.

Breakfast

早餐 Menu 菜单

四月
April
2026



13 - Apr

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

14 - Apr

三鲜锅贴
素馅锅贴

酱香饼
西红柿海鲜菇

黄瓜腐竹花生米拌
青红椒炒杏鲍菇

小米粥/卤蛋
香煎鸡胸肉

15 - Apr

鸡肉菌菇炒意面
煎火腿

葱油饼
酱香饼

醋溜白菜
清炒菜心

烤鸡肉蔬菜沙拉
营养白粥

16 - Apr

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
炆拌土豆丝

17 - Apr

豆沙软饼
酱香饼

肉丝汤面
芝麻菠菜

芹菜土豆条
上汤娃娃菜

五香茶叶蛋
蒸地瓜

20 - Apr

芝士焗饭
韩式海鲜饼

土豆饼
洋葱玉米炒蛋

韩式大酱豆腐汤
清炒菜心

生菜叶
泡菜

21 - Apr

白菜猪肉水饺
酸菜水饺

南瓜山药小米粥
蒜苔炒肉

水煮蛋
香煎鸡胸肉

凉拌干丝
蒜蓉茼蒿

22 - Apr

云吞面
香葱花卷

油炸糕
角瓜炒蘑菇

蟹柳滑蛋
金钱黄瓜

软糯八宝粥
蒸玉米

23 - Apr

扬州炒饭
鸡米花三明治

奶香麻花
香酥炸鸡柳

芹菜土豆条
皮蛋瘦肉粥

拌三丁
清炒油麦菜

24 - Apr

葱花烤排
老式杠头饼

西红柿鸡蛋汤面
芝麻菠菜

清炒茼蒿
五香茶叶蛋

卤汁五花肉
蒸地瓜

27 - Apr

蔬菜疙瘩汤
自制豆腐丸子

葱油花卷
鲜肉锅盔

芹菜拌花生米
黄瓜木耳炒蛋

麻辣萝卜干
蒸南瓜

28 - Apr

猪肉芸豆大包
素馅包

南瓜山药小米粥

水煮蛋
香煎鸡胸肉

凉拌干丝
蒜蓉茼蒿

29 - Apr

芝士焗饭
果酱西士多

奶香麻花
卤汁猪梅肉

醋溜白菜
皮蛋瘦肉粥

拌三丁
清炒油麦菜

30 - Apr

猪肉圆葱馅饼
酱香饼

角瓜炒蘑菇
金钱黄瓜

蟹柳滑蛋
蒸玉米

软糯八宝粥
明目猪肝



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。