

# International

# 国际餐 Lunch Menu 午餐菜单



六月  
June  
2026

## 1 - Jun

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

## 2 - Jun

黑椒蘑菇汁猪肉  
Stewed Meatballs with  
Mushroom

香酥薯饼  
Hash Browns

意式蔬菜烘蛋  
Baked Eggs with Vegetables

小麦 小餐包  
Bread Rolls

## 3 - Jun

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

## 4 - Jun

小麦 至尊披萨  
Pizza Supreme

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

## 5 - Jun

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

## 8 - Jun

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 Potatoes

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

## 9 - Jun

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

小麦 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

## 10 - Jun

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

## 11 - Jun

小麦 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

## 12 - Jun

小麦 意大利肉酱面  
Spaghetti Bolognese

奶香芝士焗南瓜  
Creamy Cheese Baked  
Mashed Pumpkin

小麦 蒜香面包  
Garlic Bread

西式洋葱汤  
Onion 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 - Jun

- 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

### 2 - Jun

- 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

### 3 - Jun

- 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

### 4 - Jun

- 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

### 5 - Jun

- 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

### 8 - Jun

- 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

### 9 - Jun

- 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

### 10 - Jun

- 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

### 11 - Jun

- 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

### 12 - Jun

- 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



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

六月  
June  
2026

## 1 - Jun

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

## 2 - Jun

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

## 3 - Jun

 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

## 4 - Jun

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

## 8 - Jun

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

## 9 - Jun

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

## 10 - Jun

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

## 11 - Jun

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



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



六月  
June  
2026

## 1 - Jun

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

## 2 - Jun

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

## 3 - Jun

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

## 4 - Jun

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

## 5 - Jun

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

## 8 - Jun

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

## 9 - Jun

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

## 10 - Jun

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

## 11 - Jun

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

## 12 - Jun

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



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。