

International 国际餐

Lunch Menu 午餐菜单



一月
January
2026

19 - Jan

法式炖羊肉
Stewed Mutton

烤红薯
Baked Sweet Potatoes

西式炒饭
Fried Rice

果蔬沙拉
Fruit & Vegetable Salad

20 - Jan

匈牙利牛肉/螺旋面
Hungarian Beef Fusilli

上校鸡块
Chicken Nuggets

田园沙拉
Garden Salad

香烤面包条
Butter Baked Bread

21 - Jan

黑椒汁鸡排
Chicken with Black Pepper Sauce

烤猪肉拌饭
Roasted Pork Bibimbap

西式炖菜
Stir-fried Zucchini with Mushrooms

椰蓉小面包
Coconut Bread

22 - Jan

热狗/牛肉酱
Hot dog with Minced Beef Sauce
芝士, 洋葱碎, 酸黄瓜
Cheese, Onions, Cucumber

蒜香薯角
Potato Wedges

蔬菜沙拉
Vegetable Salad

23 - Jan

泰式咖喱鸡
Thai Curry Chicken

炒培根花椰菜
Fried Bacon and Broccoli

香蒜面包
Garlic Bread

蔬菜意面浓汤
Minestrone

26 - Jan

牛肉千层面
Beef Lasagna

洋葱、培根炒四季豆
Stir-fried Green Beans with Onion and Bacon

香蒜面包
Garlic bread

芝士焗南瓜
Pumpkin baked with Cheese

27 - Jan

照烧鸡肉饭
Teriyaki Chicken

公爵夫人土豆
Duchess Potatoes

芝士焗什锦蔬菜
Assorted Vegetables Baked with Cheese

香甜玉米浓汤
Sweetcorn Soup

28 - Jan

金枪鱼三明治
Tuna Sandwich

薯条
French Fries

咖喱烩蔬菜
Curried Vegetables

鸡肉蔬菜浓汤
Chicken and Vegetable Soup

29 - Jan

BBQ烤鸡腿
Roasted Chicken Leg

奶香玉米棒
Corn on the Cob

茄汁鹰嘴豆炖菜
Stewed Chickpeas with Vegetables

红豆小面包
Red Bean Bread

30 - Jan

沙威玛烤肉卷饼
Flavorful Wraps

酸黄瓜碎、芝士碎、洋葱丝
包菜丝、土豆丝

搭配沙拉酱、鹰嘴豆酱
With Salad Dressing and Houmous

蔬菜拌饭
Stir-fried Rice with Vegetables



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。

Chinese

中餐

Lunch Menu 午餐菜单



一月
January
2026

19 - Jan

酱猪大排
Stewed Pork Chops

🐟 冬瓜炖海虾
Stewed Shrimp

地三鲜
Fried Potato, Green Pepper
and Eggplant

清炒莴笋
Stir-fried Asparagus Lettuce

紫菜蛋花汤
Seaweed and Egg Drop
Soup

20 - Jan

樱桃肉
Sweet and Sour Pork

🐟 三鲜焖子
Chinese Snacks with Seafood

面筋烧白菜
Stir-fried Cabbage

蒜泥茼蒿
Garlic Crown Daisy

菌菇火腿豆腐汤
Mushroom and Ham With
Tofu Soup

21 - Jan

美味狮子头
Braised Pork Balls
in Brown Sauce
筋头巴脑炖土豆
Stewed Beef Tendon and
Potatoes

炒三丝 (胡萝卜丝、黄豆芽、肉丝)
Stir-fried Shredded Vegetables

芹菜炒粉
Fried Celery with Vermicelli

西红柿鸡蛋汤
Tomato and Egg Soup

22 - Jan

红烧排骨藕块
Braised Pork Ribs with
Lotus Root

香菇炖鸡块
Stewed Chicken with Shiitake

菠菜炒肉片腐竹
Sliced Pork with tofu
Spinach

🍷 角瓜炒鸡蛋
Fried Zucchini and egg

枸杞红枣银耳汤
Red Date and White
Fungus Soup

23 - Jan

西红柿炖牛腩
Braised Beef and Tomato

干锅千叶豆腐
Dry Pot Tofu

肉末茄子
Minced Pork with Eggplant

木耳小油菜
Stir-fried Black Fungus with
Chinese Vegetables

玉米山药萝卜汤
Corn, Yam and Carrot
Soup

26 - Jan

软炸里脊
Soft-Fried Pork Tenderloin

🐟 酸菜五花肉炖海蛎子
Stewed Pork and Pickled
Cabbage with Oysters

黄瓜炒肉片
Stir-fried Cucumber with
Sliced Pork

清炒油麦菜
Stir fried Lettuce

酸辣汤
Spicy and Sour Soup

27 - Jan

番茄金针菇肥牛
Stewed Beef with Tomato
and Enoki Mushroom

孜然鸡胗
Cumin Chicken Gizzard

鱼香豆腐
Braised Tofu with Minced Pork

火爆牛心菜
Fried Chinese Cabbage

西红柿鸡蛋汤
Tomato and Egg Soup

28 - Jan

海带土豆红烧肉
Braised Pork with
Seaweed and Potatoes
学生版口水鸡
Steamed Chicken with Chili
Sauce (student version)

🍷 肉末蒸蛋
Steamed Egg Custard with
Minced Pork

清炒娃娃菜
Stir fried Cabbage

萝卜牛肉丸汤
Beef Balls and Radish Soup

29 - Jan

孜然肉片
Fried Pork with Cumin

🐟 白灼虾
Boiled Prawns

风味茄条
Stewed Eggplant

小白菜豆腐
Stir-fried Chinese Cabbage
with Tofu

冬瓜排骨汤
Pork Rib and Wax Gourd
Soup

30 - Jan

椒盐鸡块
Salt Baked Chicken

排骨烧南瓜土豆
Stewed Pork with Potatoes

干煸藕丝
Stir-fried Shredded Lotus Root

清炒时蔬
Stir-fried Vegetable

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

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Dinner

晚餐

Menu
菜单

一月
January
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19 - Jan

猪蹄焖黄豆
Stewed Pork

芸豆烧肉片
Stewed Beans with Pork

清肺小炒
Fried Mixed Vegetables

金枪鱼玉米粒烤法棍
Baked Baguette

清汤竹生面
Noodles with Soup

20 - Jan

孜然牛肉
Stir-fried Beef with Cumin

土豆片炖三鲜菇
Stewed Mushrooms with
Potato

清炒菠菜
Stir-fried Spinach

芝士鸡肉土豆挞
Baked Potatoes with Chicken

特色凉拌菜
Chinese Salad

21 - Jan

避风塘薯条虾
Shrimp and French Fries

时蔬炒肉片
Str-fried Vegetables

葱油豆皮
Green onion oiled with
Soybean skin

西式凉面
Western-style Noodles

五彩冰粉
Ice Jelly

22 - Jan

黑椒蘑菇汁肉丸
Meat Ball

炸薯饼
Hash Browns

芝士焗蔬菜
Baked Vegetables

干锅花菜
Dry Pot Cauliflower

香烤香菇丸
Baked Meat Ball

26 - Jan

香酥偏口鱼
Fried Fish

虾仁蒸蛋糕
Steamed Egg Custard with
Shrimps

炒杂菜
Stir-fried Vegetables

通心粉沙拉
Macaroni Salad

烤冷面
Grilled Noodles

27 - Jan

柠檬鸡
Lemon Chicken

大白菜炖五花肉粉条
Stewed Pork with Chinese
Cabbage

芹菜土豆条
Stir-fried Celery with
Potatoes

墨西哥鸡肉馅饼
Quesadillas

汤面
Noodles with Soup

28 - Jan

酸菜牛肉米线/肉酱米线
Stewed Beef with Rice
Noodles

卤蛋，小油菜，西红柿
With Eggs, Tomatoes, Rape

拌老虎菜
Cold Mixed Vegetables

腊肠炒饭
Fried Rice

椒盐金针菇
Salt and Pepper Mushrooms

29 - Jan

猎人烤鸡
Baked Chicken

培根炒土豆
Stir-fried Bacon with
Potatoes

干煸四季豆
Green Beans

意式宽面
Spaghetti Bolognese

特色凉皮
Chinese Snacks



蛋类
EGG



牛奶
DAIRY



海鲜类
SEAFOOD



坚果类
NUTS



豆类
SOY



面粉类
GLUTEN



蜂蜜
HONEY

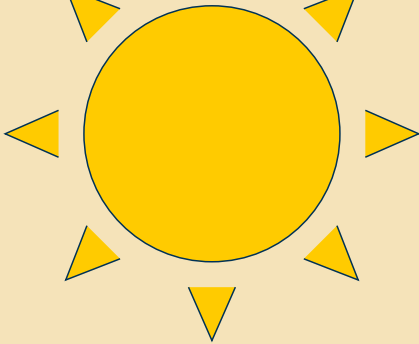


胡椒类
PEPPER

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



一月
January
2026

19 - Jan

-  中式卷饼
时蔬酱肉蒸饺
-  鸡蛋糕
皮蛋瘦肉粥
- 肉松
京酱肉丝
- 生菜丝
豆芽, 土豆丝

20 - Jan

- 薏米麦仁红豆粥
酱香鸡胸肉
- 香煎土豆饼
 杂粮煎饼
- 角瓜蘑菇炒肉片
芹菜木耳炒豆干
- 凉拌海带丝
 咸鸭蛋

21 - Jan

- 水饺
 水煮蛋
- 蒸地瓜
 糖三角
- 黄豆芽炒肉丝
干锅有机花菜
- 拌黄瓜
煎火腿

22 - Jan

- 皮蛋瘦肉粥
蒸南瓜
-  酱香饼
豆沙包
- 彩椒白玉菇
包菜炒肉丝
-  茶叶蛋
芹菜花生米

23 - Jan

-  香菇酱肉包
素馅包
- 薏米红豆粥
- 蒸芋头
- 杭椒炒豆角
醋溜白菜
-  煎蛋
酸辣萝卜

26 - Jan

-  番茄肉片面
蒸玉米
-  营养蛋
烤鸡柳
- 红糖锅盔
奶酪蛋糕
- 炒时蔬
芥菜丝

27 - Jan

-  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
- 大头菜炒粉
香甜玉米棒

28 - Jan

-  猪肉夹馍
鸡肉夹馍
- 豆沙包
炸蘑菇
- 西红柿疙瘩汤
 茶叶蛋
- 小油菜炒鱼豆腐
炅土豆丝

29 - Jan

-  猪肉煎饺
角瓜鸡蛋虾皮煎饺
- 炸麻球
二米粥
-  蒜苗炒鸡蛋
脆皮肠
- 糖拌番茄
香烤金针菇

30 - Jan

-  西式炒面
紫薯三明治
- 香酥小麻花
虾仁蒸蛋
- 香煎香菇肉丸
清炒西兰花
- 辣白菜、拌饭酱
白粥



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。