

International 国际餐

Lunch Menu 午餐菜单



一月
January
2026

5-Jan

 茄汁肉丸意面
Spaghetti with Meat Balls

香烤面包
Crispy Toast

培根炒角瓜
Stir-fried Chinese Zucchini
and Bacon

奶油蘑菇汤
Cream of Mushroom Soup

6 - Jan

法式奶油蘑菇炖鸡
Stewed Creamy Chicken

法式香肠炒杂烩
Fried Sausage with
Mixed Vegetables

 小蛋糕
Cakes

扁豆汤
Lentil Soup

7 - Jan

 日式煎饺
Japanese-style Fried Dumping

炸猪排
Pork Schnitzel

西生菜沙拉
Lettuce Salad

味噌汤
Miso Soup

8 - Jan

 牛肉汉堡
Beef Burger

西红柿片, 生菜、酸黄瓜
Tomato/ Lettuce

炸洋葱圈
Fried Onion Rings

 水果沙拉
Fruit Salad

9 - Jan

奥尔良烤鸡腿
Orleans Grilled Chicken Leg

西班牙炖菜
Spanish Stew

 西班牙海鲜饭
Paella

玉米蛋糕
Corn Bread

12 -Jan

韩式炖排骨
Korean Stewed Pork Ribs

辣炒年糕
Fried Spicy Tteok

风味甜辣鸡
Sour & Spicy Chicken

韩式拌饭
Bibimbap

13 - Jan

 墨西哥铁板鸡
Chicken Fajitas

生菜,芝士,红腰豆,莎莎酱
with lettuce, Cheese ,
Beans, Salsa Sauce

墨西哥米饭
Mexican Rice

墨西哥蛋糕
Cakes

14 - Jan

蘑菇汁炖猪肉
Stewed Pork with Mushroom

 香酥鳕鱼排
Fried Cod Fillet

香烤红薯
Baked Sweet Potatoes

 小餐包
Bread Rolls

15 - Jan

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

16 - Jan

 香肠披萨
Sausage Pizza

巴斯克炖鸡
Basque Chicken Stew

凯撒沙拉
Caesar Salad

番茄牛肉汤
Beef and Tomato 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。

Chinese

中餐

Lunch Menu 午餐菜单



一月
January
2026

5 - Jan

双菇炒牛肉
Stir fried Beef with Mushrooms

什锦烩鱼丸
Braised Fish Balls with Mixed Vegetables

椒盐茶树菇
Salt and Pepper Mushrooms

清炒西兰花
Stir-fried Broccoli

萝卜牛肉丸汤
Beef Balls and Radish Soup

6 - Jan

菠萝咕咾肉
Sweet and Sour Pork

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

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

尖椒豆腐皮
Stir-fried Soybean Skin with Peppers

番茄菌菇汤
Tomato and Mushroom Soup

7 - Jan

豉油鸡腿
Stewed Chicken Leg

川味酸菜炒肉
Sichuan Pickled Cabbage and Slices of Pork

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

芹菜土豆丝
Celery and Shredded Potatoes

紫菜蛋花汤
Seaweed and Egg Drop Soup

8 - Jan

宫爆鸡丁
Kung Pao Chicken

双鲜溜肉片
Double Fresh Pork Slices

蚂蚁上树
Sauteed Vermicelli with Minced Pork

草菇菜心
Stir-fried Vegetables with Choi Sum

鲜豆腐汤
Tofu and Dried Shrimp Soup

9 - Jan

肘肉炖黄豆
Braised Pork with Beans

排骨炖土豆
Stewed Pork Ribs with Potatoes

蒜苔炒肉片
Sir-fried Garlic Sprouts with Sliced Pork

清炒娃娃菜
Stir-fried Chinese Cabbage

冬瓜排骨汤
Pork Ribs and Wax Gourd Soup

12 - Jan

糖醋鱼块
Sweet and Sour Fillet

香菇小炖肉
Stewed Pork with Mushroom

家常豆腐
Stewed Tofu

火爆牛心菜
Stir-fried Savoy Cabbage

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

13 - Jan

鱼香肉丝
Braised Shredded Pork

木须虾仁木耳
Braised Shrimp with Black Fungus

白菜肉片烩三鲜菇
Braised Pork Slices with Cabbage and Mushroom

鲜炒双花
Stir-fried Broccoli and cauliflower

紫菜蛋花汤
Seaweed and Egg Drop Soup

14 - Jan

山药炖牛腩
Stewed Beef with Yam

西芹炒鱿鱼
Fried squid with Celery

小白菜土豆条炖五花肉
Stewed Pork with Chinese Cabbage

清炒莴笋
Stir-fried Asparagus Lettuce

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

15 - Jan

柠檬鸡球
Lemon Chicken

一品农家炖
Braised Pork with Beans and Pumpkin

肉末豆腐蒸鸡蛋
Steamed Eggs with Meat

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

西红柿鸡蛋汤
Tomato and Egg Soup

16 - Jan

香酥小河虾
Deep Fried Shrimps

海带土豆红烧肉
Braised Pork with seaweed and Potatoes

角瓜平菇炒肉片
Stir-fried Zucchini and Pork

素炒三丝 (韭菜, 豆芽, 豆腐皮)
Stir-fried Bean Sprouts with Chives and Tofu Skin

酸辣汤
Spicy and Sour 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。

Dinner

晚餐 Menu 菜单

一月
January
2026

5 - Jan

红烧排骨
Braised Pork Ribs

干锅土豆片
Stir-fried Sliced Potatoes

麻酱时蔬
Chinese Salad

墨西哥鸡肉卷
Chicken Quesadilla

香甜小汤圆
Glutinous Rice Balls

6 - Jan

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

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

五彩冰粉
Ice Jelly

7 - Jan

西红柿牛腩
Stewed Tomato and Beef Brisket

酸菜炒粉
Stir-fried Pickled Cabbage with Glass Noodles

夏威夷披萨
Hawaiian Pizza

玉米片配莎莎酱
Tortilla Chips with Salsa

骨肉相连
Chicken BBQ

8 - Jan

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

酸辣土豆粉
Spicy and Sour Potato Noodles

12 - Jan

卤鸡腿
Stewed Chicken Legs

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

茄汁通心粉
Macaroni

凉拌鸡丝
Cold Shredded Chicken

香酥炸鸡柳
Fried Chicken Fillet

13 - Jan

川味菜鱼
Sichuan Style Fish and Vegetable

木须肉
Stir-fried Sliced Pork and Eggs

烤肉拌饭
Grilled Pork with Rice

田园沙拉
Garden Salad

酸辣土豆粉
Sour and Spicy Noodles

14 - Jan

羊杂汤
Mutton Soup

东北乱炖
Northeast Hodgepodge Simmers

清炒时蔬
Fried Vegetables

发面千层饼/葱香花卷
Steamed Buns/pancakes

烤冷面
Grilled Noodles

15 - Jan

口蘑黑椒猪肉粒
Braised Pork with Mushrooms

时蔬炒肉片
Stir-fried Pork with Vegetable

咖喱菠萝海鲜炒饭
Fried Rice with Curried Seafood

蔬果沙拉吧
Salad Bar

香烤面筋
Grilled Gluten



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

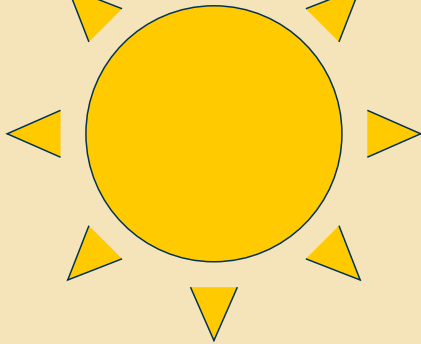
每日晚餐都配有米饭和汤（当日主食是面食除外）

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

5 - Jan

 脆皮蛋饼
红糖饼

拌豆腐丝
清炒油菜

 五香鸡蛋
炸鸡柳

红豆粥
蒸山药

6 - Jan

 三鲜锅贴
素馅锅贴

粗粮大馒头
西红柿海鲜菇

黄瓜腐竹花生米拌海
带丝

 小米粥/卤蛋
有机花菜肉片

7 - Jan

 鸡肉菌菇炒意面
煎火腿

黄金卷
玉米火腿炒蛋

 小白菜炒自制鱼豆腐
炸萝卜丝素丸子

烤鸡肉蔬菜沙拉
营养白粥

8 - Jan

 酱肉玉米小笼包
素馅包

红豆包
自制小酥肉

 五香鹌鹑蛋
清热绿豆粥

炒时蔬
炆拌土豆丝

9 - Jan

 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

12 - Jan

 蔬菜疙瘩汤
早餐肠

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

13 - Jan

 酱肉玉米小笼包
素馅小笼包

南瓜山药小米粥

 水煮蛋
香煎鸡胸肉

凉拌干丝
蒜蓉茼蒿

14 - Jan

 云吞面
家常菜饼

角瓜炒蘑菇
金钱黄瓜

  蟹柳滑蛋
蒸玉米

软糯八宝粥
卤猪梅肉

15 - Jan

扬州炒饭
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

16 - Jan

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



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。