

International LUNCH MENU

国际餐 午餐菜单



八月
August
2025

14-Aug

 意大利肉酱面
Spaghetti
Bolognaise

 烤法棍面包
Bake Baguettes

蔬菜沙拉
Green Salad

鸡肉蔬菜汤
Chicken and Vegetable Soup

15-Aug

烤肉披萨/香肠披萨
BBQ/Sausage Pizza

巴斯克炖鸡
Basque Chicken Stew

炒蘑菇花椰菜
Bacon and Broccoli

番茄牛肉汤
Beef and Tomato Soup

18-Aug

日式猪肉饭
Japanese style
Pork Rice

口蘑西兰花炒鸡肉
Fried Chicken with
Mushrooms and Broccoli

香酥鳕鱼排

 酸黄瓜金枪鱼

蔬菜沙拉

Fried Cod Fillet/
Pickled cucumber and
tuna salad

19-Aug

 意式鲜虾意面
Spaghetti with Shrimp Sauce

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

蒜香面包
Garlic Bread

西式洋葱汤
Western-style Onion Soup

20-Aug

西式炸鸡肉
Fried Chicken

咖喱蔬菜
Curry Vegetables

 西班牙海鲜炒饭
Spanish Seafood Fried Rice

果蔬沙拉
Fruit and Vegetable Salad

21-Aug

墨西哥塔可
Mexican Taco

墨西哥米饭
Mexican Rice

生菜丝, 芝士,
红腰豆, 莎莎酱
Shredded Lettuce
Cheese
Red Kidney Beans
Salsa sauce

22-Aug

蜜汁鸡腿堡
Honey Chicken Burger

炸薯条
French Fries

水果沙拉
Fruit Salad

奶油蘑菇汤
Cream Mushroom
Soup

25-Aug

 牛肉千层面
Beef Lasagna

 洋葱、培根炒
四季豆/香蒜面包
Stir-fried Green Beans
With Onion and Bacon
Garlic bread

奶香芝士焗玉米粒
Baked Corn Kernels with
Cheese

蔬菜汤
Vegetables Soup

26-Aug

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

27-Aug

BBQ烤鸡腿
BBQ Roast Chicken Legs

西式炖菜
Beef Goulash

蔬菜拌饭
Mixed rice with
Vegetables

芝士焗南瓜
Pumpkin Baked with
Cheese

28-Aug

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
Crushed Pickles, Shredded
Onions, Shredded Cabbage

搭配沙拉酱、鹰嘴豆酱
Chickpea Paste

西式拌饭
Fried Rice

29-Aug

热狗/牛肉酱
Hot dog/beef paste

芝士, 洋葱碎, 酸黄瓜
Cheese/Chopped Onion
Pickled Cucumber

炸地瓜条
Fried sweet Potato Sticks

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 vegetables are subject to changes due to availability .

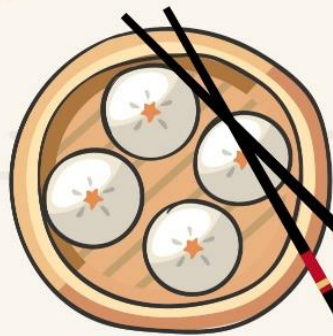
All meals are served with one staple such as (bread, rice, or beans)
每日西餐都会配有面包(当日有其它主食除外)

<http://www.daishuamei.org/index.php/zh/menu-student-life/menu-chinese-lunch>

Chinese 中餐

LUNCH MENU

午餐菜单



八月
August
2025

14-Aug

宫爆鸡丁
Kung Pao Chicken Dices



一品农家炖
Braised Pork with Beans
and Pumpkin

黑松露焗香笋丝

Black Truffle Baked Bamboo
Shoots



荷塘小炒
Stir-fried Benas with Lotus Root

西红柿鸡蛋汤
Tomato and Egg Soup

15-Aug

香酥小河虾
Deep Fried Shrimp

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

角瓜胡萝卜炒肉片
Stir-fried Zucchini with Pork

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

冬瓜排骨汤
Winter melon sparerib Soup

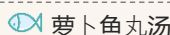
18-Aug

台式卤肉/卤蛋
Taiwanese Style Stewed
Minced Pork

炸鸡排
Chicken Schnitzel

 肉片炖线豆粉条
Stir-fried String Beans
Potato chips

缤纷炒时蔬
Fried Seasonal Vegetables



萝卜鱼丸汤
Radish and fish ball soup

19-Aug

樱桃肉
Sweet and Sour Diced Pork



辣炒蚬子
Spicy Seafood

家常豆腐
Stewed Pork with Tofu

香菇烧油菜
Stir-fried Chinese Vegetable
with King Oyster Mushroom



西红柿鸡蛋汤
Tomato and Egg Soup

20-Aug

沙茶牛肉
Braised Beef

排骨炖土豆芸豆
Stewed Pork with
Potatoes and Beans



西红柿炒鸡蛋
Fried Tomatoes with
Eggs

双花炒银耳
Broccoli organic cauliflower
Stir fried white Fungus

枸杞红枣银耳汤
Wolfberry and date
tremella soup

21-Aug

辣子鸡
Spicy Chicken



双鲜溜肉片
Double Fresh Pork Slices

椒盐茶树菇
Salt and pepper tea
Tree mushrooms

草菇菜心
Stir-fried Vegetables with
Yellow Chives

冬瓜排骨汤
Winter melon sparerib Soup

22-Aug

鱼香肉丝
Braised Shredded Pork

土豆炖牛肉
Braised Beef with Potatoes

烧茄子
Braised Eggplant

蒜泥时蔬
Garlic Seasonal Vegetables



紫菜蛋花汤
Seaweed Egg drop soup

25-Aug

糖醋鱼块
Sweet and Sour Fillet

咖喱鸡
Curry Chicken

渔家豆腐
Stewed Tofu

火爆牛心菜
Fried Cabbage



西红柿鸡蛋汤
Tomato and Egg Soup

26-Aug

五彩肉粒
Multicolored Pork

西芹炒鱿鱼
Fried squid with celery

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

清炒娃娃菜
Fried Chinese Cabbage



紫菜蛋花汤
Seaweed Egg drop Soup

27-Aug

三杯鸡
Stewed Chicken with Potatoes

酸菜鱼
Sour and Spicy Fish with
Chinese Cabbage



虾仁蒸蛋
Steamed Eggs with Shrimp

白灼西生菜
Stir-fried Bok Choy with Black
Mushrooms in Oyster Sauce

枸杞红枣银耳汤
Wolfberry and date tremella
Soup

28-Aug

红烧排骨
Stewed Ribs

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

葱油肉香豆皮
Scallion oil meat and
coumarin skin

豆豉鲮鱼油麦菜
Stir Fried Vegetable



萝卜鱼丸汤
Radish and Fish ball Soup

29-Aug

孜然羊肉
Fried Lamb with Cumin

滑溜肉片
Fried Slice Pork

酸菜五花肉炖粉条
Stewed Vermicelli with Pickled
Cabbage and Pork

清炒木耳有机花菜
Stir-fried
Organic Cauliflower

冬瓜排骨汤
Winter melon sparerib 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.

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Dinner 晚餐

MENU 菜单

八月
August
2025

13-Aug

宫保虾仁
Fried Shrimp

西红柿炒蛋
Scrambled Egg with Tomato
蒜仔菜心
Fried Chinese Vegetables

墨西哥鸡肉卷
Bamboo
莎莎酱配玉米片
Salsa with Corn Ships

酸辣土豆粉
Sour and Spicy Noodles

14-Aug

风味甜辣鸡翅
Fried Chicken Wings

韩式年糕锅
Korean Stir-fried Rice Cakes

炒杂菜
Stir-fried Vegetables

大白菜炖豆腐
Chinese Cabbage with
Tofu

特色大冷面
Grilled Cold Noodles

18-Aug

水煮肉片
Spicy Slice Pork

卤煮鸭腿
Duck Leg

角瓜炒鸡蛋
Fried Eggs with Zucchini

金枪鱼三明治
Fish Sandwich

爽口海凉粉
Chinese Salad

19-Aug

枣香香芋红烧肉
Braised Pork with Taro

酸辣鸡胗
Spicy and Sour Chicken
麻酱时蔬
Chinese Salad

夏威夷披萨
Pizza

特色凉皮
Cold Rice Noodles

20-Aug

麻辣烫
Malatang

凉拌三丝
Green onion oil
Bean skin

蛋炒饭
Fried Rice

肉丸意式宽面
Spaghetti with Meat Sauce

21-Aug

口蘑黑椒猪肉粒
Baked Pork with
Mushroom

东北乱炖
Stewed Vegetarian

黑松露鸡肉饭
Fried Chicken with Rice

酸辣土豆粉
Sour and Spicy Noodles

25-Aug

红烧带鱼
Stewed Fish

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

凉拌鸡丝
Chicken Salad

茄汁通心粉
Macaroni

特色凉皮
Cold Rice Noodles

26-Aug

老板鱼炖豆腐
Fried Fish

肉香菠菜炒腐竹
Stir-fried Meat with Vegetables

酸辣土豆丝
Fried Potatoes

墨西哥鸡肉馅饼
Quesadillas

烤冷面
Grilled Cold Noodles

27-Aug

牛肉面
Stewed Beef Sauce with Noodles

大排面
Stewed Pork 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

章鱼小丸子
Chinese Snack

28-Aug

德式脆皮烤猪肘
German Roasted Pork
Knuckle

德式烤肠炖酸菜
Stewed Sausage with
Pickled Cabbage

干煸四季豆
Green Beans

清炒莴笋
Fried Vegetables

清汤竹生面
Noodle with 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

每日晚餐都配有米饭和汤(当日主食是面食除外)

Breakfast MENU

早餐 菜单

八月
August
2025

14-Aug

- 皮蛋瘦肉粥
蒸南瓜
- 酱香饼
奶黄包/豆沙包
烤肠
- 杭椒炒豆角
包菜炒肉丝
- 茶叶蛋
芹菜花生米

15-Aug

- 香菇酱肉包
素馅包
- 薏米红豆粥
蒸芋头
煎火腿
- 炒小黄豆芽
豆角炒肉丝
- 煎蛋
酸辣萝卜

18-Aug

- 番茄肉片面
- 营养蛋
- 红糖锅盔
奶酪蛋糕
- 炒时蔬
榨菜丝
烤肠

19-Aug

- 田园鸡肉堡
生菜、西红柿片
卷糕
- 皮蛋瘦肉粥
爽口小菜
- 大头菜炒粉
香甜玉米棒
香煎火腿片

20-Aug

- 肉夹馍 (猪肉)
肉夹馍 (鸡肉)
豆沙夹心小馒头
- 西红柿疙瘩汤
茶叶蛋
- 小油菜炒鱼豆腐
榨菜丝
早餐肠

21-Aug

- 猪肉煎饺
角瓜鸡蛋虾皮煎饺
地瓜馒头
- 炸麻球
二米粥
- 角瓜炒春和蒜肠
老醋三样
蒜苗炒鸡蛋
鸡肉肠

22-Aug

- 西式炒面
香肠吐司卷
红薯烤牛奶
- 鸡肉早餐肠
清炒西兰花
- 辣白菜、拌饭酱
白粥
爆汁烤肠

25-Aug

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

26-Aug

- 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
烤肠

27-Aug

- 鸡肉菌菇炒意面
糖酥糕
黄金糕
- 玉米培根炒蛋
小白菜炒鱼豆腐
- 烤鸡肉蔬菜沙拉
营养白粥
煎火腿

28-Aug

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

29-Aug

- 芝士焗饭
韩式海鲜饼
韩式泡菜饼
香煎鸡胸肉
- 韩式大酱豆腐汤
- 洋葱玉米炒蛋
- 生菜叶
泡菜



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

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

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