

International 国际餐

Lunch Menu 午餐菜单



九月
September
2025

1 - Sep

 意式肉酱宽面
Spaghetti Bolognese

奶香芝士焗南瓜
Baked Pumpkin Garlic Bread

蒜香面包
Garlic Bread

西式洋葱汤
Western-style Onion Soup

2 - Sep

勃艮第炖牛肉
Stewed Beef

安娜土豆
Pommes Anna

烤蔬菜沙拉
Rosed Vegetable Salad

西红柿浓汤
Tomato Soup

3 - Sep

牧羊人派
Shepherd's Pie

菌菇烩饭
Spring Rolls

鸡肉沙拉
Chicken Salad

牛肉蔬菜汤
Beef and Vegetable Soup

4 - Sep

 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 Houmous

蔬菜拌饭
Stir-fried Rice with Vegetables

5 - Sep

 牛肉捞饭
Stir-fried Beef with Chili Over Rice

风味甜辣鸡
Sweet and Sour Chicken

金枪鱼土豆
Tuna & Potato Salad

奶油蘑菇汤
Cream of Mushroom Soup

8 - Sep

炸鸡肉
Fried Chicken

烤红薯
Baked Sweet Potatoes

西式炒饭
Fried Rice

果蔬沙拉
Fruit & Vegetable Salad

9 - Sep

 匈牙利牛肉/螺旋面
Hungarian Beef with Fusilli

上校鸡块
Colonels Chicken Nuggets

蔬菜沙拉
Garden Salad

 小餐包
Bread Roll

10 - Sep

黑椒汁鸡排
Chicken with Black Pepper Sauce

烤猪肉拌饭
Roast Pork Bibimbap

西式炖菜
Stir-fried Zucchini with Mushrooms

 椰蓉小面包
Bread

11 - Sep

 热狗/牛肉酱
Hot dog/Ground Beef Pasta

芝士、洋葱碎、酸黄瓜
With Cheese, Onions, Cucumber

蒜香薯角
Potato Wedges

蔬菜沙拉
Vegetable Salad

12 - Sep

 香菇牛肉披萨
Beef Pizza

奥尔良烤鸡翅根
Chicken Wings

炒蘑菇花椰菜
Bacon and Broccoli

番茄牛肉汤
Beef and Tomato Soup

15 - Sep

 茄汁肉丸意面
Spaghetti with Meat Balls

香烤面包
Baked Bread

角瓜炒蘑菇
Stir-fried Chinese Zucchini and Mushrooms

土豆浓汤
Potato Soup

16 - Sep

法式奶油蘑菇炖鸡
Stewed Cream Chicken

法式香肠炒杂烩
Fried Sausage with Mixed Vegetables

 小蛋糕
Cakes

扁豆汤
Lentil Soup

17 - Sep

 日式煎饺
Japanese-style Fried Dumpling

炸猪排
Pork Schnitzel

日式泡菜
Japanese Pickled Vegetables

味噌汤
Soup

18 - Sep

 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

19 - Sep

 墨西哥铁板鸡
Chicken Fajitas

生菜、芝士、红腰豆、莎莎酱
lettuce, Cheese, Bean, Salsa Sauce

墨西哥米饭
Mexican Rice

墨西哥蛋糕
Cakes

22 - Sep

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

23 - Sep

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
Dinner Roll

24 - Sep

 手撕猪肉三明治
Pulled Pork Sandwich

香酥地瓜条
Fried Sweet Potatoes

东南亚米粉沙拉
Fried Millet Cucumber

鸡肉蔬菜浓汤
Chicken and Vegetable Soup

25 - Sep

蘑菇汁炖猪肉
Stewed Pork with Mushrooms

 香酥鳕鱼排
Fried Cod filet

烤土豆
Baked Potatoes

 小餐包
Dinner Rolls

26 - Sep

 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



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。



1 - Sep

梅干菜**红烧肉**
Braised Pork

什锦**虾仁炒蛋**
Fried Shrimp with Eggs

芹菜香干炒肉
Stir-fried Pork with Dried Leeks

白灼西生菜
Fried Chinese Vegetables

西红柿菌菇汤

8 - Sep

酱猪大排
Stew Pork Chops

冬瓜炖**海虾**
Stewed Shrimp

地三鲜
Fried Potato Green Pepper and Eggplant

牛心菜水晶粉炒豆皮
Fried Chinese Cabbage with Tofu Skin

紫菜蛋花汤

15 - Sep

青豆炒牛肉
Stir fried Pork with dried Leeks

一品农家炖
Braised Pork with Beans and Pumpkin

黑松露笋丝
Baked Bamboo Shoot

清炒西兰花
Stir-fried Broccoli

萝卜牛肉丸汤

22 - Sep

软炸肉
Fried Pork

西芹炒**鱿鱼**
Fried Squid with Celery

木须**鸡蛋**
Stir-fried Eggs with Black Fungus

油菜豆腐泡
Stir-fried Vegetables

菌菇火腿豆腐汤

2 - Sep

可乐鸡翅根
Braised Chicken Wings

排骨炖土豆
Stewed Ribs with Tofu

小油菜炒**鱼豆腐**
Fried Vegetables

山药炒木耳
Fried Yam with Black Fungus

萝卜牛肉丸汤

9 - Sep

菠萝咕咾肉
Sweet and Sour Pork

三鲜**焖子**
Chinese Snacks with Seafood

肉末豆腐
Braised Tofu

火爆牛心菜
Fried Chinese Cabbage

菌菇火腿豆腐汤

16 - Sep

豉油鸡腿
Stewed Chicken

川味酸菜炒肉
Sichuan Pickled Cabbage Slices of Meat

茄汁豆腐抱蛋
Stir-fried Eggs with Tomatoes

芹菜土豆丝
Celery and Shredded Potatoes

枸杞红枣银耳汤

23 - Sep

海带土豆**红烧肉**
Braised Pork with Seaweed and Potatoes

孜然鸡珍
Cumin Chicken Gizzard

鱼香豆腐
Fish Bean Curd

角瓜炒黄蘑
Fried Zucchini with Mushroom

西红柿鸡蛋汤

3 - Sep

黑椒牛肉
Stir-fried Beef with Mushroom

酸萝卜老鸭汤
Duck Soup with Pickled Radish

木须肉
Fried Pork with Eggs

青红椒炒笨豆芽
Str-fried Mung Bean Sprouts

紫菜蛋花汤

10 - Sep

牛肉粒**烩萝卜**
Stewed Beef with Radish

美味狮子头
Stewed Pork

肉末菠菜腐竹
Meat with tofu Spinach

清炒**莴笋**
Stir-fried Asparagus Lettuce

番茄菌菇汤

17 - Sep

茄汁**鲛鱼**
Braised Fish

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

牛心菜炒肉**丝**
Stir-fried Cabbage with Slice Pork

尖椒豆腐皮
Stir-fried Tofu Skin with Peppers

番茄菌菇汤

24 - Sep

番茄金针菇肥牛
Stewed Beef

学生版口水鸡
Steamed Chicken with Chili Sauce (student version)

肉末蒸蛋
Steamed Eggs with Shrimp

清炒油麦菜
Stir fried Chinese Cabbage

玉米山药萝卜汤

4 - Sep

板栗烧鸡块
Stewed Chicken

辣子**鱼块**
Spicy Fish Fillet

西红柿炒**鸡蛋**
Stir-fried Eggs with Tomatoes

上汤娃娃菜
Fried Chinese Cabbage

冬瓜排骨汤

11 - Sep

红烧排骨藕块
Braised Pork Rib w/ Lotus Root

香菇炖**鸡块**
Stewed Chicken with Mushroom

面筋烧白菜
Stir-fried Cabbage

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

玉米山药萝卜汤

18 - Sep

宫爆鸡丁
Kung Pao Chicken Dices

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 Yellow Chives

冬瓜排骨汤

25 - Sep

孜然肉片
Fried Pork with Cumin

麻椒土豆炒**腊肠**
Stir-fried Sausage

肉末茄条
Stewed Eggplant

清炒娃娃菜
Stir-fried Vegetables

蔬菜豆腐汤

5 - Sep

肘肉炖**黄豆**
Braised Pork with Beans

笋干炒腊肉
Fried Cured Meat with Dried Bamboo Shoots

角瓜炒肉片
Stir-fried Zucchini with Pork

双椒山**药**玉米粒
Fried Yam with Corn

枸杞红枣银耳汤

12 - Sep

西红柿炖牛腩
Braised Beef

干锅千叶豆腐
Stewed Pork with Tofu

炒三**丝** (胡萝卜**丝**、黄豆芽、肉**丝**)
Stir-fried Slice Vegetables

蒜泥茼蒿
Garlic Mashed Garland Chrysanthemum

西红柿鸡蛋汤

19 - Sep

鱼香肉**丝**
Braised Shredded Pork

木须**虾仁**
Braised Shrimp with Black Ear

白菜肉片**烩三鲜**菇
Braised Pork Slices with Cabbage and Mushrooms

鲜炒双花
Stir-fried Vegetables

紫菜蛋花汤

26 - Sep

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 Vegetables

紫菜蛋花汤



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

九月
September
2025

1 - Sep

- 

毛血旺
Spicy Mixed Vegetables
- 

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

牛心菜炒水晶粉
Fried Chinese Cabbage with Tofu Skin
- 

鸡肉三明治
Chicken Sandwiches
- 

烤冷面
Fried Noodles

2 - Sep

- 

锅包肉
Sweet and Sour Pork
- 

肉末豆腐蒸蛋
Stewed Meat with Eggs and Tofu
- 

清炒娃娃菜
Fried Chinese Cabbage
- 

墨西哥馅饼
Fruit Salad
- 

大连焖子
Dalian Menzi

3 - Sep

- 

椒盐鸡脆骨
Fried Chicken
- 

莲藕炒肉
Stir-fried Lotus Root with Meat
- 

金针菇蒸粉丝
Steamed Vermicelli with Needle Mushroom
- 

香肠披萨
Pizza
- 

特色凉皮
Special Cold Noodles

4 - Sep

- 

日式炸鸡排
Chicken Cutlet
- 

日式乌冬面
Udon Noodles
- 

日式沙拉
Chicken Wings
- 

蘑菇花椰菜
Fried Cauliflower
- 

爆炒牛肉丸
Fried Beef Ball

8 - Sep

- 

猪蹄焖黄豆
Stewed Pork with Beans
- 

红烧冬瓜
Spicy Green Beans
- 

酸辣土豆丝
Hot and sour shredded Potatoes
- 

金枪鱼玉米粒烤法棍
Baked Baguette
- 

清汤竹生面
Noodles with Soup

9 - Sep

- 

炒牛河
Stir Fried Rice Noodles with Beef
- 

土豆片炖三鲜菇
Stewed Mushrooms with Potato
- 

蒜泥茄子
Garlic Eggplant
- 

芝士鸡肉土豆挞
Baked Potatoes with Chicken
- 

特色凉拌菜
Cold Dishes

10 - Sep

- 

溜肝尖
Noodles with Beef Sauce
- 

时蔬炒肉片
Str-fried Vegetables
- 

葱油豆皮
Green onion oil Bean skin
- 

西式凉面
Western-style Noodles
- 

五彩冰粉
Ice Jelly

11 - Sep

- 

黑椒蘑菇汁肉丸
Meat Ball
- 

炸薯饼
Potato Cakes
- 

芝士焗蔬菜
Baked Vegetables
- 

干锅花菜
Stir-fried Cauliflower
- 

香烤香菇丸
Baked Meat Ball

15 - Sep

- 

红烧排骨
Stewed Ribs
- 

干锅土豆片
Stir-fried Slice Potatoes
- 

麻酱时蔬
Chinese Salad
- 

夏威夷披萨
Pizza
- 

香酥炸鸡柳
Fried Chicken

16 - Sep

- 

红焖羊排
Stewed Lamb Chops
- 

卤鸡腿
Stewed Chicken Legs
- 

木须肉
Stir-fried Pork with Vegetables
- 

海苔鸡肉拌饭
Fried Chicken with Rice
- 

爽口海凉粉
Cold Seaweed Jelly Salad

17 - Sep

- 

川味菜鱼
Spicy and Sour Fish
- 

罐味牛心菜
Stir-fried Pork with Cabbage
- 

炒饭
Fried Rice
- 

玉米片配莎莎酱
Chips & Salsa
- 

骨肉相连
Chinese Sanck

18 - Sep

- 

吉野家牛肉饭
Beef Rice
- 

麦香南瓜条
Fried Pumpkin
- 

清炒时蔬
Fried Vegetables
- 

金枪鱼土豆沙拉
Tuan Salad
- 

酸辣土豆粉
Spicy and Sour Potatoes Noodles

22 - Sep

- 

鲮鱼烩饼子
Stewed Fish
- 

虾仁蒸鸡蛋糕
Steamed Eggs with Shrimps
- 

凉拌鸡丝
Chicken Salad
- 

通心粉沙拉
Macaroni
- 

烤冷面
Fried Noodles

23 - Sep

- 

东北溜肉段
Fried Slice Pork
- 

雪里蕻肉片炖冻豆腐
Stewed Pork with Tofu
- 

酸辣土豆丝
Fried Potatoes
- 

墨西哥鸡肉馅饼
Quesadillas
- 

清汤竹生面
Noodles with Soup

24 - Sep

- 

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

卤蛋，小油菜，西红柿
Eggs, Tomatoes, Vegetable
- 

拌老虎菜
Cold Mixed Vegetable
- 

腊肠炒饭
Rice
- 

章鱼小丸子
Takoyaki

25 - Sep

- 

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

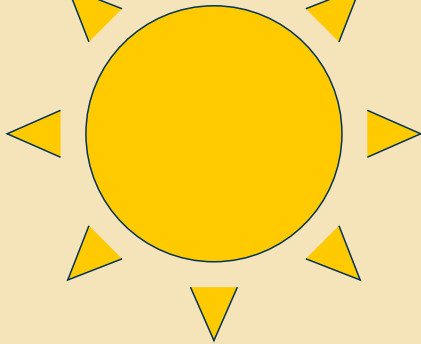


胡椒类
PEPPER

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



九月
September
2025

1 - Sep

 中式卷饼
时蔬酱肉蒸饺

 鸡蛋糕
皮蛋瘦肉粥

肉松、火腿
烤鸡肉

生菜丝
豆芽，土豆丝

2 - Sep

薏米麦仁红豆粥
蒸山药

 家常菜饼
杂粮馒头

角瓜炒蘑菇
芹菜木耳炒豆干

凉拌海带丝
咸鸭蛋

3 - Sep

胡辣汤
小油条

豆腐脑
 葱油饼

炒茄丁
干锅有机花菜

拌黄瓜
水煮蛋

4 - Sep

皮蛋瘦肉粥
蒸南瓜

 酱香饼/豆沙包
烤肠

杭椒炒豆角
包菜炒肉丝

 茶叶蛋
芹菜花生米

5 - Sep

 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

8 - Sep

 番茄肉片面
蒸玉米

营养蛋
烤肠

红糖锅盔
奶酪蛋糕

炒时蔬
榨菜丝

9 - Sep

 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

10 - Sep

 肉夹馍（猪肉）
肉夹馍（鸡肉）

豆沙包
早餐肠

西红柿疙瘩汤
 茶叶蛋

小油菜炒鱼豆腐
榨菜丝

11 - Sep

 猪肉煎饺
角瓜鸡蛋虾皮煎饺

炸麻球
二米粥

 蒜苗炒鸡蛋
早餐鸡肉肠

角瓜炒春和蒜肠
老醋三样

12 - Sep

 西式炒面
香肠吐司卷

红薯烤牛奶
爆汁烤肠

鸡肉早餐肠
清炒西兰花

辣白菜、拌饭酱
白粥

15 - Sep

脆皮蛋饼
 红糖饼

拌豆腐丝
清炒油菜

 五香鸡蛋
炸鸡柳

玉米大碴粥
蒸山药

16 - Sep

 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

17 - Sep

 鸡肉菌菇炒意面
煎火腿

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

18 - Sep

 酱肉玉米小笼包
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

19 - Sep

芝士焗饭
 韩式海鲜饼

香煎鸡胸肉
洋葱玉米炒蛋

韩式大酱豆腐汤
韩式泡菜饼

生菜叶
泡菜

22 - Sep

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
烤肠

23 - Sep

 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

24 - Sep

蔬菜疙瘩汤
早餐肠

奶香玉米饼
鲜肉锅盔

芹菜拌花生米
 黄瓜木耳炒蛋

麻辣萝卜干
蒸南瓜

25 - Sep

扬州炒饭
果酱西士多

奶香麻花
烤培根

炒时蔬
皮蛋瘦肉粥

拌三丁
清炒油麦菜

26 - Sep

豆沙软饼
老式杠头饼

雪菜肉丝汤面
芝麻菠菜

凉拌海芥菜
上汤娃娃菜

香煎宝宝肠
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。