

International 国际餐

Lunch Menu 午餐菜单



八月
August
2026

24 - Aug

 鲜虾牛柳意面
Shrimp and Beef Bolognese

 芝士肉糜焗角瓜
Stewed Minced Pork with
Zucchini and Cheese

  香蒜面包
Garlic bread

 蔬菜汤
Vegetable Soup

25 - Aug

 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

26 - Aug

   金枪鱼三明治
Tuna Sandwich

 洋葱圈
Onion Rings

 咖喱烩蔬菜
Curried Vegetables

 鸡肉蔬菜浓汤
Chicken and Vegetable
Soup

27 - Aug

 芝士猪肉卷
Cheese-stuffed Pork Rolls

 韩式拌饭
Bibimbap

 黄油芦笋时蔬
Butter – braised Asparagus
with Seasonal Vegetables

  红豆小面包
Red Bean Bread

28 - Aug

 蜜汁鸡腿堡
Honey Chicken Burger

 薯条
French Fries

 紫甘蓝沙拉
Red Cabbage Salad

 奶油蘑菇汤
Creamy Mushroom Soup

31 - Aug

  牛肉千层面
Beef Lasagna

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

 香烤面包条
Crispy Toast Strips

 芝士焗南瓜
Pumpkin baked with Cheese

1 - Sep

 墨西哥牛肉塔可
Mexican Beef Tacos

 墨西哥炒饭
Mexican Fried Rice

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

 墨西哥蛋糕
Cakes

2 - Sep

 牧羊人派
Shepherd' s Pie

 香酥鸡块
Fried Chicken Nuggets

 黄油西兰花
Buttered Broccoli

  小餐包
Bread Rolls

3 - Sep

 法式焖羊肉
Lamb Navarin

 烤红薯
Baked Sweet Potatoes

 西式炒饭
Fried Rice

 果蔬沙拉
Fruit & Vegetable Salad

4 - Sep

 香肠披萨
Pepperoni Pizza

 奥尔良烤翅根
Orleans Grilled Chicken
Wings

 炒蘑菇花椰菜
Fried Mushroom and Cauliflower

 西红柿浓汤
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



八月
August
2026

24 - Aug

- 柠檬鸡
Lemon Chicken
- 红烧肉炖冬瓜
Braised Pork with Wax Gourd
- 麻婆豆腐
Mapo Tofu
- 清炒莴笋木耳
Stir-fried Asparagus Lettuce
- 紫菜蛋花汤
Seaweed and Egg Drop Soup

25 - Aug

- 鱼香肉丝
Braised Shredded Pork
- 香菇小炖肉
Stewed Pork with Mushroom
- 青瓜炒扇贝肉
Stir-fried Cucumber with Scallop Meat
- 尖椒豆腐皮
Stir-fried Soybean Skin with Green Pepper
- 萝卜牛肉丸汤
Beef Balls and Radish Soup

26 - Aug

- 西红柿牛腩
Stewed Beef Brisket and Potato
- 水煮肉片
Sichuan Boiled Pork Slices
- 时蔬炒肉片
Stir-fried Sliced Pork and Vegetables
- 清炒小白菜
Stir-fried Chinese Cabbage
- 冬瓜排骨汤
Pork Ribs and Wax Gourd Soup

27 - Aug

- 辣子鱼块
Spicy Fillet
- 杏鲍菇炒牛肉粒
Pan-fried Beef Cubes and Mushroom
- 秋葵肉末蒸蛋
Steamed Egg Custard with Okra and Minced Pork
- 牛心菜炒水晶粉
Fried Chinese Cabbage with Glass Noodles
- 火腿豆腐汤
Mushroom & Ham with Tofu Soup

28 - Aug

- 炸猪排
Pork Schnitzel
- 麻椒炒肘花
Fried Pork Knuckle with Peppers
- 肉末茄子
Minced Pork with Eggplant
- 香菇烧油菜
Braised Mushroom with Bok Choy
- 枸杞红枣银耳汤
Red Date and White Fungus Soup

31 - Aug

- 蒜香鸡翅根
Garlic Roasted Chicken Wing Roots
- 木须虾仁木耳
Braised Shrimp with Black Fungus
- 农家乱炖 (土豆、玉米、南瓜)
Stewed Mixed Vegetables
- 草菇菜心
Stir-fried Mushroom with Choy Sum
- 酸辣汤
Spicy and Sour Soup

1 - Sep

- 香芋红烧肉
Braised Pork with Taro
- 萝卜丝炖海虾
Stewed Shrimp with Shredded Radish
- 五花肉豆角烧茄子
Stewed Pork with Kidney Beans and Eggplant
- 清炒时蔬
Stir-fried Vegetable
- 紫菜蛋花汤
Seaweed and Egg Drop Soup

2 - Sep

- 宫爆鸡丁
Kung Pao Chicken
- 双椒猪柳
Shredded Pork with Green and Red Peppers
- 时蔬炒肉片
Stir-fried Sliced Pork and Seasonal Vegetable
- 酸辣土豆丝
Sour and Spicy Shredded Potatoes
- 枸杞红枣银耳汤
Red Date and White Fungus Soup

3 - Sep

- 梅肉炒鹿茸菇
Stir-fried Pork with mushroom
- 什锦烩鱼丸
Braised Fish Balls with Mixed Vegetables
- 干锅千叶豆腐
Stewed Pork with Tofu
- 茼蒿炒杏鲍菇
Crown Daisy and King Oyster Mushroom
- 番茄玉米猪骨汤
Tomato, Corn and Pork Bone Soup

4 - Sep

- 番茄金针菇肥牛
Stewed Beef with Tomato and Enoki Mushroom
- 排骨炖山药玉米
Stewed Pork Ribs with Yam and Corn
- 三鲜焖子
Steamed Mung Bean Jelly with Seafood
- 清炒莴笋
Stir-fried Asparagus Lettuce
- 玉米山药萝卜汤
Corn, Yam and Carrot Soup



蛋类
EGG



牛奶
DAIRY



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Dinner

晚餐

Menu
菜单

七月
July
2026

24 - Aug

 宫保虾球
Kung Pao Shrimp Balls

 脆瓜炒梅肉
Stir-fried Pork with
Cucumber

 清肺小炒
Fried Mixed Vegetables

 鸡肉三明治
Chicken Sandwiches

骨肉相连
Chicken BBQ

25 - Aug

 猪蹄焖黄豆
Braised Pork Trotters
with Soybeans

 西红柿炒蛋
Stir-fried Egg with Tomatoes

 蒜蓉粉丝蒸蚬子
Garlic Clams with Vermicelli

  金枪鱼玉米粒烤法棍
Baked Baguette
with Tuna Paste

 清汤竹生面
Noodles and Soup

26 - Aug

 牛肉乌冬面/鱼香乌冬面
Beef Udon/Fish-Flavored
Shredded Pork Udon

 卤蛋, 小油菜,
With Eggs and Fried Bok Choy

拌老虎菜
Cold Mixed Vegetables

西式炒饭
Fried Rice

风味拌鸡架
Spicy Fried Chicken Rack

27 - Aug

泰式香茅猪颈肉
Thai Grilled Pork

风味薯片
Sliced Potatoes

 芝士焗蔬菜
Cheese-Baked Vegetables

酱油炒饭
Soy Sauce Fried Rice

 凉拌素鸡
Cold Mixed Bean
Curd

31 - Apr

广式叉烧肉
Cantonese-style Barbecue
Pork

干锅土豆片
Stir-fried Sliced
Potatoes

麻酱时蔬
Chinese Salad

 墨西哥鸡肉卷
Chicken Quesadilla

五彩冰粉
Ice Jelly

01 - Sep

蒜苔回锅肉
Stir-fried Pork and
Garlic Sprouts

 菜心炒牛肉
Stir-fried Beef with Choy
Sum

海苔鸡肉拌饭
Seaweed and Chicken
Mixed Rice

蔬果沙拉吧
Salad Bar

大连炒焖子
Pan Fried Starch Jelly

02 - Sep

西红柿炖牛腩
Stewed Beef Brisket and
Potato

时蔬炒肉片
Stir-fried Sliced Pork and
Seasonal Vegetable

特色拌凉菜
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

03 - Sep

 水煮鱼片
Sichuan Boiled Fish Slices

青瓜木耳炒腊肉
Stir-fried Cucumber
with Bacon

酱油炒饭
Stir-fried Rice

墨西哥鸡肉馅饼
Quesadillas

芝麻茄子
Sesame Eggplant



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蜂蜜
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胡椒类
PEPPER

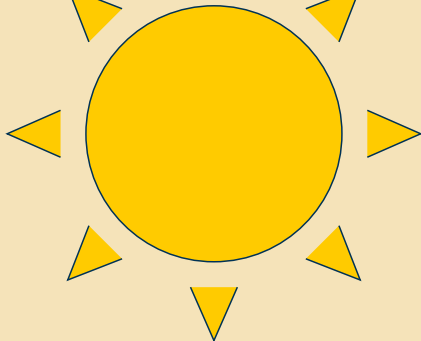
每日晚餐都配有米饭和汤（当日主食是面食除外）

Dinner is served with rice and soup daily, except on days when noodles are the main staple.

Breakfast

早餐 Menu 菜单

八月
August
2026



24 - Aug

  脆皮蛋饼
Crispy Egg Pancake

 椒盐饼
Salt and Pepper Pancake

凉拌苦瓜
Cold -Mixed Bitter Melon

清炒油菜
Stir -fried Bok Choy

 五香鸡蛋
Spiced Eggs

炸鸡柳
Fried Chicken Strips

玉米大碴粥
Coarse Corn Porridge

蒸山药
Steamed Chinese Yam

25 - Aug

  三鲜锅贴
Pan-fried Seafood Dumplings

 素馅锅贴
Pan -Fried Vegetable
Dumplings

 酱香饼
Sauce-flavored Pancake

蒜苔炒肉
Stir-fried Pork with Garlic
Spouts

黄瓜腐竹
Cold Mixed Cucumber with
Dried Tofu Strips

青红椒炒杏鲍菇
Sauteed King Oyster
Mushroom with Peppers

 小米粥/煮蛋
Millet Porridge /
Boiled Egg

香煎鸡胸肉
Pan -Fried Chicken Breast

26 - Aug

 鸡肉菌菇炒意面
Pasta with Chicken and
Mushroom

火腿片
Ham Slices

 葱油饼
Scallion Pancake

 酱香饼
Sauce-Flavored Pancake

醋溜白菜
Sour Cabbage

清炒菜心
Stir-fried Choy Sum

蔬菜沙拉
Vegetable Salad

营养白粥
Plain Congee

27 - Aug

 小笼包
Xiao Long bao

 素馅包
Vegetable Buns

 红豆包
Red Bean Buns

早餐肠
Sausage

五香鹌鹑蛋
Spiced Quail Eggs

 清热绿豆粥
Mung Bean Porridge

炒时蔬
Sauteed Vegetables

炆拌土豆丝
Spicy Shredded
Potato

28 - Aug

 豆沙软饼
Red Bean Pasta Pancake

 酱香饼
Sauce-Flavored Pancake

 肉丝汤面
Shredded Pork Noodle

芝麻菠菜
Sesame Spinach

芹菜土豆条
Stir-fried Celery and
Shredded Potatoes

上汤娃娃菜
Cabbage in Superior
Broth

 五香茶叶蛋
Spiced Tea Eggs

蒸地瓜
Steamed Sweet Potato

31 - Aug

 芝士焗饭
Baked Cheese Rice

韩式海鲜饼
Korean Seafood Pancake

 洋葱玉米炒蛋
Scrambled Eggs with
Onion and Corn

土豆饼
Potato Pancake

韩式大酱豆腐汤
Korean Soybean Paste Soup

清炒菜心
Garlic Choy Sum

生菜叶
Lettuce

泡菜
Kimchi

1 - Sep

 白菜猪肉水饺
Chinese Cabbage
Dumplings

 酸菜水饺
Pickled Chinese Cabbage
Dumplings

南瓜山药小米粥
Pumpkin-Chinese Yam-Millet
Porridge

秋葵炒海鲜菇
Sauteed Okra with Seafood
Mushroom

 水煮蛋
Boiled Egg

香煎鸡胸肉
Pan-fried Chicken
Breast

凉拌干丝
Cold Shredded Dried Tofu

蒜蓉茼蒿
Garlic Crown Daisy

2 - Sep

 云吞面
Wonton Noodles

 香葱花卷
Steamed Rolls

 油炸糕
Rice Pancake

角瓜炒蘑菇
Fried Zucchini with
Mushroom

  蟹柳滑蛋
Crab Stick Scrambled Eggs

金钱黄瓜
Sour and Sweet Cucumber

软糯八宝粥
Eight-Treasure Porridge

蒸玉米
Steamed Corns

3 - Sep

扬州炒饭
Yangzhou Fried Rice

  鸡米花三明治
Chicken Sandwich

  奶香麻花
Milk-flavored Fried Dough
Twists

香酥炸鸡柳
Crispy Fried Chicken Strips

尖椒土豆丝
Shredded Potato and
Green Papper

 皮蛋瘦肉粥
Congee with Preserved
Egg and Kean Pork

炆拌头菜
Spicy Cold Cabbage

清炒罗马生菜
Stir-fried Romaine Lettuce

4 - Sep

  烤花卷
Roasted Scallion Buns

 老式杠头饼
Chinese Flatbread

  西红柿鸡蛋汤面
Tomato and Egg Noodle
Soup

凉拌素鸡
Cold Mixed Bean Curd

清炒茼蒿
Stir-fried Crown Daisy

 五香茶叶蛋
Spiced Tea Eggs

培根
Bacon

蒸地瓜
Steamed Sweet Potato



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。