

Western LUNCH MENU

西餐 午餐菜单



December
2019

2-Dec

泰式酸甜鸡
Thai Style Sweet and Sour
Chicken

泰式菠萝饭
Thai Pineapple Fried Rice

泰式沙拉
Thai Salad

3-Dec

意大利肉酱面
Spaghetti with Meat Sauce

蒜香面包
Garlic Bread

凯撒沙拉
Caesar Salad

4-Dec

咖喱鸡肉盖盖饭
Curry Chicken over Rice

绿色蔬菜沙拉
Mixed Green Salad

口蘑
Sauteed Mushrooms

5-Dec

蘑菇汁烤猪肉
Grilled Pork with Mushroom
Sauce

蒜茸角瓜/香甜玉米棒
Garlic Zucchini/Grilled Corn

米饭
Garden Salad

6-Dec

芝士牛肉汉堡/生菜西红柿
Beef Hamburger w/Lettuce
and Tomato

炸薯条
French Fries

凯撒沙拉
Caesar Salad

9-Dec

黑椒汁鸡排饭
Grilled Chicken with Black
Pepper Sauce

炒大头菜/米饭
Sauteed Cabbage

蒸鸡蛋
Steamed Eggs

10-Dec

芝士或香肠披萨
Cheese or Pepperoni Pizza

水牛城辣鸡翅
Buffalo Wings

田园沙拉
Mixed Salad

11-Dec

西式炖猪肉
Stewed Pork

黑椒汁土豆泥
Mashed Potato with Black
Pepper Sauce

烤玉米棒/田园沙拉
Grilled Corn /Garden Salad

12-Dec

黑椒蘑菇牛肉汁/意大利面
Pasta with Black Pepper
Sauce

洋葱 培根炒四季豆
Fried Green Beans with
Onions and Bacon

希腊沙拉
Greek Salad

13-Dec

墨西哥铁板鸡
Chicken Fijita

生菜丝/西红柿碎/芝士碎
Shredded Lettuce/Chopped
Tomato/Chopped Cheese

蔬菜汤/墨西哥米饭
Vegetable Soup/Spanish Rice

16-Dec

烤鸡腿饭
Baked Chicken Legs with Rice

黄油西兰花
Sauteed Broccoli

四季豆
Green Beans

17-Dec

芝士通心粉
Macaroni and Cheese

烤什锦蔬菜
Assorted Baked Vegetables

烤番茄沙拉
Grilled Tomato Salad

18-Dec

意大利千层面
Beef Lasagna

四季豆/香蒜面包
Sauteed Green Bean/Garlic
Bread

混合蔬菜沙拉
Mixed Salad

All vegetables are subject to changes due to availability .

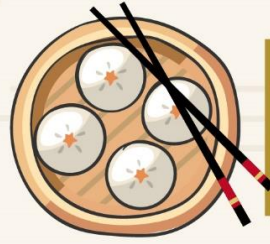
All meals are served with one staple such as (bread, rice, or beans)
每日西餐都会配有面包(当日有其它主食除外)

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

Chinese 中餐

LUNCH MENU

午餐菜单



December
2019

2-Dec

干豆角烧五花肉
Braised Pork with Dry Green
Bean
西芹腰果虾仁
Celery with Cashew Celery
香菇油菜
Stir-fried Bokchoy with
Black Mushroom in Oyster
Sauce

3-Dec

红烧啤酒鸭
Braised Beer Duck
橄榄菜四季豆
Stir-fried Beans with Olive
Dish
素炒三丝((韭菜,豆芽,豆腐
皮)
Stir-fried Bean Sprouts,
Chinese Chives, and Tofu
Skin

4-Dec

海带排骨炖土豆
Stewed Pork Ribs with
Seaweed and Potato
鱼香茄条
Braised Eggplant with Minced
Pork
荷塘小炒
Vegetable Stir Fry with Lotus
Root

5-Dec

西红柿牛腩
Braised Beef
线豆肉片炖粉条
String Beans Sliced Pork
Cooked
蒜泥茼蒿
Garlic with Crown Daisy

6-Dec

可乐鸡翅根
Braised Chicken Leg
小白菜肉丸炖豆腐
Braised Bean Curd Chinese
Cabbage with Pork Meatball
清炒有机花菜
Stir Fried Cauliflower

9-Dec

黑椒牛肉
Beef with Black Pepper Sauce
干煸四季豆
Stir-fried String Beans with
Minced Pork
黄蘑土豆片
Potato Slices w/Mushrooms

10-Dec

台式卤肉
Taiwanese Style Stewed
Minced Pork
卤蛋/卤豆干
Marinated Egg, Dried Tofu in
Soy Sauce
清炒油麦菜
Stir-fried Leaf-Lettuce

11-Dec

三杯鸡
Braised Chicken
虾仁蒸蛋
Steamed Egg with Shrimp
菠菜炖粉条
Stew Spinach with
Vermicelli

12-Dec

港式叉烧肉
Braised Pork
萝卜丝炖海虾
Stewed Shredded Turnip with
Shrimp
白灼西生菜
Braised Lettuce Iceberg

13-Dec

蚝油芥兰牛肉
Stir-fried Slice Beef and
Green Vegetable in Oyster
Sauce
鱼香茄子
Braised Eggplant with Minced
Pork
清炒娃娃菜
Stir Fried Baby Cabbage

16-Dec

柠檬鸡
Lemon Chicken
双鲜滑子蘑
Sautee Mushrooms in
Chinese Oyster Sauce
芹菜土豆丝
Fried Celery with Potato

17-Dec

沙茶牛肉
Chinese Barbecued Sauce
with Beef
椒盐炸鲜蘑
Fried Mushroom with Salt
and Pepper
蒜茸西兰花
Garlic Broccoli

18-Dec

鹌鹑蛋红烧肉
Braised Pork with Quail
Egg
小白菜肉丸炖豆腐
Braised Bean Curd Chinese
Cabbage with Pork Meatball
角瓜炒平菇
Stir-fried Zucchini with Oyster
Mushroom

All meals are served with rice, soup and fresh fruits.

All vegetables are subject to changes due to availability.

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Dinner 晚餐

MENU 菜单

December
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2-Dec

辣子鸡

小芹菜炒牛肉

香菇油菜

3-Dec

麻辣烫

炸春卷

拌腐竹花生米

4-Dec

Tacos

墨西哥番茄酱

墨西哥米饭/三奶蛋糕

5-Dec

红焖羊排

地三鲜

鲮鱼油麦菜

9-Dec

锅包肉

角瓜鸡蛋炒虾仁

酸辣土豆丝

10-Dec

柠檬鸡

干煸四季豆

白灼西生菜

11-Dec

镇江排骨

油豆角烧肉片

西芹木耳炒山药

12-Dec

红烧鸡翅根

西红柿炒鸡蛋

清炒木耳莴笋片

GOOD
EVENING

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

December
2019

2-Dec

鲜蔬披萨吐司

鸡肉早餐肠
烤培根

炸薯饼
西式炒蛋

3-Dec

猪肉灌汤包
鸡肉灌汤包

五香鹌鹑蛋
芹菜花生米

大碴粥

4-Dec

韩式拌饭

烤鸡肉
大酱汤

生菜叶
泡菜

5-Dec

蔬菜咸粥

牛肉元葱馅饼
鸡肉馅饼

炒蛋
胡萝卜丝拌豆芽

6-Dec

亨氏焗豆
西式炒蛋

烤小西红柿
烤培根

法国吐司
西生菜

9-Dec

煎培根
早餐肠

西式炒蛋
烤紫薯

烤法国吐司
蔬菜沙拉

10-Dec

牛肉芹菜包子
角瓜鸡蛋包子

皮蛋瘦肉粥

芹菜花生
拌海带丝

11-Dec

鸡肉蔬菜炒面

煎培根
鸡肉早餐肠

烤玉米棒
水果沙拉

12-Dec

紫菜云吞面

南瓜馒头
小豆沙包

拌榨菜丝
腐竹花生米

13-Dec

玉米虾仁炒饭

煎培根
烤早餐肠

拌土豆丝
奶油毛豆

MORNING

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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