

# Western LUNCH MENU

## 西餐 午餐菜单



January  
2020

6-Jan

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

7-Jan

意大利肉酱面  
Spaghetti with Meat Sauce

蒜香面包  
Garlic Bread

凯撒沙拉  
Caesar Salad

8-Jan

咖喱鸡肉盖盖饭  
Curry Chicken over Rice

绿色蔬菜沙拉  
Mixed Green Salad

口蘑  
Sautéed Mushrooms

9-Jan

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

10-Jan

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

13-Jan

黑椒汁鸡排饭  
Grilled Chicken with Black  
Pepper Sauce

炒大头菜/米饭  
Sautéed Cabbage

蒸鸡蛋  
Steamed Eggs

14-Jan

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

15-Jan

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

16-Jan

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

17-Jan

Tacos

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

20-Jan

烤鸡腿饭  
Baked Chicken Legs with Rice

黄油西兰花  
Sautéed Broccoli

四季豆  
Green Beans

21-Jan

热狗  
Hot Dagon a Bun w/Chili  
Sauce

洋葱圈  
Onion Rings

卷心菜沙拉  
Cole Slaw

22-Jan

意大利千层面  
Beef Lasagna

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

混合蔬菜沙拉  
Mixed Salad

All vegetables are subject to changes due to availability .

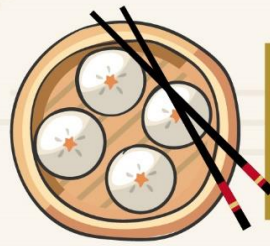
All meals are served with one staple such as (bread, rice, or beans)  
每日西餐都会配有面包(当日有其它主食除外)

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

# Chinese 中餐

## LUNCH MENU

### 午餐菜单



January  
2020

6-Jan

红烧肉土豆胡萝卜  
Braised Pork with Tomato  
and Carrot  
西芹腰果虾仁  
Celery with Cashew Celery  
香菇油菜  
Stir-fried Bokchoy with  
Black Mushroom in Oyster  
Sauce

7-Jan

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

8-Jan

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

9-Jan

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

10-Jan

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

13-Jan

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

14-Jan

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

15-Jan

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

16-Jan

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

17-Jan

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

20-Jan

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

21-Jan

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

22-Jan

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

January  
2020

6-Jan

辣子鸡

小芹菜炒牛肉

香菇油菜

7-Jan

麻辣烫

炸春卷

拌腐竹花生米

8-Jan

Tacos

墨西哥番茄酱

墨西哥米饭/三奶蛋糕

9-Jan

红焖羊排

地三鲜

清炒时蔬

13-Jan

锅包肉

角瓜鸡蛋炒虾仁

酸辣土豆丝

14-Jan

柠檬鸡

干煸四季豆

白灼西生菜

15-Jan

镇江排骨

油豆角烧肉片

西芹木耳炒山药

16-Jan

红烧鸡翅根

西红柿炒鸡蛋

清炒木耳莴笋片

20-Jan

麻辣烫

炸春卷

拌腐竹花生米

21-Jan

Tacos

墨西哥番茄酱

墨西哥米饭/三奶蛋糕

22-Jan

红焖羊排

地三鲜

鲑鱼油麦菜

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

January  
2020

<u>6-Jan</u> 鲜蔬披萨吐司	<u>7-Jan</u> 猪肉灌汤包 鸡肉灌汤包	<u>8-Jan</u> 韩式拌饭	<u>9-Jan</u> 蔬菜咸粥	<u>10-Jan</u> 亨氏焗豆 西式炒蛋
鸡肉早餐肠 烤培根	五香鹌鹑蛋 芹菜花生米	烤鸡肉 大酱汤	牛肉元葱馅饼 鸡肉馅饼	烤小西红柿 烤培根
炸薯饼 西式炒蛋	大碴粥 老醋黄瓜	生菜叶 泡菜	炒蛋 胡萝卜丝拌豆芽	法国吐司 西生菜
<u>13-Jan</u> 煎培根 早餐肠	<u>14-Jan</u> 猪肉芹菜包 角瓜鸡蛋包	<u>15-Jan</u> 鸡肉蔬菜炒面	<u>16-Jan</u> 紫菜云吞面	<u>17-Jan</u> 玉米虾仁炒饭
西式炒蛋 烤紫薯	皮蛋瘦肉粥	煎培根 鸡肉早餐肠	南瓜馒头 小豆沙包	煎培根 烤早餐肠
烤法国吐司 蔬菜沙拉	芹菜花生 拌海带丝	烤玉米棒 水果沙拉	拌榨菜丝 腐竹花生米	拌土豆丝 奶油毛豆
<u>20-Jan</u> 玉米虾仁炒饭	<u>21-Jan</u> 青菜火腿丁西红柿疙瘩汤	<u>22-Jan</u> 火腿三明治		
煎培根 烤早餐肠	葱油饼 糖饼	烤地瓜 炸虾		
蔬菜沙拉 盐焗毛豆	老醋苦菊花生 榨菜丝	黄油西兰花 盐焗毛豆		

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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