

Western LUNCH MENU

西餐 午餐菜单



February
2020

3-Feb

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

4-Feb

意大利肉酱面
Spaghetti with Meat Sauce

蒜香面包
Garlic Bread

凯撒沙拉
Caesar Salad

5-Feb

香烤龙利鱼
Gilled Fish

西式海鲜拌饭
Fried Rice with Seafood

水果沙拉
Fruit Salad

6-Feb

白汁鸡黄饭
Chicken-a-ala King over Rice

烤什锦蔬菜
Assorted Baked Vegetables

田园沙拉
Garden Salad

7-Feb

辣椒牛肉捞饭
Chili con Came Over Rice

炒四季豆
Sauteed Green Bean

有机花菜 Cauliflower

10-Feb

BBQ烤鸡腿
Grilled Chicken Leg

西式炖菜/米饭
Sautee Vegetables/Rice

金枪鱼土豆沙拉
Tuna Salad

11-Feb

热狗/辣椒酱
Hot Dag with Chili Sauce

薯条
French Fries

黄瓜小米沙拉
Cucumber Millet Salad

12-Feb

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

13-Feb

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

14-Feb

香辣鸡腿堡
Chicken Hamburger

薯条
French Fries

南瓜胡萝卜鸡蛋沙拉
Pumpkin with Carrot and Eggs
Salad

17-Feb

印度红咖喱猪肉
Curry Pork

米饭/炸凤尾虾
Rice/Fried Shrimp

酸黄瓜金枪鱼沙拉
Tuna Salad

18-Feb

Tacos

墨西哥米饭
Spanish Rice

墨西哥番茄酱
Pico de Gallo

19-Feb

金枪鱼三明治
Tuna Sandwich

洋葱圈
Fried Onion Rings

香橙鸡柳沙拉
Salad with Slice Chicken in
Orange Dressing

20-Feb

茄汁肉丸/意大利空心粉
Pasta with Meatball Sauce

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

酸黄瓜金枪鱼沙拉
Tuna Salad

21-Feb

香肠披萨
Pepperoni Pizza

烤鸡翅根
Grilled Chicken Wings

西兰花沙拉
Broccoli Salad

24-Feb

摩洛哥鹰嘴豆酱配土豆
Moroccan Stew over Diced
Potato

蔬菜沙拉
Fresh Salad

玉米蛋糕
Corn Bread

25-Feb

黑椒汁鸡排
Fried Chicken with Black
Pepper Sauce

土豆泥配黑椒汁
Mashed Potato with Black
Pepper Sauce

蒜茸角瓜
Garlic Zucchini

26-Feb

意大利千层面
Beef Lasagna

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

水果沙拉
Fruit Salad

27-Feb

蘑菇汁烤猪肉
Grilled Pork with Mushroom
Sauce

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

田园沙拉
Garden Salad

28-Feb

墨西哥铁板鸡肉
Fajita Chicken

墨西哥沙沙拉/生菜, 芝士、
红腰豆、西红柿
ChOped Lettuce Pico de Gallo

墨西哥米饭
Spanish Rice

All vegetables are subject to changes due to availability .

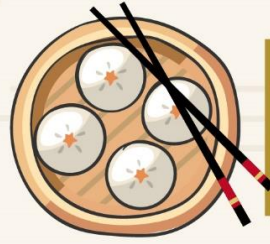
All meals are served with one staple such as (bread, rice, or beans)
每日西餐都会配有面包(当日有其它主食除外)

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

Chinese 中餐

LUNCH MENU

午餐菜单



February
2020

3-Feb

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

4-Feb

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

5-Feb

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

6-Feb

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

7-Feb

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

10-Feb

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

11-Feb

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

12-Feb

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

13-Feb

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

14-Feb

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

17-Feb

椒盐鸡脆骨
Fried Chicken Gristle with
Salt and Pepper
双鲜滑子蘑
Sautee Mushrooms in
Chinese Oyster Sauce
芹菜土豆丝
Fried Celery with Potato

18-Feb

南瓜土豆炖鸡腿
Braised Chicken with
Pumpkin
椒盐炸鲜蘑
Fried Mushroom with Salt
and Pepper
蒜茸西兰花
Garlic Broccoli

19-Feb

沙茶牛肉
Chinese Barbecued Sauce
with Beef
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

20-Feb

糖醋鱼块
Sweet and Sour Fish
非黄炒肉丝
Slice Pork with Yellow Chives
杏鲍菇烧油菜
Stir-fried Chinese Vegetable
with King Oyster Mushroom

21-Feb

鹌鹑蛋红烧肉
Braised Pork with Quail Egg
地三鲜
Traditional Chinese Eggplant
Potatoes and Green Pepper
火爆大头菜
Quick-fried Chinese Cabbage

24-Feb

红烧鸡翅根
Braised Chicken Wings
角瓜木耳炒虾仁
Stir-fried Zucchini with Black
Agaric
清炒双花 (西兰花, 有机花
菜)
Stir-fried Cauliflower with
Broccoli

25-Feb

红烧狮子头
Braised Pork Meatball and
Chinese Cabbage
千叶豆腐烧肉片
Fried Tofu with Slice Pork
蚝油西生菜
Braised Lettuce Iceberg

26-Feb

樱桃肉
Sweet and Sour Diced Pork
干煸四季豆
莴笋炒木耳
Tuna Salad

27-Feb

辣子鸡
Spicy Chicken
芹菜炒肉
Stir-fried Celery with Slice
Pork
白菜豆腐粉条
Stewed Cabbage with Tofu
and Vermicelli

28-Feb

酱三叉骨
Sauced Pork
双鲜娃娃菜
Stir-fried Baby Cabbage with
Seafood
荷兰豆炒双耳
Stir-fried Snow-peas with
Black Agaric

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

All vegetables are subject to changes due to availability.

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Breakfast MENU

早餐 菜单

February
2020

3-Feb

鸡肉蔬菜炒面

炸鳕鱼
西兰花火腿

烤培根
西式炒蛋

4-Feb

猪肉灌汤包
鸡肉灌汤包

五香鹌鹑蛋
芹菜花生米

大碴粥

5-Feb

韩式拌饭

烤鸡肉
大酱汤

生菜叶
泡菜

6-Feb

蔬菜咸粥

牛肉元葱馅饼
鸡肉馅饼

炒蛋
胡萝卜丝拌豆芽

7-Feb

亨氏焗豆
煎蛋饼

烤小柿子
烤法国吐司

黄瓜火腿

10-Feb

黄油玉米粒
早餐肠

西式炒蛋
土豆饼

蔬菜沙拉

11-Feb

牛肉芹菜包子
角瓜鸡蛋包子

皮蛋瘦肉粥

腐竹花生
拌海带丝

12-Feb

肉松三明治

煎培根
鸡肉早餐肠

烤玉米棒
水果沙拉

13-Feb

紫菜云吞面

南瓜馒头
小豆沙包

拌榨菜丝
芹菜花生米

14-Feb

煎蛋饼
炸薯饼

烤鳕鱼
西兰花火腿

黄瓜沙拉

17-Feb

玉米虾仁炒饭

煎培根
烤早餐肠

蔬菜沙拉
盐焗青豆

18-Feb

小白菜猪肉包子
牛心菜木耳素馅包子

皮蛋瘦肉粥

凉拌豆芽
梅菜笋丝

19-Feb

双色卷
花卷

云吞面

肉丝拌黄瓜丝
金针菇/拌三丁

20-Feb

西红柿疙瘩汤

紫薯饼
小油条

拌三丁
小葱拌虾皮

21-Feb

烤培根
早餐肠

西式炒蛋
小柿子

烤法国吐司

24-Feb

蔬菜炒面

凉拌豆芽
馒头土豆丝

卤蛋

25-Feb

火腿三明治

烤红薯
炸虾

黄油西兰花
盐焗青豆

26-Feb

青菜火腿丁西红柿疙瘩汤

葱油饼
糖饼

老醋拌苦菊花生米
榨菜丝

27-Feb

烤培根
鸡肉早餐肠

西式炒饭

水果沙拉
辣白菜

28-Feb

中式卷饼
西红柿鸡蛋汤

牛肉丝
鸡肉丝

土豆丝/绿豆芽
胡萝卜丝

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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Dinner 晚餐

MENU 菜单

February
2020

3-Feb

五香炸鲑鱼

小芹菜炒牛肉

香菇油菜

4-Feb

麻辣烫

炸春卷

拌腐竹花生米

5-Feb

Tacos

墨西哥番茄酱

墨西哥米饭/三奶蛋糕

6-Feb

红烧排骨

地三鲜

鲑鱼油麦菜

10-Feb

黄豆焖猪手

角瓜鸡蛋炒虾仁

酸辣土豆丝

11-Feb

辣子鸡

干煸四季豆

白灼西生菜

12-Feb

红焖羊排

油豆角烧肉片

西芹木耳炒山药

13-Feb

锅包肉

西红柿炒鸡蛋

清炒木耳茼蒿片

17-Feb

柠檬鸡

橄榄四季豆

蒜泥茼蒿

18-Feb

芸豆猪肉打卤面

卤鸡腿

拌腐竹花生米
炸春卷

19-Feb

酸菜炖排骨

麻婆豆腐

炒合菜 (豆牙 鸡蛋 韭菜 水晶粉)

20-Feb

干锅香辣虾

小白菜猪肉罐头炖豆腐

清炒有机花菜

24-Feb

凤梨甜酸肉

家常豆腐

养生小炒

25-Feb

孜然羊肉

大白菜肉片豆腐炖粉条

芹菜土豆丝

26-Feb

香辣鸡腿堡

薯条

蔬菜沙拉

27-Feb

双椒护心肉

扇贝丁蒸蛋

蒜茸西兰花

每日晚餐都配有米饭和汤(当日主食是面食除外)