

# Western LUNCH MENU

## 西餐 午餐菜单



May  
2020

4-May

日式炸鸡排  
Fried Chicken

米饭/洋葱圈  
Rice/Fried Onion Rings

炒牛心菜  
Fried Coleslaw

5-May

Tacos

墨西哥米饭  
Spanish Rice

墨西哥番茄酱 (红腰豆, 生菜丝, 西红柿碎, 芝士碎)  
Pico de Gallo

6-May

泰式甜酸鸡  
Thai Style Sweet and Sour Chicken

泰式菠萝饭  
Thai Pineapple Fried Rice

青瓜瓜炒蘑菇/黄油玉米粒  
Sauteed Mushroom with Cucumber/Sauteed Corn

7-May

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

8-May

香辣鸡腿汉堡/生菜西红柿  
Chicken Hamburger w/Lettuce and Tomato

炸薯条  
French Fries

黄油西兰花  
Sauteed Broccoli

11-May

烤鸡腿饭  
Baked Chicken Legs with Rice

黄油西兰花  
Sauteed Broccoli

西式炖菜  
Sauteed Vegetables

12-May

意大利肉酱面  
Spaghetti with Meat Sauce

香蒜面包  
Garlic Bread

黄油玉米粒/洋葱培根炒四季豆  
Cron/Stir-fried String Beans with Bacon and Onions

13-May

热狗/辣椒酱  
Hot Dag with Chili Sauce

薯条  
French Fries

烤混合蔬菜  
Baked Mixed Vegetables

14-May

匈牙利烩牛肉  
Goulash(Beef)

意大利空心面/烤什锦蔬菜  
Macaroni/Baked Vegetables

炸虾  
Fried Shrimp

15-May

墨西哥铁板鸡  
Chicken Fajita

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

红腰豆/墨西哥米饭  
Bean/Spanish Rice

18-May

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

蒜茸西生菜  
Garlic Lettuce

19-May

芝士通心粉  
Macaroni and Cheese

烤什锦蔬菜  
Assorted Baked Vegetables

烤番茄沙拉  
Grilled Tomato Salad

20-May

西式炖猪肉  
Stewed Pork

黑椒土豆泥  
Mashed Potato with Black Pepper Sauce

烤玉米棒/蒜茸角瓜  
Grilled Corn /Garlic Zucchini

21-May

意大利千层面  
Beef Lasagna

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

蒜茸角瓜  
Garlic Zucchini

22-May

芝士或香肠披萨  
Cheese or Pepperoni Pizza

水牛城辣鸡翅  
Buffalo Wings

烤口蘑/西兰花  
Baked Mushroom /Garlic Broccoli

25-May

烤芝士火腿三明治  
Ham & Cheese Sandwiches

洋葱圈  
Onions

通心粉金枪鱼沙拉/有机花菜  
Macaroni and Tuna Salad/Cauliflower

26-May

柠檬汁烤鸡排  
Chicken and Lemon Sauce

圆生菜坚果沙拉  
Lettuce Salad

焗南瓜/米饭  
Grilled Pumpkin /Rice

27-May

蘑菇培根牛肉汉堡  
Beef Hamburger

炸薯条  
French Fries

烤什锦蔬菜/黄油玉米粒  
Vegetables/Sauteed Corn

28-May

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

圆生菜坚果沙拉  
Lettuce Salad

烤玉米棒/蒜茸角瓜  
Grilled Corn /Garlic Zucchini

29-May

辣椒牛肉捞饭  
Chili con Came Over Rice

炒四季豆  
Sautee Green Bean

有机花菜  
Cauliflower

All vegetables are subject to changes due to availability .

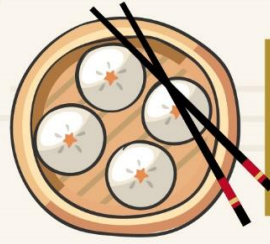
All meals are served with one staple such as (bread, rice, or beans)  
每日西餐都会配有面包(当日有其它主食除外)

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

# Chinese 中餐

## LUNCH MENU

## 午餐菜单



May  
2020

4-May

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 Cole with Black  
Mushroom in Oyster  
Sauce

5-May

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

6-May

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

7-May

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

8-May

酱三叉骨  
Sauce Backbone

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

11-May

黑椒牛肉  
Beef with Black Pepper Sauce

荷兰豆木耳炒腊肠  
Stir-fried Snow Peas with  
Black Agaric and Sausage

黄蘑土豆片  
Potato Slices w/Mushrooms

12-May

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

13-May

三杯鸡  
Braised Chicken

虾仁蒸蛋  
Steamed Egg with Shrimp

菠菜炖粉条  
Stew Spinach with  
Vermicelli

14-May

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

15-May

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

18-May

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

19-May

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

20-May

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

21-May

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

22-May

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

25-May

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

26-May

土豆炖牛腩  
Braised Beef with Tomato

千叶豆腐烧肉片  
Fried Tofu with Slice Pork

蚝油菜心  
Braised Vegetables

27-May

樱桃肉  
Sweet and Sour Diced Pork

干煸四季豆  
Stir-fried String Beans  
with Minced Pork

莴笋炒木耳  
Tuna Salad

28-May

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

29-May

红烧狮子头  
Braised Pork Meatball and  
Chinese Cabbage

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 and fresh fruits.

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