

Western LUNCH MENU

西餐 午餐菜单



June
2020

1-Jun 日式咖喱鸡肉 Curry chicken 米饭/洋葱圈 Rice/Fried Onion Rings 酸黄瓜金枪鱼沙拉 Tuna Salad	2-Jun 意大利肉酱面 Spaghetti with Meat Sauce 蒜香面包 Garlic Bread 红腰豆沙拉/炒菌菇 Beans Salad/Fried Mushroom	3-Jun 香烤龙利鱼 Baked Fish 西式海鲜拌饭 Stir-fried Seafood with Rice 黄油西兰花/水果沙拉 Buter Broccoli/ Fruit Salad	4-Jun BBQ烤鸡腿 Chicken Legs 西式炖菜/米饭 Stewed Vegetables/Rice 卷心菜沙拉 Cabbage Salad	5-Jun 匈牙利烩牛肉 Goulash (Beef) 意大利空心面 Macaroni 蒜茸角瓜/希腊沙拉 Garlic Zucchini/Greek Salad
8-Jun 辣椒牛肉捞饭 Chili con Came Over Rice 炒四季豆 Sautee Green Beans 有机花菜 Cauliflower	9-Jun 德式炖肉丸 Stewed German Style Pork Meatball 蔬菜拌饭 Stir-fried Vegetables with Seafood and Rice 洋葱、培根炒四季豆 Stir-fried String Beans with Bacon and Onions	10-Jun 热狗/辣椒酱 Hot Dag with Chili Sauce 薯条 French Fries 烤南瓜/黄瓜小米沙拉 Baked Pumpkin/Cucumber Millet Salad	11-Jun 蘑菇汁烤猪肉 Baked Pork in the Mushroom Sauce 烤土豆/炸凤尾虾 Baked Potatoes/Fried Shrimp 花椰菜西兰花沙拉 Mixed Salad	12-Jun 泰式甜酸鸡 Thai Style Sweet and Sour Chicken 泰式菠萝饭 Thai Pineapple Fried Rice 黄油玉米粒/咖喱鸡肉腰果沙拉 Butter Cron/Curry Chicken Salad
15-Jun 天妇罗粉炸猪排 Fried Pork 白米饭/烤口蘑 Rice/Baked Mushroom 虾皮拌卷心菜 Cabbage with Shrimp Dried Small Shrimp	16-Jun 墨西哥餐 Tacos 墨西哥米饭 Spanish Rice 墨西哥番茄酱 Pico de Gallo	17-Jun 黑椒汁鸡排 Chicken and Black Pepper sauce 黑椒汁土豆泥 Mashed Potato with Black Pepper Sauce 炸春卷/蒜茸角瓜 Fried Spring Rolls/Garlic Zucchini	18-Jun 黑椒蘑菇牛肉汁/意大利面 Pasta Beef seafood 芝士黄油焗南瓜 Baked Cheese and Butter Pumpkin 三文鱼沙拉 Salmon Salad	19-Jun 香肠牛肉粒披萨 Pepperoni Pizza 烤鸡翅根 Grilled Chicken Wings 凯撒沙拉 Caesar Salad
22-Jun 蘑菇白汁炖猪肉 Stewed Pork with Mushroom Sauce 意大利空心粉/蒜茸角瓜 Macaroni/Garlic Zucchini 莲藕沙拉 Lotus Root Salad	23-Jun 金枪鱼三明治 Tuna Sandwich 洋葱圈 Onion Rings 香橙鸡柳沙拉 Fresh Orange Chicken Salad	24-Jun 墨西哥铁板鸡肉 Fajita Chicken 墨西哥沙沙酱 Salad Sauce 培根蔬菜炒饭 Fried Rice with Bacon Bits	25-Jun	26-Jun 牛肉汉堡 Hamburger 生菜西红柿薯条 Lettuce and Tomato/French Fries 玉米沙拉 Cron Salad

All vegetables are subject to changes due to availability .

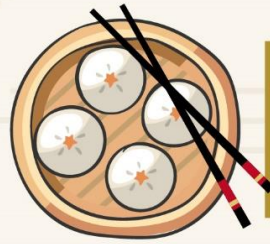
All meals are served with one staple such as (bread, rice, or beans)
每日西餐都会配有面包(当日有其它主食除外)

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

Chinese 中餐

LUNCH MENU

午餐菜单



June
2020

1-Jun

山药焖牛腩
Braised Chinese Yam with
Beef
鱼香茄条
Braised Eggplant with Minced
Pork
线豆肉片炖粉条
String Beans Sliced Pork
Cooked

2-Jun

干豆角烧五花肉
Braised Pork with Dry Green
虾仁蒸蛋
Steamed Egg with Shrimp
清炒有机花菜
Stir-fried Cauliflower

3-Jun

红烧鸡翅根
Braised Chicken Leg
小白菜肉丸炖豆腐
Braised Bean Curd Chinese
Cabbage with Pork Meatball
荷塘小炒
Vegetable Stir-fried with
Lotus Root

4-Jun

卤鸭腿
Marinated Duck Leg in Soy
Sauce
西红柿炒蛋
Scrambled Eggs w/Tomatoes
香菇油菜
Stir-fried Bok Choy with Black
Mushroom in Oyster Sauce

5-Jun

冬瓜炖排骨
Stewed Wax Gourd with Pork
Ribs
木耳大白菜炒肉片
Stir-fried Cabbage Black
Agaric with Pork
素炒三丝
(韭菜, 豆芽, 豆腐皮)
Stir-fried Bean Sprouts Chinese
Chives and Tofu Skin

8-Jun

樱桃肉
Sweet and Sour Diced Pork
Beef
肉沫茄条 (鸡肉)
Shredded Eggplants with
Minced Pork
清炒娃娃菜
Stir-fried Baby Cabbage

9-Jun

糖醋鱼块
Sweet and Sour Fish Fillet
西芹腰果虾仁
Celery with Cashew and
Shrimp
清炒油麦菜
Stir-fried Leaf-Lettuce

10-Jun

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-Jun

西红柿牛腩
Braised Beef
蒜苔炒鱿鱼
Stir-fried Squid with Garlic
Sprout
蒜泥茼蒿
Garlic with Crown Daisy

12-Jun

台式卤肉/卤蛋
Taiwanese Style Stewed
Minced Pork
荷兰豆木耳炒虾仁
Stir-fried Snow Peas with
Black Agaric and Shrimp
菠菜炖粉条
Stew Spinach with Vermicelli

15-Jun

椒盐鸡脆骨
Fried Chicken Gristle with
Salt and Pepper
双鲜滑子蘑
Sauced Mushrooms in
Chinese Oyster Sauce
芹菜土豆丝
Stir-fried Celery with
Shredded Potatoes

16-Jun

酱三叉骨
Sauce Backbone
天妇罗粉炸鲜蘑
Fried Mushroom with
Flour
清炒木耳西兰花
Stir-fried Broccoli with
Black Agaric

17-Jun

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 Yellow
Chives

18-Jun

可乐鸡翅根
Coke Chicken Wings
虎皮鸡蛋
Fried Boiled Eggs
杏鲍菇烧油菜
Stir-fried Chinese Vegetable
with King Oyster Mushroom

19-Jun

红烧狮子头
Braised Pork Meatball and
Chinese Cabbage
橄榄菜四季豆
Green Beans with Ground
Pork
火爆大头菜
Quick-fried Chinese Cabbage

22-Jun

咖喱牛腩
Curry Beef Brisket
角瓜木耳炒虾仁
Stir-fried Zucchini with
Black Agaric and Shrimp
白菜粉条炖豆腐
Stewed Cabbage with
Tofu and Vermicelli

23-Jun

鹌鹑蛋红烧肉
Braised Pork with Quail Egg
千叶豆腐烧肉片
Stir-fried Tofu with Slice
Pork
蚝油生菜
Braised Lettuce

24-Jun

糖醋鱼块 (无骨鱼柳)
Sweet and Sour Fish Fillet
小芹菜炒牛肚
Stir-fried Celery with Beef
莴笋炒木耳
Stir-fried Asparagus with
Lettuce Black Agaric

25-Jun

海带排骨炖土豆
Stewed Pork Ribs with
Seaweed and Potato
三鲜娃娃菜
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.
All vegetables are subject to changes due to availability.

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Dinner

晚餐

MENU

菜单

June
2020

1-Junun

鹌鹑蛋烧排骨

干煸四季豆

白灼西生菜

2-Junun

萝卜焖牛腩

角瓜鸡蛋炒虾仁

酸辣土豆丝

3-Junun

炸猪排

油豆角烧肉片

清炒双花（西兰花，
有机花菜）

4-Junun

Tacos

西红柿番茄酱

墨西哥米饭/三奶蛋糕

8-Jun

红烧羊排/猪排

西兰花炒虾仁

鲮鱼油麦菜

9-Jun

猪手焖黄豆

西红柿炒蛋

清炒木耳莴笋片

10-Jun

麻辣烫

炸春卷

炆拌土豆丝

11-Jun

辣子鸡

大白菜粉条炖海虾

西芹木耳炒山药

15-Jun

川味回锅肉

橄榄四季豆（鸡肉）

蒜泥茼蒿

16-Jun

牛肉面

小油菜/卤蛋

芹菜花生米拌腐竹

17-Jun

芸豆土豆南瓜炖排骨

大白菜肉片豆腐炖粉
条

清炒有机花菜

18-Jun

香辣鸡腿堡

薯条

蔬菜沙拉

22-Jun

孜然羊肉/鸡肉

家常豆腐(鸡肉)

养生小炒（山药，白
玉菇，木耳，荷兰豆）

23-Jun

双椒护心肉

小白菜粉条炖猪肉罐
头

芹菜土豆条

24-Jun

三鲜焖子

辣椒炒腊肠

炒合菜（豆芽，鸡蛋，
韭菜，水晶粉）

25-Jun

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

June
2020

1-Jun

鲜蔬披萨吐司

鸡肉早餐肠

炸薯饼/西式炒蛋

2-Jun

猪肉/鸡肉灌汤包

五香鹌鹑蛋

大碴粥/芹菜花生米

3-Jun

韩式拌饭

烤鸡肉
达酱豆腐汤

生菜叶
泡菜

4-Jun

蔬菜咸粥

牛肉元葱馅饼
鸡肉馅饼

炒蛋/胡萝卜丝拌豆芽
Tuna Salad

5-Jun

米线
卤鹌鹑蛋

炸麻球
炸地瓜丸

小油菜, 木耳, 金针菇, 火腿, 午餐肉罐头, 牛肉丸

8-Jun

煎培根
早餐肠 (鸡肉)

西式炒蛋
烤紫薯

烤法国吐司
蔬菜沙拉

9-Jun

牛肉芹菜包子
鸡肉香菇
皮蛋瘦肉粥

芹菜花生米
拌海带丝

10-Jun

肉松三明治

煎火腿
鸡肉早餐肠
烤玉米棒
水果沙拉

11-Jun

紫菜云吞面

南瓜馒头
小豆沙包

拌榨菜丝
腐竹花生米

12-Jun

汉堡胚子
小柿子

海苔鱿鱼饼
火腿片

西式炒蛋
黄瓜片
Tuna Salad

15-Jun

双色卷

云吞面

肉丝拌黄瓜丝
金针菇/拌三丁

16-Jun

西红柿疙瘩汤

紫薯饼
小油条

拌三丁
小葱拌虾皮

17-Jun

烤培根
早餐肠

西式炒蛋
小柿子

烤法国吐司

18-Jun

小白菜猪肉包子
牛心菜木耳素馅包子

皮蛋瘦肉粥

凉拌笨豆芽
梅菜笋丝

19-Jun

玉米虾仁炒饭

煎培根
烤早餐肠

蔬菜沙拉
辣白菜

22-Jun

青菜火腿丁西红柿疙瘩汤

葱油饼
糖饼

芹菜花生米
榨菜丝

23-Jun

火腿三明治

烤红薯
炸虾

黄油西兰花
小柿子

24-Jun

饭团
大酱汤

烤鸡肉
生菜叶

辣白菜

25-Jun

26-Jun

中式卷饼

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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