

Western LUNCH MENU

西餐 午餐菜单



Sep
2020

1-Sep

意大利肉酱面
Spaghetti with Bolognese
Sauce

蒜香面包
Garlic Bread

牛心菜沙拉
Coleslaw

2-Sep

辣椒猪肉酱捞饭 (土豆, 红腰豆, 蔬菜)
Chili con carne Over Rice

卷心菜沙拉
Cole Slaw

四季豆
Green Beans

3-Sep

香辣鸡腿堡
Chicken Burger

薯条
French Fries

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

4-Sep

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 Or Greek Salad

7-Sep

BBQ烤鸡腿
Chicken Legs

西式炖菜/米饭
Stewed Vegetables or Rice

蔬菜沙拉
Garden Salad

8-Sep

黑椒汁烩猪肉丸
Meat Balls with Black Pepper
Sauce

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

9-Sep

热狗/辣椒酱
Chili Dog

薯条
French Fries

黄瓜小米沙-拉
Cucumber Millet Salad

10-Sep

印度红咖喱猪肉盖饭
Indian Style Curry Pork Over
Rice

米饭/炸春卷
Rice or Fried Spring Rolls

水果沙拉
Fruit Salad

11-Sep

泰式甜辣鸡
Thai Style Sweet and Spicy
Chicken

黑椒汁培根蔬菜拌饭
Stir-fried Bacon, with
Vegetables, and Rice

咖喱鸡肉腰果沙拉
Curry Chicken Salad

14-Sep

日式咖喱鸡肉
Chicken Curry

米饭/洋葱圈
Rice or Fried Onion Rings

酸黄瓜金枪鱼沙拉
Tuna Salad

15-Sep

墨西哥餐
Tacos

墨西哥米饭
Spanish Rice

墨西哥番茄酱
Pico de Gallo
墨西哥红腰豆
Charro Beans

16-Sep

黑椒汁鸡排
Chicken with Black Pepper
sauce

黑椒汁土豆泥
Mashed Potato with Black
Pepper Sauce

蒜茸角瓜
Garlic Zucchini

17-Sep

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

18-Sep

香肠牛肉粒披萨
Pepperoni Pizza

水牛城辣鸡翅
Buffalo Wings

凯撒沙拉
Caesar Salad

21-Sep

天妇罗粉炸猪排
Pork Cutlet

白米饭/大头菜
Rice or Sauteed Cabbage

酸黄瓜金枪鱼沙拉
Tuna Salad

22-Sep

炖牛肉意大利空心粉
Goulash over Pasta

蒜茸角瓜
Garlic Zucchini

希腊沙拉
Greek Salad

23-Sep

墨西哥铁板鸡肉
Chicken Fajita

墨西哥沙莎酱
Salsa

墨西哥红腰豆
Charro Beans
培根'什锦炒饭
Fried Rice with Bacon Bits

24-Sep

蘑菇汁烤猪肉
Baked Pork in the
Mushroom Sauce

烤土豆/炸凤尾虾
Baked Potatoes or Fried
Shrimp

田园沙拉
Garden Salad

25-Sep

牛肉汉堡
Hamburger

薯条
French Fries

混合绿色蔬菜沙拉
Mixed Salad

All vegetables are subject to changes due to availability .

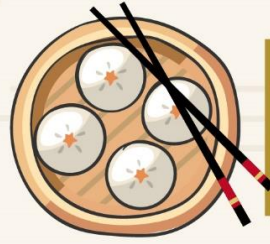
All meals are served with one staple such as (bread, rice, or beans)
每日西餐都会配有面包(当日有其它主食除外)

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

Chinese 中餐

LUNCH MENU

午餐菜单



Sep
2020

1-Sep

樱桃肉
Sweet and Sour Diced Pork

扇贝丁蒸蛋
Steamed Eggs with Scallop

清炒有机花菜
Stir-fried Cauliflower
with Shrimp

2-Sep

红烧鸡翅根
Braised Chicken Leg

小白菜肉丸炖豆腐
Braised Tofu Chinese
Cabbage with Pork Meatball

荷塘小炒
Vegetable Stir-fried with
Lotus Root

3-Sep

冬瓜炖排骨
Stewed Wax Gourd with Pork
Ribs

木耳大白菜炒肉片
Stir-fried Cabbage with
Wood Ear Mushroom and
Pork

素炒三丝
(韭菜, 豆芽, 豆腐皮)
Stir-fried Bean Sprouts with
Chives and Tofu Skin

4-Sep

宫保鸡丁
Kung Pao Chicken

西红柿炒蛋
Scrambled Eggs and
Tomatoes

香菇油菜
Stir-fried Bok Choy with Black
Mushrooms in Oyster Sauce

7-Sep

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

8-Sep

柠檬鸡
Lemon Chicken

西芹腰果鱿鱼
Celery with Cashew and
Squid

清炒有机花菜
Stir-fried Cauliflower

9-Sep

鱼香肉丝
Braised Shredded Pork

肉沫茄条(鸡肉)
Shredded Eggplants with
Minced Pork

清炒娃娃菜
Stir-fried Baby Cabbage

10-Sep

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

11-Sep

台式卤肉/卤蛋
Taiwanese Style Stewed
Minced Pork

荷兰豆木耳炒虾仁
Stir-fried Snow Peas with
Wood Ear Mushroom and
Shrimp

菠菜炖粉条
Stew Spinach with Vermicelli

14-Sep

椒盐鸡脆骨
Fried Chicken Cartilage

双鲜滑子蘑
Mushrooms in Chinese
Oyster Sauce

芹菜土豆丝
Stir-fried Celery with
Shredded Potatoes

15-Sep

菠萝咕咾肉
Sweet and Sour Pork

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

莴笋炒木耳
Stir-fried Asparagus with
Lettuce and Wood Ear
Mushroom

16-Sep

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

17-Sep

可乐鸡翅根
Chicken Wings Braised in
Coke

虎皮鸡蛋
Fried Boiled Eggs

杏鲍菇烧油菜
Stir-fried Chinese Vegetable
with King Oyster Mushroom

18-Sep

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

21-Sep

咖喱鸡块
Chicken Curry

角瓜木耳炒肉片
Stir-fried Zucchini with
Wood Ear Mushroom and
Shrimp

清炒双花(西兰花, 花菜)
Stir-fried Cauliflower with
Broccoli

22-Sep

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

23-Sep

西红柿牛腩
Braised Beef

荷兰豆炒腊肠
Snow Peas with Traditional
Chinese Sausage"

黄蘑土豆片
Potato Slices w/ Mushrooms

24-Sep

奥尔良风味炸鸡
Fried Chicken

小芹菜炒牛肚
Stir-fried Celery with Beef
Chitlins

白菜粉条炖豆腐
Stewed Cabbage with
Tofu and Vermicelli

25-Sep

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
Wood Ear 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

Sep
2020

1-Sep

三黄鸡炖榛蘑

角瓜鸡蛋炒虾仁

酸辣土豆丝

2-Sep

炸猪排

油豆角烧肉片

清炒双花 (西兰花,
有机花菜)

3-Sep

Tacos

西红柿番茄酱

墨西哥米饭/三奶蛋糕

7-Sep

红烧羊排/猪排

西兰花炒虾仁

鲮鱼油麦菜

8-Sep

鹌鹑蛋红烧肉

西红柿炒蛋

白灼西生菜

9-Sep

麻辣烫

炸春卷

炆拌土豆丝

10-Sep

辣子鸡

大白菜粉条炖海虾

西芹木耳炒山药

14-Sep

土豆炖牛腩

家常豆腐 (鸡肉)

韭菜炒豆芽

15-Sep

猪手焖黄豆

蒜蓉粉丝蒸虾仁

清炒木耳莴笋片

16-Sep

毛血旺

白菜肉片炖豆腐

香菇小油菜

17-Sep

香辣月牙骨

扇贝丁蒸蛋

清炒娃娃菜

21-Sep

川味回锅肉

橄榄四季豆 (鸡肉)

蒜泥茼蒿

22-Sep

牛肉面

小油菜/卤蛋

芹菜花生米拌腐竹

23-Sep

双椒护心肉

芹菜炒肉

炆土豆丝

24-Sep

香辣鸡腿堡

薯条

蔬菜沙拉

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

Sep
2020

1-Sep

猪肉/鸡肉灌汤包

五香鹌鹑蛋

大碴粥/芹菜花生米

2-Sep

韩式拌饭

烤鸡肉
达酱豆腐汤

生菜叶
泡菜

3-Sep

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

4-Sep

煎培根
早餐肠 (鸡肉)

西式炒蛋
烤紫薯

烤法国吐司
蔬菜沙拉

7-Sep

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-Sep

牛肉芹菜包子
鸡肉香菇

皮蛋瘦肉粥

芹菜花生米
拌海带丝

9-Sep

肉松三明治

煎火腿
鸡肉早餐肠
烤玉米棒
水果沙拉

10-Sep

紫菜云吞面

南瓜馒头
小豆沙包
拌榨菜丝
腐竹花生米

11-Sep

汉堡胚子
小柿子

海苔鱿鱼饼
火腿片

西式炒蛋
黄瓜片
Tuna Salad

14-Sep

双色卷

云吞面

肉丝拌黄瓜丝
金针菇/拌三丁

15-Sep

西红柿疙瘩汤

紫薯饼
小油条

拌三丁
小葱拌虾皮

16-Sep

烤培根
早餐肠

西式炒蛋
小柿子

烤法国吐司

17-Sep

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

18-Sep

玉米虾仁炒饭

煎培根
烤早餐肠

蔬菜沙拉
辣白菜

21-Sep

青菜火腿丁西红柿疙瘩汤

葱油饼
糖饼

芹菜花生米
榨菜丝

22-Sep

火腿三明治

烤红薯
炸虾

黄油西兰花
小柿子

23-Sep

饭团
大酱汤

烤鸡肉
生菜叶

辣白菜

24-Sep

烤培根
鸡肉早餐肠

西式炒饭

水果沙拉

2-Sep

中式卷饼

牛肉丝
鸡肉丝

土豆丝/绿豆芽
胡萝卜丝

28-Sep

南瓜小馒头

八宝粥
炸小麻球

黄瓜拌鸡肉丝
腐竹花生米

29-Sep

鲜蔬披萨吐司

鸡肉早餐肠

炸薯饼
西式炒蛋

30-Sep

牛肉芸豆包/
角瓜鸡蛋馅包子

小米粥
炸油条

拌酸辣小木耳
拌干豆腐丝

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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