

# International LUNCH MENU

## 国际餐 午餐菜单



Oct  
2020

### 5-Oct

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

### 6-Oct

意大利肉酱面  
Spaghetti with Bolognese  
Sauce

蒜香面包  
Garlic Bread

牛心菜沙拉  
Coleslaw

### 7-Oct

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

### 8-Oct

香肠牛肉粒披萨  
Pepperoni Pizza

水牛城辣鸡翅  
Buffalo Wings

凯撒沙拉  
Caesar Salad

### 9-Oct

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

### 12-Oct

泰式甜辣鸡  
Thai Style Sweet and Spicy  
Chicken

泰式春卷/米饭  
Spring Rolls or Rice

泰式沙拉(配甜酸酱)  
Thai Style Salad

### 13-Oct

瑞典肉丸  
Swedish Meatballs

黑椒汁土豆泥  
Mashed Potato with Black  
Pepper Sauce

洋葱、培根炒四季豆/小餐包  
Stir-fried String Beans with  
Bacon and Onions or Dinner  
Rolls

### 14-Oct

热狗/辣椒酱  
Chili Dog

薯条  
French Fries

黄瓜小米沙拉  
Cucumber Millet Salad

### 15-Oct

墨西哥铁板鸡肉  
Chicken Fajita

墨西哥沙沙酱  
Salsa

墨西哥红腰豆  
Charro Beans

墨西哥米饭  
Spanish Rice

### 16-Oct

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

米饭/中东面包  
Rice or Pita Bread

水果沙拉/小扁豆酱  
Fruit Salad or Lentil Beans

### 19-Oct

牛肉千层面  
Beef Lasagna  
洋葱、培根炒四季豆/香蒜面包

Stir-fried Sting Beans or  
Garlic Bread

牛心菜沙拉  
Chinese Cabbage Salad

### 20-Oct

黑椒汁鸡排  
Chicken with Black Pepper  
sauce

黑椒汁土豆泥  
Mashed Potato with Black  
Pepper Sauce

小蛋糕/蒜茸角瓜  
Cakes or Garlic Zucchini

### 21-Oct

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

### 22-Oct

日式咖喱鸡肉  
Chicken Curry

汉堡包面包(小的)/洋葱圈  
Burger Bread or Onion Rings

混合蔬菜沙拉  
Mixed Salad

### 23-Oct

香肠牛肉粒披萨  
Pepperoni Pizza

香烤鸡翅根  
Baked Wings

凯撒沙拉  
Caesar Salad

### 26-Oct

炸鸡排  
Chicken Katsu

白米饭/大头菜  
Rice or Sauteed Cabbage

蔬菜沙拉  
Vegetables Salad

### 27-Oct

炖牛肉意大利空心粉  
Goulash over Pasta

蒜茸角瓜  
Garlic Zucchini

希腊沙拉  
Greek Salad

### 28-Oct

BBQ烤鸡腿  
Chicken Legs

西式炖菜/烤地瓜  
Stewed Vegetables or Baked  
Sweet Potatoes

蔬菜沙拉/玉米蛋糕  
Garden Salad/Corn Bread

### 29-Oct

蘑菇汁烤猪肉  
Baked Pork in the  
Mushroom Sauce

烤土豆/炸凤尾虾  
Baked Potatoes or Fried  
Shrimp

玉米蛋糕/田园沙拉  
Corn Bread or Garden Salad

### 30-Oct

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 .

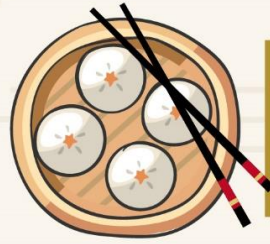
All meals are served with one staple such as (bread, rice, or beans)  
每日西餐都会配有面包(当日有其它主食除外)

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

# Chinese 中餐

## LUNCH MENU

## 午餐菜单



Oct  
2020

**5-Oct**

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

**6-Oct**

樱桃肉  
Sweet and Sour Diced Pork

扇贝丁蒸蛋  
Steamed Eggs with Scallop

娃娃菜粉条炖豆腐  
Braised Tofu with Chinese  
Cabbage

**7-Oct**

红烧鸡翅根  
Braised Chicken Leg

芹菜肉片炒粉条  
Stir-fried Celery with Meat  
and Vermicelli

荷塘小炒  
Vegetable Stir-fried with  
Lotus Root

**8-Oct**

冬瓜炖排骨  
Stewed Wax Gourd with Pork  
Ribs

西红柿炒鸡蛋  
Scrambled Eggs and  
Tomatoes

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

**9-Oct**

台式卤肉/卤蛋  
Taiwanese Style Stewed  
Minced Pork

荷兰豆炒腊肠  
Stir-fried Snow Peas with  
Traditional Chinese Sausage

青红椒土豆丝  
Stir-fried Shredded  
Potatoes

**12-Oct**

黑椒牛肉  
Beef with Black Pepper Sauce

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

清炒木耳西兰花  
Stir-fried Broccoli with Wood  
Ear

**13-Oct**

柠檬鸡  
Lemon Chicken

西芹腰果炒鱿鱼  
Celery with Cashew and  
Squid

丝瓜炒鸡蛋  
Stir-fried Towel Gourd with  
Eggs

**14-Oct**

西红柿炖牛腩  
Braised Beef

线豆炒肉片  
Stir-fried String Beans  
with Pork

火爆大头菜  
Fried Chinese Cabbage

**15-Oct**

鱼香肉丝  
Braised Shredded Pork

茄子土豆烧豆角  
Braised Potato with Green  
Beans and Eggplant

清炒娃娃菜  
Stir-fried Baby Cabbage

**16-Oct**

三鲜焖子  
Seafood with Chinese  
Snacks

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

**19-Oct**

香辣酥炒鸡脆骨  
Fried Chicken Cartilage

菌菇炒肉片  
Stir-fried Pork with  
Mushroom

芹菜炒土豆丝  
Stir-fried Celery with  
Shredded Potatoes

**20-Oct**

香橙咕咾肉  
Sweet and Sour Pork

芸豆南瓜炖五花肉  
Braised Pork with Beans and  
Pumpkin

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

**21-Oct**

可乐鸡翅根  
Chicken Wings Braised in  
Coke

家常豆腐  
Home Tofu

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

**22-Oct**

红烧狮子头  
Braised Pork Meatball and  
Chinese Cabbage

大白菜五花肉炖豆腐  
Braised Chinese Cabbage  
with Tofu and Pork

火爆大头菜  
Quick-fried Chinese Cabbage

**23-Oct**

红烧啤酒鸭  
Braised Beer Duck

地三鲜  
Traditional Chinese Eggplant  
Potatoes and Green Pepper

角瓜炒平菇  
Stir-fried Zucchini with Oyster  
Mushroom

**26-Oct**

三黄鸡榛蘑炖粉皮/有骨肉  
Braised Chicken with  
Mushroom and Vermicelli

地三鲜  
Braised Potatoes with  
Eggplant and Green Pepper

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

**27-Oct**

干豆角红烧肉  
Braised Pork with Green  
Beans

千叶豆腐烧肉片  
Stir-fried Tofu with Slice  
Pork

蚝油西生菜  
Braised Lettuce

**28-Oct**

萝卜炖牛腩  
Braised Beef with Radish

圆椒炒肉片  
Stir-fried Pork with Green  
Pepper

黄蘑土豆片  
Potato Slices w/ Mushrooms

**29-Oct**

红烧鸡腿  
Braised Chicken

芹菜炒牛肉  
Stir-fried Celery with Beef  
Chitlins

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

**30-Oct**

土豆排骨炖海带扣  
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

Oct  
2020

5-Oct

海带红烧肉

肉末蒸鸡蛋糕

清炒娃娃菜

6-Oct

啤酒鸭

角瓜鸡蛋炒虾仁

酸辣土豆丝

7-Oct

香炸猪排

油豆角粉条烧肉片

清炒双花 (西兰花,  
有机花菜)

8-Oct

Tacos

西红柿番茄酱

墨西哥米饭/三奶蛋糕

12-Oct

红烧羊排/猪排

西兰花炒虾仁

鲮鱼油麦菜

13-Oct

东北锅包肉

西红柿炒蛋

白灼西生菜

14-Oct

麻辣烫(另备不辣和不  
含羊肉的)

炸春卷

炆拌土豆丝

15-Oct

辣子鸡

大白菜粉条炖海虾

葱油豆皮

19-Oct

山药炖牛腩

家常豆腐 (鸡肉)

韭菜炒豆芽

20-Oct

猪手焖黄豆

蒜蓉粉丝蒸虾仁

清炒木耳莴笋片

21-Oct

干烧鲮鱼

白菜肉片炖豆腐(不辣)

木耳海米小油菜

26-Oct

川味回锅肉

小葱木耳炒虾仁

蒜泥茼蒿

27-Oct

牛肉面(少油)

小油菜/卤蛋

芹菜花生米拌腐竹

28-Oct

双椒护心肉

牛心菜肉片炒粉

炆土豆丝

29-Oct

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

Oct  
2020

5-Oct

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

6-Oct

韩式拌饭

烤鸡肉  
达酱豆腐汤

生菜叶  
泡菜

7-Oct

猪肉/鸡肉灌汤包

五香鹌鹑蛋

大碴粥/芹菜花生米

8-Oct

菌菇培根意面

芝士焗薯泥  
煎蛋

西兰花拌火腿

9-Oct

中式卷饼

猪肉丝  
鸡肉丝

土豆丝/绿豆芽  
胡萝卜丝

12-Oct

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

13-Oct

猪肉芹菜包子  
鸡肉香菇

皮蛋瘦肉粥

芹菜花生米  
拌海带丝

14-Oct

肉松三明治

煎火腿  
鸡肉早餐肠

烤玉米棒  
水果沙拉

15-Oct

紫菜云吞面

南瓜馒头  
奶黄包

拌榨菜丝  
腐竹花生米

16-Oct

汉堡胚子  
小柿子

鸡肉饼  
火腿片

西式炒蛋  
黄瓜片  
Tuna Salad

19-Oct

双色卷

云吞面

肉丝拌黄瓜丝  
金针菇/拌三丁

20-Oct

西红柿疙瘩汤

紫薯饼  
小油条

拌三丁  
小葱拌虾皮

21-Oct

烤培根  
早餐肠

西式炒蛋  
小柿子

烤法国吐司

22-Oct

小白菜猪肉包子  
牛心菜木耳素馅包子

皮蛋瘦肉粥

凉拌苯豆芽  
梅菜笋丝

23-Oct

玉米虾仁炒饭

煎培根  
烤早餐肠

蔬菜沙拉  
辣白菜

26-Oct

青菜火腿丁西红柿疙  
瘩汤

葱油饼  
糖饼

芹菜花生米  
榨菜丝

27-Oct

火腿三明治

烤红薯  
炸春卷 (蔬菜馅)

拌西兰花  
小柿子

28-Oct

饭团  
大酱汤

烤鸡肉  
生菜叶

辣白菜

29-Oct

烤培根  
鸡肉早餐肠

西式炒饭

水果沙拉

30-Oct

南瓜小馒头  
花卷

八宝粥  
炸小麻球

黄瓜拌鸡肉丝  
腐竹花生米

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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