

International LUNCH MENU

国际餐 午餐菜单



Dec
2020

30-Nov

意大利肉酱面
Spaghetti with Bolognese

Sauce

蒜香面包
Garlic Bread

牛心菜沙拉
Coleslaw

1-Dec

炸鸡排
Chicken Katsu

炒牛心菜/白米饭
Sauteed Cabbage or Rice

鸡蛋土豆沙拉
Potatoes Salad

2-Dec

辣椒猪肉捞饭 (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-Dec

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-Dec

香肠牛肉粒披萨
Pepperoni Pizza

水牛城辣鸡翅
Buffalo Wings

凯撒沙拉
Caesar Salad

7-Dec

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

8-Dec

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/小餐包
Garden Salad and Dinner
Rolls

9-Dec

热狗/辣椒酱
Chili Dog

薯条
French Fries

黄瓜小米沙拉
Cucumber Millet Salad

10-Dec

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

11-Dec

香肠牛肉粒披萨
Pepperoni Pizza

水牛城辣鸡翅
Buffalo Wings

凯撒沙拉
Caesar Salad

14-Dec

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

15-Dec

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

16-Dec

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

17-Dec

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

18-Dec

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

All vegetables are subject to changes due to availability .

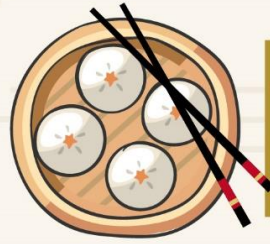
All meals are served with one staple such as (bread, rice, or beans)
每日西餐都会配有面包(当日有其它主食除外)

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

Chinese 中餐

LUNCH MENU

午餐菜单



Dec
2020

30-Nov

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

1-Dec

啤酒鸭/酱鸭腿 (小学生)
Braised Duck

肉沫烧茄子
Fried Eggplant with Meat

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

2-Dec

可乐鸡翅根
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

3-Dec

土豆炖排骨
Stewed Potatoes with Pork
Ribs

家常豆腐
Home Tofu

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

4-Dec

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

7-Dec

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

8-Dec

柠檬鸡
Lemon Chicken

西芹腰果炒鱿鱼
Celery with Cashew and
Squid

丝瓜炒鸡蛋
Stir-fried Tofu with
Eggs

9-Dec

西红柿炖牛腩
Braised Beef

线豆肉片炖粉条
Stir-fried String Beans
with Pork

火爆大头菜
Fried Chinese Cabbage

10-Dec

鱼香肉丝
Braised Shredded Pork

茄子土豆炖豆角
Braised Potatoes with Green
Beans and Eggplant

清炒娃娃菜
Stir-fried Chinese Cabbage

11-Dec

三鲜焖子
Seafood with Chinese
Snacks

蒜苔木耳炒肉片
Stir-fried Pork with Wood Ear
and Chinese Vegetables

清炒有机花菜
Stir-fried Cauliflower

14-Dec

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

15-Dec

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

16-Dec

可乐鸡翅根
Chicken Wings Braised in
Coke
麻婆豆腐
Mapo Tofu

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

17-Dec

红烧狮子头
Braised Pork Meatball and
Chinese Cabbage

蒜薹肉片炒鸡蛋
Stir-fried Pork with Garlic
Bolt and Eggs

火爆大头菜
Quick-fried Chinese Cabbage

18-Dec

沙茶牛肉
Chinese Barbecued Sauce
with Beef

雪里蕻肉片炖冻豆腐
Braised Pork with Tofu
and Chinese Vegetables

角瓜炒平菇
Stir-fried Zucchini with Yellow
Chives

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

Dec
2020

30-Nov

酱大骨

平菇炒肉
洋葱青椒炒鸡蛋
花豆米饭
葱油花卷

1-Dec

黑椒牛肉

尖椒肉片炒香干
清炒娃娃菜
二米米饭
葱油花卷

2-Dec

双椒护心肉

油豆角粉条烧肉片
炆土豆丝
黑米米饭
奶香馒头

3-Dec

BBQ烤鸡腿

香炸凤尾虾
蔬菜沙拉
米饭
玉米蛋糕

7-Dec

鱼香肉丝

西红柿炒鸡蛋
家常小炒
杂粮米饭
玉米面馒头

8-Dec

牛肉面(少油)

小油菜/卤蛋
炸蔬菜春卷
芹菜花生米拌腐竹
酸辣土豆丝

9-Dec

红烧牛肉

肉沫茄子
油菜香菇
红豆米饭
奶香馒头

10-Dec

奥尔良炸鸡

东北乱炖
葱油豆皮
绿豆米饭
炸芝麻球

14-Dec

麻辣香锅

肉沫鸡蛋糕
莴笋菌菇小炒
黑米米饭
双色馒头

15-Dec

猪手焖黄豆

地三鲜
小油菜海米
花豆米饭
奶香花卷

16-Dec

辣子鸡

西兰花炒火腿丁
酸辣土豆丝
红豆米饭
豆沙包

17-Dec

香辣鸡腿堡

薯条
冰红茶
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

Dec
2020

30-Nov

小麦饼/菠菜饼

煎鸡胸肉/烤猪肉

黄瓜丝/鸡蛋丝/西生菜丝

1-Dec

韩式拌饭
配黄豆芽, 胡萝卜丝、
角瓜、太阳蛋
烤鸡肉
紫菜蛋花汤
泡菜

2-Dec

猪肉/鸡肉灌汤包

五香鹌鹑蛋

大碴粥/芹菜花生米

3-Dec

米粉
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

4-Dec

牛肉芸豆包/
角瓜鸡蛋馅包子

小米粥

拌酸辣小木耳
拌干豆腐丝

7-Dec

菌菇培根意面

芝士焗薯泥
煎蛋

西兰花拌火腿

8-Dec

猪肉芹菜包子
鸡肉香菇
皮蛋瘦肉粥

芹菜火腿拌花生米
爽口木耳

9-Dec

芝士火腿三明治

烤红薯
炸春卷 (蔬菜馅)

拌西兰花
小柿子

10-Dec

水饺

南瓜馒头
奶黄包

拌榨菜丝
腐竹花生米

11-Dec

墨西哥鸡肉卷

炸玉米片/莎莎酱

西式烤土豆/蔬菜沙拉

14-Dec

双色卷

紫菜云吞面

肉丝拌金针
拌三丁

15-Dec

西红柿疙瘩汤

紫薯饼
小油条

黄瓜拌肉丝
小葱拌虾皮

16-Dec

番茄螺旋面

香炸地瓜条
西兰花拌火腿

香烤鳕鱼

17-Dec

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
黄瓜拌木耳

18-Dec

玉米虾仁炒饭

煎培根
烤早餐肠

蔬菜沙拉
辣白菜

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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