

# International LUNCH MENU

## 国际餐 午餐菜单



May  
2021

### 3-May

泰式甜辣鸡  
Thai Style Sweet and Spicy  
Chicken  
-----  
泰式春卷  
Spring Rolls  
-----  
泰式沙拉-配甜酸酱  
Thai Style Salad  
泰式菠萝炒饭  
Thai style fried rice with  
pineapple

### 17-May

蘑菇汁烤猪肉  
Pork w/ Mushroom Sauce  
-----  
烤土豆  
Baked Potatoes  
-----  
炸凤尾虾  
Fried Shrimp  
-----  
田园沙拉/小餐包  
Garden Salad / Dinner  
Rolls

### 24-May

炸鸡排  
Chicken Katsu  
-----  
日式沙拉  
Japanese Seaweed Salad  
-----  
日本煎饺  
Japanese Gyoza

### 4-May

意大利肉酱面  
Spaghetti with Bolognese  
Sauce  
-----  
蒜香面包  
Garlic Bread  
-----  
牛心菜沙拉  
Coleslaw

### 11-May

罗勒酱意大利面  
Pasta Served with  
Pesto Sauce  
-----  
土豆沙拉  
Potato Salad  
-----  
田园沙拉  
Garden Salad  
-----  
香蒜面包  
Garlic Bread

### 18-May

牛肉千层面  
Beef Lasagna  
-----  
洋葱、培根炒四季豆  
/香蒜面包  
Stir-fried Sting Beans  
Garlic Bread  
-----  
牛心菜沙拉  
Chinese Cabbage Salad

### 25-May

奶油鸡肉宽面  
Chicken Fettuccine  
Alfredo  
-----  
蒜茸四季豆  
Garlic Green Bean  
-----  
蒜香面包  
Garlic Bread  
-----  
希腊沙拉  
Greek Salad

### 5-May

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

### 12-May

热狗/辣椒酱  
Chili Dog  
-----  
薯条  
French Fries  
-----  
黄瓜小米沙拉  
Cucumber Millet Salad

### 19-May

瑞典肉丸  
Swedish Meatballs  
-----  
土豆泥黑椒汁  
Mashed Potato with Black  
Pepper Gravy  
-----  
蒜茸四季豆  
Sauteed Green Beans  
-----  
小餐包  
Dinner Roll

### 26-May

BBQ烤鸡腿  
Chicken Legs  
-----  
西式炖菜/烤地瓜  
Stewed Vegetables /  
Baked Sweet Potatoes  
-----  
蔬菜沙拉  
Garden Salad  
-----  
玉米面包  
Corn Bread

### 6-May

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

### 13-May

墨西哥铁板鸡肉  
Chicken Fajita  
-----  
墨西哥沙莎酱  
Salsa  
-----  
墨西哥红腰豆  
Charro Beans  
-----  
墨西哥米饭  
Spanish Rice

### 20-May

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  
-----  
小蛋糕  
Cakes

### 27-May

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

### 7-May

匈牙利烩牛肉通心粉  
Hungarian Goulash  
-----  
彩椒炒蘑菇  
Fried Mushroom  
with Pepper  
-----  
烤地瓜  
Sweet

### 14-May

印度红咖喱牛肉盖饭  
Indian Style Curry Beef  
Over Rice  
-----  
米饭/中东面包  
Rice or Pita Bread  
-----  
水果沙拉  
Fruit Salad  
-----  
扁豆酱  
Green dah

### 21-May

香肠牛肉粒/夏威夷披萨  
Pepperoni Pizza  
-----  
水牛城辣鸡翅  
Buffalo Wings  
-----  
凯撒沙拉  
Caesar Salad

### 28-May

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 .

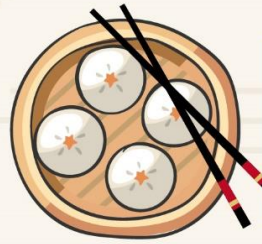
All meals are served with one staple such as (bread, rice, or beans)  
每日西餐都会配有面包(当日有其它主食除外)

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

# Chinese 中餐

## LUNCH MENU

## 午餐菜单



May  
2021

**3-May**

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**7-May**

黑椒牛肉  
Beef with Black Pepper Sauce

冬瓜粉条炖墨鱼丸  
White gourd vermicelli and cuttlefish balls

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

**4-May**

啤酒鸭/酱鸭腿 (小学生)  
Braised Duck

西红柿炖牛肉片  
Braised Beef

麻婆豆腐  
Mapo Tofu

西兰花炒木耳  
Stir-fried Broccoli with Wood Ear Mushroom

**8-May**

红烧鸡块  
Braised Chicken in brown sauce

三鲜焖子  
Seafood with Chinese Snacks

小葱木耳炒肉片  
Stir-fried Pork with Wood Ear and Chinese Vegetables

耗油菜心  
Stir-fried oil consuming Cabbage

**17-May**

香辣酥炒鸡脆骨  
Fried Chicken Cartilage

木须肉  
Stir-fried Pork with Black Mushroom and Eggs

酸汤金针菇肥牛卷  
Braised Beef with Needle Mushroom

杂蘑土豆片  
Stir-fried Mushroom with Potatoes

**18-May**

新疆大盘鸡  
Braised Chicken

香橙咕咾肉  
Sweet and Sour Pork

香干炒腊肠  
Dried incense with cured Meat

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

**24-May**

干豆角烧红烧肉  
Braised Pork with Green Beans

芥兰牛肉  
Kale with Beef

地三鲜  
Braised Potatoes with Eggplant and Green Pepper

三彩豆芽  
Fried Bean Sprouts

**25-May**

樱桃肉  
Sweet and Sour Diced Pork

麻辣香锅  
Spicy Mix Stir-fry

千叶豆腐肉片  
Stir-fried Tofu with Slice Pork

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

**3-May**

咖喱鸡  
Curry Chicken

海带扣红烧肉  
Braised Pork with Kelp buckle

牛心菜炒肉  
Stir-fried Pork with Cabbage

荷塘小炒  
Vegetable Stir-fried with Lotus Root

**9-May**

西红柿炖牛腩  
Braised Beef

孜然肉片  
Fried slices pork

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

火爆大头菜  
Fried Chinese Cabbage

**19-May**

耗油三鲜  
Braised with Seafood

宫爆鸡丁  
Kung Pao Chicken

家常豆腐  
Home Tofu

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

**26-May**

鱼香肉丝  
Braised Shredded Pork

红烧牛肉  
Braised Beef

西兰花炒虾仁  
Stir-fried Broccoli with Sausage

尖椒土豆丝  
Fried Shredded Potatoes

**4-May**

鱼香肉丝  
Braised Shredded Pork

冬瓜肉片炖粉条  
White gourd vermicelli and pork

西芹炒虾仁  
Celery with Shrimp

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

**10-May**

酱猪大排  
Pork chop with sauce

小白菜炖丸  
Braised Pork Meat ball and Chinese Cabbage

鱼香茄条  
Braised Shredded Eggplant

蒜茸油麦菜  
Fried Mashed Garlic and Lettuce

**20-May**

红烧狮子头  
Braised Pork Meatball and Chinese Cabbage

水煮肉片  
Boiled Meat

扇贝丁炒鸡蛋  
Stir-fried Pork with Seafood and Eggs

火爆大头菜  
Quick-fried Chinese Cabbage

**27-May**

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

青椒炒肉丝  
Stir-fried shredded with Pork

芹菜炒牛肉  
Stir-fried Celery with Beef Chitlins

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

**5-May**

炸猪排  
Pork Schnitzel

台式卤肉/卤蛋  
Taiwanese Style Stewed Minced Pork

麻椒肉片  
Fried Pork with Spicy Pepper

青红椒土豆丝  
Stir-fried Shredded Potatoes

**11-May**

蒜薹回锅肉  
Stir-fried Pork with Chinese Vegetables

柠檬鸡  
Lemon Chicken

花菜炒肉片  
Stir-fried Cauliflower with Pork

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

**21-May**

莲藕炖排骨  
Stewed Pork Ribs

沙茶牛肉  
Chinese Barbecued Sauce with Beef

大白菜肉片炖冻豆腐  
Braised Pork with Tofu and Chinese Vegetables

角瓜炒平菇  
Stir-fried Zucchini with Yellow Chives

**28-May**

酱鸭腿  
Braised Duck

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

麻椒肉片  
Fried Sliced Pork with Pepper

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

May  
2021

### 3-May

### 4-May

### 5-May

### 6-May

雪菜肉丝面  
炸洋葱圈

卤猪大排  
黄瓜丝拌鸡蛋皮

二米米饭  
葱油花卷

肥牛洋葱蘑菇饭

芸豆南瓜五花肉  
炆土豆丝

黑米米饭  
奶香馒头

照烧鸡腿饭  
焗南瓜

香炸凤尾虾  
蔬菜沙拉

日式蒸蛋  
米饭

### 10-May

可乐鸡翅根

地三鲜  
小白菜炖冻豆腐  
杂粮米饭  
玉米面馒头

### 11-May

炸酱面  
肉沫芸豆打卤面

黄瓜丝,胡萝卜丝  
黄豆芽,榨菜丝  
拌三丁/蒜茸海带丝  
花卷

### 12-May

咖喱鱼蛋  
鸭腿

大连焖子  
香菇小油菜

红豆米饭  
奶香馒头

### 13-May

夏威夷披萨  
洋葱圈

烤鸡翅根

黄油西兰花  
小蛋糕

### 17-May

红烧排骨  
家常豆腐

木耳大白菜

黑米米饭  
双色馒头

### 18-May

牛肉面(少油)  
小油菜

炸春卷  
拌油豆皮

花豆米饭  
奶香花卷

### 19-May

辣子鸡

萝卜炖海虾  
豆豉鳞鱼油麦菜

红豆米饭  
豆沙包

### 20-May

手撕猪肉汉堡

薯条  
蔬菜沙拉

香蕉玛芬  
冰红茶

### 24-May

红烧鸡翅根

木须肉  
耗油西生菜

杂粮米饭  
大枣馒头

### 25-May

麻辣烫

炸蔬菜春卷/豆沙春卷

拌莴笋  
发面饼

### 26-May

双椒护心肉

大白菜烩丸子  
烧茄子

二米米饭  
紫薯小馒头

### 27-May

韩式拌饭'煎鸡蛋,紫  
菜丝,豆芽,

炸鸡排  
胡萝卜丝炒莴笋  
玉米蛋糕

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

May  
2021

4-May

菌菇培根意面

芝士焗薯泥  
炸春卷

西兰花拌火腿

5-May

猪肉/鸡肉灌汤包

五香鹌鹑蛋

大碴粥  
芹菜花生米

6-May

小麦饼/菠菜饼

煎鸡胸肉/烤猪肉

黄瓜丝/鸡蛋丝/西生菜丝

7-May

云吞面

小油条  
南瓜馒头

拌酸辣小木耳  
卤鹌鹑蛋

10-May

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

11-May

芝士厚蛋烧三明治

炸豆沙春卷

拌西兰花  
小柿子

12-May

猪肉芹菜包子  
鸡肉香菇包子

皮蛋瘦肉粥

芹菜火腿拌花生米  
爽口木耳

13-May

蒸饺

南瓜粥  
奶黄包

拌榨菜丝  
腐竹花生米

14-May

墨西哥鸡肉卷

炸玉米片配豆子

西式烤土豆  
蔬菜沙拉

17-May

双色卷

紫菜云吞面

肉丝拌金针  
拌三丁

18-May

鸡肉番茄螺旋面

西式炒蛋

香炸鳕鱼  
凯撒沙拉

19-May

肉夹馍

西红柿疙瘩汤

黄瓜拌肉丝  
酸辣藕片

20-May

玉米虾仁炒饭

早餐肠

蔬菜沙拉  
辣白菜

21-May

玉米洋葱馅饼  
素菜馅饼

蔬菜粥

凉拌笨豆芽  
黄瓜拌木耳

24-May

猪肉芸豆包子  
素馅包子

绿豆粥

芹菜花生米  
榨菜丝

25-May

鲜蔬吐司披萨

烤培根  
炸春卷

拌西兰花  
小柿子

26-May

饭团  
大酱汤

烤鸡肉  
生菜叶

辣白菜

27-May

芝士锅饭  
西式炒蛋

早餐肠

水果沙拉

28-May

锅盔

八宝粥  
五香鹌鹑蛋  
菠菜粉条拌鸡蛋皮

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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