

International LUNCH MENU

国际餐 午餐菜单



June
2021

31-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

7-Jun

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

14-Jun

21-Jun

炸鸡排
Chicken Katsu

日式沙拉
Japanese Seaweed Salad

日本煎饺
Japanese Gyoza

1-Jun

意大利肉酱面
Spaghetti with Bolognese
Sauce

蒜香面包
Garlic Bread

牛心菜沙拉
Coleslaw

8-Jun

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

15-Jun

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

22-Jun

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

2-Jun

Chili (土豆, 红腰豆, 蔬菜)
Chili con carne Over Rice

卷心菜沙拉
Cole Slaw

四季豆
Green Beans

9-Jun

热狗/辣椒酱
Chili Dog

薯条
French Fries

黄瓜小米沙拉
Cucumber Millet Salad

16-Jun

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

23-Jun

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

3-Jun

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

10-Jun

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

17-Jun

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

24-Jun

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

4-Jun

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

11-Jun

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

18-Jun

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

25-Jun

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 .

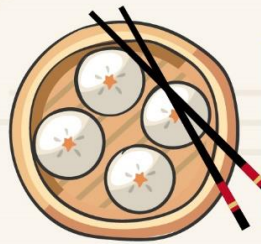
All meals are served with one staple such as (bread, rice, or beans)
每日西餐都会配有面包(当日有其它主食除外)

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

Chinese 中餐

LUNCH MENU

午餐菜单



June
2021

31-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

7-Jun

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

14-Jun

21-Jun

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

1-Jun

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-Jun

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

15-Jun

新疆大盘鸡
Braised Chicken

香橙咕咾肉
Sweet and Sour Pork

香干炒腊肠
Bean Curd Tofu with cured
Meat

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

22-Jun

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

2-Jun

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-Jun

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

16-Jun

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

23-Jun

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

3-Jun

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-Jun

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

17-Jun

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

24-Jun

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

4-Jun

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-Jun

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

18-Jun

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

25-Jun

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

June
2021

31-May

韩式拌饭
角瓜,豆芽,菠菜,煎蛋
肥牛卷
猪梅肉(配孜然,白芝麻)
胡萝卜,辣白菜,鱼豆腐
玉米马芬

1-Jun

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

2-Jun

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

3-Jun

照烧鸡腿饭
焗南瓜
香炸凤尾虾
蔬菜沙拉
日式蒸蛋
米饭

7-Jun

可乐鸡翅根
地三鲜
小白菜炖冻豆腐
杂粮米饭
玉米面馒头

8-Jun

咖喱鱼蛋
鸭腿
大连焖子
香菇小油菜
红豆米饭
奶香馒头

9-Jun

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

10-Jun

夏威夷披萨
洋葱圈
烤鸡翅根
黄油西兰花
香蕉马芬

14-Jun

15-Jun

16-Jun

17-Jun

21-Jun

22-Jun

23-Jun

24-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
2021

31-May

双色卷
炸小油条

紫菜云吞面

肉丝拌金针
拌三丁

1-Jun

菌菇培根意面

芝士焗薯泥
炸春卷

西兰花拌火腿

2-Jun

猪肉/鸡肉灌汤包

五香鹌鹑蛋

皮蛋瘦肉粥
芹菜花生米

3-Jun

小麦饼/菠菜饼

煎鸡胸肉/烤猪肉

黄瓜丝/鸡蛋丝/西生
菜丝

4-Jun

肉夹馍

西红柿疙瘩汤

黄瓜拌肉丝
酸辣藕片

7-Jun

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

8-Jun

芝士厚蛋烧三明治

炸豆沙春卷

拌西兰花
小柿子

9-Jun

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

10-Jun

蒸饺

南瓜粥
奶黄包

拌榨菜丝
腐竹花生米

11-Jun

墨西哥鸡肉卷

炸玉米片配豆子

西式烤土豆
蔬菜沙拉

14-Jun

15-Jun

4-Jun

17-Jun

18-Jun

21-Jun

22-Jun

23-Jun

24-Jun

25-Jun

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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