

# International LUNCH MENU

## 国际餐 午餐菜单



September  
2021

30-Aug

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

31-Aug

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

1-Sep

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

2-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  
小蛋糕  
Cakes

3-Sep

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  
Fruit Salad  
扁豆酱  
Green dah

6-Sep

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

7-Sep

炸鸡排  
Chicken Katsu  
土豆沙拉  
Potato Salad  
田园沙拉  
Garden Salad  
曲奇  
Cookie

8-Sep

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

9-Sep

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

10-Sep

香肠牛肉粒披萨  
Pepperoni Pizza  
水牛城辣鸡翅  
Buffalo Wings  
凯撒沙拉  
Caesar Salad

13-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

14-Sep

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

15-Sep

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

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  
小蛋糕  
Cakes

17-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

20-Sep

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

21-Sep

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

22-Sep

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

23-Sep

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-Sep

牛肉汉堡  
Hamburger  
薯条  
French Fries  
混合绿色蔬菜沙拉  
Mixed Salad

27-Sep

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

28-Sep

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

29-Sep

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

30-Sep

香肠牛肉粒披萨  
Pepperoni Pizza  
水牛城辣鸡翅  
Buffalo Wings  
凯撒沙拉  
Caesar Salad

All vegetables are subject to changes due to availability .

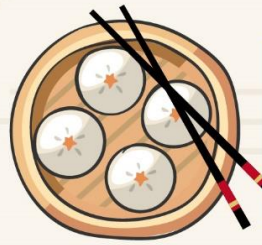
All meals are served with one staple such as (bread, rice, or beans)  
每日西餐都会配有面包(当日有其它主食除外)

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

# Chinese 中餐

## LUNCH MENU

## 午餐菜单



September  
2021

30-Aug

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

31-Aug

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

1-Sep

宫爆鸡丁  
Kung Pao Chicken

蚝油三鲜  
Braised with Seafood

家常豆腐  
Home Tofu

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

2-Sep

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

蒜泥茼蒿  
Garlic with Crown Daisy

3-Sep

莲藕炖排骨  
Stewed Pork Ribs

沙茶牛肉  
Chinese Barbecued Sauce with  
Beef

小白菜肉片炖豆腐  
Braised Pork with Tofu and  
Chinese Vegetables

角瓜炒平菇  
Stir-fried Zucchini with Yellow  
Chives

6-Sep

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

7-Sep

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

8-Sep

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

9-Sep

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

10-Sep

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

13-Sep

香辣酥炒鸡脆骨  
Fried Chicken Cartilage

木须肉  
Stir-fried Pork with Black  
Mushroom and Eggs

酸汤金针肥牛卷  
Braised Beef with Needle  
Mushroom

杂蘑土豆片  
Stir-fried Mushroom with  
Potatoes

14-Sep

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

15-Sep

蚝油三鲜  
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

16-Sep

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

17-Sep

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

20-Sep

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

23-Sep

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

24-Sep

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.

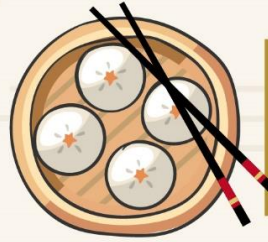
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# Chinese 中餐

## LUNCH MENU

### 午餐菜单



September  
2021

#### 27-Sep

山药炖排骨

Stewed Yam with Pork Ribs

孜然鸡胗

Cumin Chicken Gizzard

西红柿炒蛋

Scrambled Eggs and  
Tomatoes

香菇油菜

Stir-fried Bok Choy with Black  
Mushrooms in Oyster Sauce

#### 28-Sep

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

#### 29-Sep

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

#### 30-Sep

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

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

September  
2021

1-Sep

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

2-Sep

红烧鸡翅根

木须肉  
耗油西生菜

杂粮米饭  
大枣馒头

6-Sep

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

7-Sep

披萨  
洋葱圈

烤鸡翅根

黄油西兰花

8-Sep

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

9-Sep

猪蹄焖黄豆

地三鲜  
小白菜炖冻豆腐

杂粮米饭  
玉米面馒头

13-Sep

咖喱鱼蛋

大连焖子  
香菇小油菜

红豆米饭  
豆沙包

14-Sep

红烧排骨  
家常豆腐

木耳大白菜

黑米米饭  
双色馒头

15-Sep

牛肉面(少油)  
小油菜

炸春卷  
拌油豆皮

花豆米饭  
奶香花卷

16-Sep

夏威夷披萨

烤鸡翅根  
洋葱圈

黄油西兰花  
小蛋糕

22-Sep

大肉米线  
绿豆芽

豆皮  
豆苗  
老醋三样  
白糖饼

23-Sep

手撕猪肉汉堡

薯条  
蔬菜沙拉  
香蕉玛芬  
冰红茶

27-Sep

双椒护心肉

大白菜烩丸子  
烧茄子

二米米饭  
紫薯小馒头

28-Sep

麻辣烫

炸蔬菜春卷  
豆沙春卷

拌莴笋  
发面饼

29-Sep

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

30-Sep

辣子鸡

萝卜炖海虾  
豆豉鳞鱼油麦菜

红豆米饭  
豆沙包

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

September  
2021

### 1-Sep

小麦饼/菠菜饼

煎鸡胸肉/烤猪肉

黄瓜丝/鸡蛋丝/西生菜丝

### 2-Sep

法式牛奶布丁  
烤培根

玉米粒

水果沙拉

### 3-Sep

猪肉/鸡肉灌汤包

五香鹌鹑蛋

大碴粥  
芹菜花生米

### 6-Sep

菌菇培根意面

芝士焗薯泥  
煎蛋

西兰花拌火腿

### 7-Sep

云吞面

小油条  
南瓜馒头

拌酸辣小木耳  
卤鹌鹑蛋

### 8-Sep

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

### 9-Sep

芝士厚蛋烧三明治

炸豆沙春卷

拌西兰花  
小柿子

### 10-Sep

猪肉芹菜包子  
鸡肉香菇包子

八宝粥

芹菜火腿拌花生米  
爽口木耳

### 13-Sep

水饺

南瓜馒头  
奶黄包

拌榨菜丝  
腐竹花生米

### 14-Sep

墨西哥鸡肉卷

炸玉米片

西式烤土豆  
蔬菜沙拉

### 15-Sep

双色卷

紫菜云吞面

肉丝拌金针  
拌三丁

### 16-Sep

鸡肉番茄螺旋面

西式炒蛋

香炸鳕鱼  
凯撒沙拉

### 17-Sep

肉夹馍

西红柿疙瘩汤

黄瓜拌肉丝  
酸辣藕片

### 20-Sep

### 21-Sep

### 22-Sep

### 23-Sep

### 24-Sep

猪肉芸豆包子  
素馅包子

绿豆粥

芹菜花生米  
榨菜丝

蔬菜披萨

烤培根  
炸春卷

拌西兰花  
小柿子

饭团  
大酱汤

烤鸡肉  
生菜叶

辣白菜

### 27-Sep

芝士铜饭  
西式炒蛋

早餐肠

水果沙拉

### 28-Sep

锅盔

八宝粥  
五香鹌鹑蛋

菠菜粉条拌鸡蛋皮

### 29-Sep

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

### 30-Sep

芝士火腿三明治

烤红薯  
炸春卷 (蔬菜馅)

拌西兰花  
小柿子

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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