

International LUNCH MENU

国际餐 午餐菜单



十月
October
2021

11-Oct

意大利肉酱面
Spaghetti with
Bolognese Sauce

蒜香面包
Garlic Bread

炒时蔬
Fried Vegetables

12-Oct

鸡皇饭
Chicken a-la-King over Rice

炒牛心菜
Fried Cabbage

玉米棒
Corn on a Cob

13-Oct

辣椒猪肉捞饭
(土豆, 红腰豆, 蔬菜)
Chili con carne Over Rice

炸虾
Fried Shrimp

玉米蛋糕
Corn Bread

培根蘑菇炒四季豆
Fried Green Beans with Bacon
and Mushroom

14-Oct

香辣鸡腿堡
Chicken Burger

薯条
French Fries

芝士焗南瓜
Baked Pumpkin with Cheese

15-Oct

匈牙利烩牛肉通心粉
Beef Goulash

彩椒炒蘑菇
Fried Mushroom
with Pepper

烤地瓜
Sweet Potatoes

18-Oct

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 pineapples

19-Oct

西式炸猪排
Pork Katsu

土豆沙拉
Potato Salad

炒时蔬
Fried Vegetables

曲奇
Cookie

20-Oct

热狗/牛肉酱
(芝士碎、洋葱碎、酸黄瓜碎)
Chili Dog

薯条
French Fries

炒青瓜
Fried Cucumber

21-Oct

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

22-Oct

香肠牛肉粒披萨
Pepperoni Pizza

水牛城辣鸡翅
Buffalo Wings

黄油西兰花
Butter Broccoli

25-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

26-Oct

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

27-Oct

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

黄油炒菌菇
Butter Mushroom

28-Oct

烤鸡排
Chicken Gravy

土豆泥
Mashed Potato Gravy

蒜茸角瓜
Garlic Zucchini

小蛋糕
Cup Cakes

29-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
Fruit Salad

扁豆酱
Green dah

All vegetables are subject to changes due to availability .

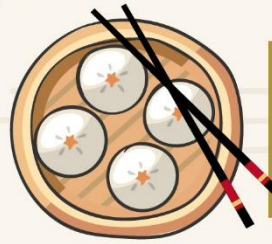
All meals are served with one staple such as (bread, rice, or beans)
每日西餐都会配有面包(当日有其它主食除外)

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

Chinese 中餐

LUNCH MENU

午餐菜单



十月
October
2021

11-Oct

山药炖排骨
Stewed Yam with Pork Ribs
孜然鸡胗
Cumin Chicken Gizzard
芸豆烧肉片
Stir-fried Beans with Slice Pork
香菇油菜
Stir-fried Bok Choy with Black
Mushrooms in Oyster Sauce

12-Oct

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
蒜蓉西兰花
Garlic Broccoli

13-Oct

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
芹菜炒粉
Stir-fried Celery

14-Oct

鱼香肉丝
Braised Shredded Pork
白菜豆腐炖粉条
Braised Chinese Cabbage with
Tofu and Pork
西芹炒鲜鱿
Celery with Fresh Squid
素炒三丝
(韭菜, 豆芽, 豆腐皮)
Stir-fried Bean Sprouts with
Chives and Tofu Skin

15-Oct

台式卤肉/卤蛋
Taiwanese Style Stewed
Minced Pork
炸猪排
Pork Schnitzel
麻椒肉片
Fried Pork with Spicy Pepper
青红椒土豆丝
Stir-fried Shredded Potatoes

18-Oct

冬瓜粉条炖猪肉丸
White gourd vermicelli and
Meat Balls
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

19-Oct

红烧鸡块
Braised Chicken in brown sauce
三鲜焖子
Seafood with Chinese Snacks
青瓜(干)木耳炒肉
Stir-fried Pork with Cucumber
and Agaric
蒜仔炒菜心
Garlic Chinese Vegetables

20-Oct

西红柿炖牛腩
Braised Beef
孜然肉片
Fried slices pork
线肉片炖粉条
Stir-fried String Beans
with Pork
牛心菜水晶粉炒豆皮
Fried Chinese Cabbage with
Tofu Skin

21-Oct

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

22-Oct

蒜蓉回锅肉
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/

25-Oct

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
平菇土豆片
Stir-fried Mushroom with
Potatoes

26-Oct

新疆大盘鸡
Braised Chicken
果味咕咾肉
Sweet and Sour Pork
韭菜香干炒腊肉
Stir-fried Cured Pork with
Smoked Bean Curd
莴笋炒木耳
Stir-fried Asparagus with
Lettuce and Wood Ear
Mushroom

27-Oct

双鲜溜肉片
Braised Fish Balls with Squid
and Slice Pork
水煮肉片
Boiled Meat
家常豆腐
Home Style Tofu
杏鲍菇烧油菜
Stir-fried Chinese Vegetable
with King Oyster Mushroom

28-Oct

红烧狮子头
Braised Pork Meatball and
Chinese Cabbage
香菇小炖肉
Braised Pork with Tofu
Skin and Mushroom
扇贝蒸蛋
Steamed Eggs with Scallops

29-Oct

莲藕炖排骨
Stewed Pork Ribs
沙茶牛肉
Chinese Barbecued Beef
in Sauce
西红柿炒鸡蛋
Scrambled Eggs and
Tomatoes
角瓜炒平菇
Stir-fried Zucchini with
Yellow Chives

All meals are served with rice and fresh fruits.

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Dinner 晚餐

MENU 菜单

十月
October
2021

11-Oct

红烧鸡翅根

木须肉
蚝油西生菜

杂粮米饭
大枣馒头

12-Oct

肥牛洋葱蘑菇饭

芸豆土豆炖五花肉
酸辣土豆丝

二米米饭
葱油花卷

13-Oct

大肉米线

绿豆芽、豆皮、牛肉丸、
午餐肉罐头
小油菜
黑米米饭
奶香馒头

14-Oct

墨西哥鸡肉馅饼(鸡肉、
蘑菇、芝士)
烤鸡翅根
玉米棒

黄油西兰花
餐包

18-Oct

猪蹄焖黄豆

地三鲜
小白菜炖冻豆腐

杂粮米饭
玉米面馒头

19-Oct

咖喱猪肉

大连焖子(蒜汁, 芝麻
酱)

香菇小油菜

红豆米饭
花卷

20-Oct

炸酱面
肉沫芸豆打卤面

黄瓜丝、胡萝卜丝
绿豆芽、榨菜丝

蒜泥茼蒿
豆沙包

21-Oct

夏威夷披萨
芝士披萨

烤鸡翅根
洋葱圈

蘑菇花椰菜
小蛋糕

25-Oct

红烧排骨
家常豆腐

木耳大白菜

黑米米饭
双色馒头

26-Oct

辣子鸡

萝卜炖海虾
豆豉鲮鱼油麦菜

花豆米饭
奶香花卷

27-Oct

牛肉面(少油)
小油菜

炸春卷
葱油豆皮

红豆米饭
豆沙包

28-Oct

手撕猪肉三明治
(手撕猪肉、酱汁)

薯条
炒甘蓝菜

南瓜汤
香蕉玛芬

Breakfast MENU

早餐 菜单

十月
October
2021

11-Oct 紫薯味手抓饼 原味手抓饼 肉松, 煎蛋 生菜, 火腿 炸小麻球 小米粥	12-Oct 芝士焗饭 西式炒蛋 黄油玉米粒 早餐肠 烤南瓜	13-Oct 锅贴 素馅锅贴 卤蛋 葱油豆皮 山药枸杞粥	14-Oct 菌菇培根意面 炒甘蓝 煎蛋 果酱西士多	15-Oct 水饺 素馅水饺 炸小油条 白灼菜心 荷兰豆炒小木耳 茶叶蛋
18-Oct 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	19-Oct 肉片茄汁三明治 黄瓜, 西生菜, 西红柿片 西式炒蛋 早餐肠 奶香玉米棒	20-Oct 猪肉芸豆包子 鸡肉香菇包子 八宝粥 水煮蛋 炒豆芽 色玉米粒	22-Oct 葱油饼 糖饼 皮蛋瘦肉粥 台式烤肠 荷包蛋 蒜泥金针菇	23-Oct 墨西哥鸡肉 小麦饼 鸡蛋面饼 培根马铃薯炒蛋 西兰花
25-Oct 蔬菜卷饼 培根 烤叉烧肉 火腿 煎蛋 皮蛋瘦肉粥	26-Oct 鸡肉蘑菇炒意面 西式炒蛋 香炸鳕鱼 椰香花椰菜	27-Oct 肉夹馍 西红柿疙瘩汤 卤蛋 炒藕片 炒菠菜	28-Oct 玉米虾仁炒饭 烤法国吐司片 早餐肠 黄油西兰花 烤胡萝卜条	29-Oct 玉米洋葱馅饼 素菜馅饼 茶叶蛋 蔬菜粥 胡萝卜丝炒笨豆芽 黄瓜片炒木耳

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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