

# International LUNCH MENU

## 国际餐 午餐菜单



十一月  
November  
2021

### 1-Nov

意大利肉酱面  
Spaghetti with  
Bolognese Sauce

蒜香面包  
Garlic Bread

炒时蔬  
Fried Vegetables

### 2-Nov

鸡皇饭  
Chicken a-la-King over Rice

炒牛心菜  
Fried Cabbage

玉米棒  
Corn on a Cob

### 3-Nov

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

### 4-Nov

香辣鸡腿堡  
Chicken Burger

薯条  
French Fries

芝士焗南瓜  
Baked Pumpkin with Cheese

### 5-Nov

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

### 8-Nov

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

### 9-Nov

西式炸猪排  
Pork Katsu

土豆沙拉  
Potato Salad

炒时蔬  
Fried Vegetables

曲奇  
Cookie

### 10-Nov

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

### 11-Nov

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

### 12-Nov

香肠牛肉粒披萨  
Pepperoni Pizza

水牛城辣鸡翅  
Buffalo Wings

黄油西兰花  
Butter Broccoli

### 15-Nov

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

### 16-Nov

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

### 17-Nov

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

### 18-Nov

BBQ烤鸡腿  
Chicken Legs

土豆泥  
Mashed Potato Gravy

蒜茸角瓜  
Garlic Zucchini

小蛋糕  
Cup Cakes

### 19-Nov

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

### 22-Nov

烤鸡排  
Chicken Gravy

土豆泥  
Mashed Potato Gravy

黄油西兰花  
Caesar Salad

小蛋糕  
Cakes

### 23-Nov

彩椒蘑菇牛肉意面  
Spaghetti with Meat Sauce

洋葱、培根炒四季豆  
Stir-fried Sting Beans

蒜香面包  
Garlic Bread

清炒甘蓝  
Stir-fried Cabbage

### 24-Nov

香肠牛肉粒披萨  
Pepperoni Pizza

烤鸡翅根  
Baked Chicken Wings

炒花椰菜  
stir-fried Cauliflower

### 25-Nov

蘑菇汁烤猪肉  
Baked Pork in the Mushroom  
Sauce

烤土豆  
Baked Potatoes

炸虾  
Fried Shrimp

小餐包  
Dinner Rolls

### 26-Nov

牛肉汉堡  
Hamburger

洋葱圈  
Onion Rolls

炒什锦蔬菜  
Mixed Vegetables

All vegetables are subject to changes due to availability .

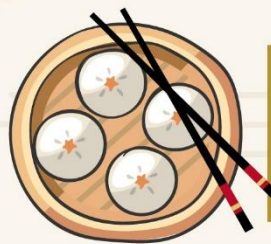
All meals are served with one staple such as (bread, rice, or beans)  
每日西餐都会配有面包(当日有其它主食除外)

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

# Chinese 中餐

## LUNCH MENU

### 午餐菜单



十一月  
November  
2021

#### 1-Nov

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

#### 2-Nov

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

#### 3-Nov

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

#### 4-Nov

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

#### 5-Nov

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

#### 8-Nov

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

#### 9-Nov

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

#### 10-Nov

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  
牛心菜水晶粉炒豆皮  
Fried Chinese Cabbage with  
Tofu Skin

#### 11-Nov

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

#### 12-Nov

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/

#### 15-Nov

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

#### 16-Nov

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

#### 17-Nov

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

#### 18-Nov

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  
荷塘小炒  
Stir-fried Benas with Lotus  
Root

#### 19-Nov

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

#### 22-Nov

干豆角烧红烧肉  
Braised Pork with  
Green Beans  
萝卜丝炖海虾  
Kale with Beef  
地三鲜  
Braised Potatoes with  
Eggplant and Green Pepper  
三彩豆芽  
Fried Bean Sprouts

#### 23-Nov

樱桃肉  
Sweet and Sour Diced Pork  
麻辣香锅  
Spicy hot pot  
千叶豆烧肉片  
Stir-fried Tofu with Slice Pork  
蚝油西生菜  
Stir-fried Bok Choy with Black  
Mushrooms in Oyster Sauce

#### 24-Sep

鱼香肉丝  
Braised Shredded Pork  
红烧牛肉  
Braised Beef  
蜀香水晶粉  
Stir-fried Broccoli with Sausage  
尖椒土豆丝  
Fried Shredded Potatoes

#### 27-Sep

芸豆南瓜炖五花肉  
Braised Pork with Beans  
and Pumpkin  
双鲜滑子蘑  
Stir-fried shredded with Pork  
西芹炒牛肉  
Stir-fried Celery with  
Beef Chitlins  
白菜粉条炖豆腐  
Stewed Cabbage with Tofu  
and Vermicelli

#### 28-Sep

盐焗鸡  
Braised Duck  
土豆排骨炖海带扣  
Stewed Pork Ribs with  
Seaweed and Potato  
葱油豆皮  
Stir-fried Baby Cabbage  
with Seafood  
麻椒肉片  
Fried Sliced Pork with Pepper

All meals are served with rice and fresh fruits.

All vegetables are subject to changes due to availability.

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# Dinner 晚餐

## MENU 菜单

十一月  
November  
2021

1-Nov

红烧鸡翅根

木须肉  
蚝油西生菜

杂粮米饭  
大枣馒头

2-Nov

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

3-Nov

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

4-Nov

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

8-Nov

猪蹄焖黄豆

地三鲜  
小白菜炖冻豆腐

杂粮米饭  
玉米面馒头

9-Nov

柠檬鸡

麻婆豆腐  
香菇小油菜

红豆米饭  
花卷

10-Nov

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

11-Nov

夏威夷披萨  
芝士披萨

烤鸡翅根  
洋葱圈

蘑菇花椰菜  
小蛋糕

15-Nov

红烧排骨  
家常豆腐

木耳大白菜

黑米米饭  
双色馒头

16-Nov

辣子鸡

萝卜炖海虾  
豆豉鲮鱼油麦菜

花豆米饭  
奶香花卷

17-Nov

牛肉面(少油)  
小油菜

炸春卷  
葱油豆皮

红豆米饭  
豆沙包

18-Nov

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

22-Nov

川味回锅肉

炸茄盒  
蒜蓉西兰花

燕麦米饭  
小碴馒头

23-Nov

麻辣烫

炸蔬菜春卷/豆沙春卷

拌莴笋  
发面饼

24-Nov

双椒护心肉

大白菜烩丸子  
烧茄子

二米米饭  
紫薯小馒头

25-Nov

披萨  
洋葱圈

炸鸡翅根

黄油西兰花

# Breakfast MENU

## 早餐 菜单

十一月  
November  
2021

1-Nov

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

2-Nov

芝士焗饭  
西式炒蛋

黄油玉米粒  
早餐肠

烤南瓜

3-Nov

锅贴  
素馅锅贴

卤蛋  
葱油豆皮

山药枸杞粥

4-Nov

菌菇培根意面

炒甘蓝  
煎蛋

果酱西士多

5-Nov

水饺  
素馅水饺

炸小油条  
白灼菜心

荷兰豆炒小木耳  
茶叶蛋

8-Nov

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-Nov

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

10-Nov

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

11-Nov

葱油饼  
糖饼

皮蛋瘦肉粥  
台式烤肠

荷包蛋  
蒜泥金针菇

12-Nov

墨西哥鸡肉

小麦饼  
鸡蛋面饼

培根马铃薯炒蛋  
西兰花

15-Nov

蔬菜卷饼  
培根

烤叉烧肉  
火腿

煎蛋  
皮蛋瘦肉粥

16-Nov

鸡肉蘑菇炒意面

西式炒蛋

香炸鳕鱼  
椰香花椰菜

17-Nov

肉夹馍

西红柿疙瘩汤  
卤蛋

炒藕片  
炒菠菜

18-Nov

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

19-Nov

玉米洋葱猪肉馅饼  
素菜馅饼

茶叶蛋  
蔬菜粥

胡萝卜丝炒笨豆芽  
黄瓜片炒木耳

22-Nov

韩式饭团  
紫菜、生菜叶

韩式烤猪肉  
韩式烤鸡肉

炒酸辣白菜  
大酱汤

23-Nov

日式煎饺

烤培根  
煎蛋

黄油西兰花  
玉米粒炒火腿丁

24-Nov

紫薯小馒头  
葱油花卷

皮蛋瘦肉粥  
花菜炒肉片

香甜藕片  
茶叶蛋

25-Nov

烤芝士三明治

奶香玉米棒  
培根炒花椰菜

西式炒蛋

26-Nov

西红柿火腿丁疙瘩汤

葱油饼  
糖饼

豆芽炒肉丝  
榨菜丝

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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