

International LUNCH MENU

国际餐 午餐菜单



十一月
November
2024

4-Nov

日式猪肉饭
Japanese style
Pork rice
炒时蔬
Fried Season Vegetables

蔬菜春卷/
酸黄瓜金枪鱼
蔬菜沙拉
Spring Rolls/
Pickled cucumber and
tuna salad

11-Nov

意大利肉酱面
Spaghetti
bolognaise
烤法棍面包
Bake baguettes
蔬菜沙拉
green salad
鸡肉蔬菜汤
Chicken and vegetable soup

18-Nov

匈牙利牛肉/螺旋面
Hungarian Beef
Fusilli
上校鸡块
Colonels Chicken Nugget
牛心菜沙拉
Beef cabbage Salad
小餐包
Dinner Roll

25-Nov

日式照烧鸡饭
Chicken Gravy
焗薯角
Baked Potatoes
蒜蓉角瓜
Sit-fried Zucchini with
小面包
Dinner Roll

5-Nov

彩椒蘑菇牛肉意面
Spaghetti with Meat Sauce

角瓜炒蘑菇
Garlic Zucchini with
Mushroom
蒜香面包
Garlic Bread

西式洋葱汤
Western-style onion Soup

12-Nov

BBQ烤鸡腿
BBQ roast Chicken Legs
西式炖菜
Western stew
蔬菜拌饭
Mixed rice with
vegetables
奶香芝士焗玉米粒
Baked corn kernels with
Milk-flavored cheese

19-Nov

金枪鱼三明治
Tuna & Sandwich
西式三明治
Sandwich
炸洋葱圈
Fried onion rings
炒小米青瓜
Fried millet Cucumber
南瓜汤
Pumpkin Soup

26-Nov

印度红咖喱猪肉饭
Indian Style Curry Pork
Over Rice
炸虾/中东面包
Fried Shrimp / Middle
eastern bread
白菜鸡丝沙拉
Shredded Chicken
with cabbage Salad
扁豆汤
Green Soup

6-Nov

西式炸鸡肉
Western-style fried Chicken

培根烤土豆
Bacon and baked
Potatoes

西班牙海鲜炒饭
Spanish seafood fried Rice

果蔬沙拉
Fruit and vegetable Salad

13-Nov

墨西哥餐
Mexican food
墨西哥米饭
Mexican Rice

生菜丝, 芝士,
红腰豆, 莎莎酱
Shredded lettuce
Cheese
Red kidney beans
Salsa sauce

20-Nov

香肠披萨
Sausage Pizza
奥尔良烤鸡翅根
Chicken Wings
培根花椰菜
Bacon and broccoli
番茄牛肉汤
Beef and Tomato Soup

27-Nov

牛肉千层面
Beef Lasagna
洋葱、培根炒
四季豆/香蒜面包
Stir-fried green beans
With onion and bacon
Garlic bread
芝士焗南瓜
Pumpkin baked with
Cheese

7-Nov

手撕猪肉汉堡
Pork Burger

香酥南瓜
Fried Pumpkin

时蔬沙拉
Vegetables Salad

西红柿浓汤
Tomato Puree

14-Nov

瑞典肉丸
Meat Ball
肉丝土豆炒线豆
Bacon and Potatoes
Fried beans
蔬菜沙拉
Vegetable salad
玉米粒浓汤
Corn kernel puree
米饭
Rice

21-Nov

黑椒汁鸡排
Chicken cutlets with
black pepper Sauce
烤猪肉拌饭
Roast Pork bibimbap
蘑菇炒角瓜
Stir-fried Zucchini with
Mushroom
小蛋糕
Cake

28-Nov

墨西哥烤鸡肉塔克
Mexican Grilled Chicken
Tucker
生菜, 芝士, 红腰, 莎莎酱
Shredded lettuce/ cheese
Red kidney bean/
Salsa sauce
培根蔬菜炒饭
Bacon and Vegetable
Fried rice
土豆汤
Potatoes Soup

8-Nov

墨西哥芝士馅饼
Quesadillas
墨西哥玉米片配墨西哥莎
莎酱
Corn Chip with Salsa

墨西哥红腰豆
Charro Beans

墨西哥米饭
Spanish Rice

15-Nov

蜜汁鸡腿堡
Honey Chicken Leg
Burger
炸薯条
French Fries
果蔬沙拉
Vegetables with Fruit
Salad
奶油蘑菇汤
Cream Mushroom Soup

22-Nov

热狗/牛肉酱
Hot dog/beef paste
芝士, 洋葱碎, 酸黄瓜
Cheese/Chopped onion
Pickled Cucumber
炸地瓜条
Fried sweet Potato sticks
蔬菜沙拉
Vegetable Salad

29-Nov

鲜虾肉饼汉堡
Shrimp Burger
芝士片,
西红柿片, 生菜
Cheese Tomato Lettuce
炸洋葱圈
Fried Onion rings
水果沙拉
Fruit Salad



蛋类
EGG



牛奶
DAIRY



海鲜类
SEAFOOD



坚果类
NUTS



豆类
SOY



面粉类
GLUTEN



蜂蜜
HONEY



胡椒类
PEPPER

All vegetables are subject to changes due to availability .

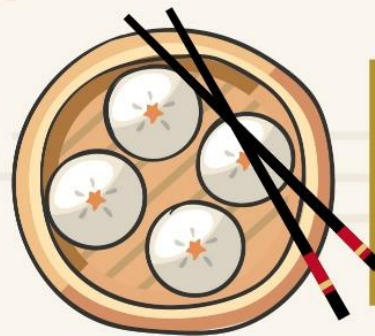
All meals are served with one staple such as (bread, rice, or beans)
每日西餐都会配有面包(当日有其它主食除外)

<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
2024

4-Nov

烧汁果味鱼柳
Fish Fillet with Fruit Sauce
咖喱鸡
Curry Chicken
韭菜香干炒腊肉
Stir fried Pork with dried Leeks
清炒有机花菜
Stir-fried
Organic Cauliflower
枸杞红枣银耳汤
Wolfberry and date
tremella soup

5-Nov

樱桃肉
Sweet and Sour Diced Pork
玉米莲藕炖排骨
Braised ribs with Potatoes
小油菜炒鱼豆腐
Fried Vegetables with Fish
Products
白灼西生菜
Stir-fried Bok Choy with Black
Mushrooms in Oyster Sauce
酸辣汤
Sour and Spicy Soup

6-Nov

干豆角炖红烧肉
Braised pork with dried beans
孜然鸡胗
Stir-Cumin Chicken
Gizzard
椒盐茶树菇
Salt and pepper tea
Tree mushrooms
芹菜土豆丝
Celery and shredded
Potatoes
菌菇火腿豆腐汤
Mushroom with Tofu
Soup

7-Nov

宫爆鸡丁
Kung Pao Chicken Dices
一品农家炖
Braised Pork with Beans
and Pumpkin
肉末北豆腐
Braised Tofu
荷塘小炒
Stir-fried Benas with Lotus Root
西红柿鸡蛋汤
Tomato and Egg Soup

8-Nov

糖醋鱼块
Sweet and Sour Fish
美味护心肉
Stir-fried Pork
小白菜烩丸子
Stew Cabbage with Minced
Pork
素炒三丝 (韭菜, 豆芽, 豆腐皮)
Stir-fried Bean Sprouts with
Chives and Tofu Skin
冬瓜排骨汤
Winter melon sparerib Soup

11-Nov

叉烧肉
Char siu
 萝卜丝炖海虾
Stewed shrimps with
Shredded radish
地三鲜
Fried Potato Green Pepper
and Eggplant
 牛心菜水晶粉炒豆皮
Fried Chinese Cabbage with
Tofu Skin
 紫菜蛋花汤
Seaweed Egg drop Soup

12-Nov

酸汤肥牛
Beef with Sour Soup
鲜鸡榛蘑炖粉皮
Braised Chicken and
Mushroom with Vermicelli
家常豆腐
Home Tofu
蚝油西生菜
Oil-Consuming lettuce
番茄菌菇汤
Tomato and Mushroom Soup

13-Nov

柠檬鸡
Lemon Chicken
麻辣香锅
Spicy hot pot
木须肉
Mu xu pork
火爆牛心菜
Hot beef heart vegetable
玉米山药萝卜汤
Pork Ribs Soup with Wax
Gourd

14-Nov

鱼香肉丝
Braised Shredded Pork
土豆炖牛肉
Braised Beef with Potato
白菜肉片烩三鲜菇
Braised Pork Slices with Cabbage
and Fresh Mushrooms
蒜泥时蔬
Garlic Seasonal Vegetables
萝卜牛肉丸汤
Radish and Fish ball Soup

15-Nov

酱鸭腿
Spiced Buck leg
香菇小炖肉
Braised Pork with Tofu Skin
and Mushroom
小白菜肉片炖粉条
Stewed Cabbage with sliced
Pork and Vermicelli
双椒山药玉米粒
Fried Yam with Corn
 西红柿鸡蛋汤
Tomato and Egg Soup

18-Nov

盐焗鸡
Salt Baked Chicken
水煮肉片
Boiled Meat
蟹黄虾仁豆腐
Fish Bean curd
清炒西兰花
Stir-fried Broccoli with Wood Ear
冬瓜排骨汤
Winter melon sparerib Soup

19-Nov

酱猪大排
Stew Pork Chops
三鲜焖子
Seafood with Chinese Snacks
小白菜粉条炖五花肉
Stew Pork with Chinese
Cabbage
松仁玉米
Corn with pine nuts
 萝卜鱼丸汤
Radish and Fish ball Soup

20-Nov

茄汁鸡片
Sliced Chicken in Tomato Sauce
川味回锅肉
Twice-cooked Pork
 虾仁蒸蛋
Steamed Eggs with Shrimp
白灼西生菜
Stir-fried Bok Choy with Black
Mushrooms in Oyster Sauce
枸杞红枣银耳汤
Wolfberry and Date Tremella
Soup

21-Nov

西芹炒牛肉
Stir-fried Celery with
Beef Chitlins
海带土豆红烧肉
Braised Pork with
seaweed and Potatoes
葱油肉香豆皮
Scallion oil meat and
coumarin skin
清炒牛心菜
Stir fried beef heart
vegetable
 紫菜蛋花汤
Seaweed Egg drop Soup

22-Nov

红烧狮子头
Braised Pork Meatball
新疆大盘鸡
Xin Jiang Style Stew Chicken
肉末茄条
Eggplant with minced pork
清炒娃娃菜
Fried Chinese Cabbage
菌菇火腿豆腐汤
Mushroom with Tofu
Soup

25-Nov

台式卤肉/卤蛋
Taiwanese Style Stewed
Minced Pork
炸猪排
Pork Schnitzel
 线豆肉片炖土豆条
Stir-fried String Beans
Potato Chips
缤纷玉米笋炒时蔬
Fried Seasonal Vegetables
枸杞红枣银耳汤
Wolfberry and date
tremella soup

26-Nov

五彩牛肉粒
Multicolored beef cubes
川味酸菜肉片
Sichuan pickled cabbage
Slices of meat
家常豆腐
Home Style Tofu
杏鲍菇烧油菜
Stir-fried Chinese Vegetable
with King Oyster Mushroom
酸辣汤
Sour and Spicy Soup

27-Nov

红烧鸡翅根
Braised Chicken wing Roots
 冬瓜冻豆腐炖海虾
Stewed Shrimp with Wax
Gourd and tofu
 芸豆土豆炖五花肉
Stewed Pork with
Potatoes and Beans
双花炒银耳
Broccoli organic cauliflower
Stir fried white Fungus
玉米山药萝卜汤
Pork Ribs Soup with Wax
Gourd

28-Nov

孜然羊肉
Fried Lamb with Cumin
经典农家小炒肉
Fried Slice Pork
酸菜五花肉炖粉条
Stewed vermicelli with Pickled
Cabbage and pork belly
清炒木耳有机花菜
Stir-fried
Organic Cauliflower
西红柿鸡蛋汤
Tomato and Egg Soup

29-Nov

辣子鸡
Spicy Chicken
双鲜熘肉片
Double fresh pork slices
蚂蚁上树
Sauteed Vermicelli with
Minced Pork
草菇菜心
Stir-fried Vegetables with
Yellow Chives
冬瓜排骨汤
Winter melon sparerib Soup

蛋类
EGG

牛奶
DAIRY

海鲜类
SEAFOOD

坚果类
NUTS

豆类
SOY

面粉类
GOURD

蜂蜜
HONEY

胡椒类
PEPPER

All meals are served with Staple food of coarse grains 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
2024

4-Nov

酱猪大骨
Sauce Pig Bone

鸡块炖土豆
Braised potatoes with
Chicken nuggets

白灼西生菜
Fried Lettuce

5-Nov

双椒护心肉
Sweet and Sour
Pork

麻婆豆腐
Mapo Tofu

醋溜白菜
Cabbage in vinegar

6-Nov

酸菜鱼
Spicy and Sour Fish

西红柿炒蛋
Scrambled Egg with
Tomato

荷兰豆炒双花
Fried Cauliflower with
Dutch Beans

7-Nov

茄汁肉丸意面
Spaghetti with Meat
Ball

蒜香口蘑烤土豆
Baked Potatoes
蒜包

烤鸡肉沙拉
Chicken Salad

蔬菜汤
Vegetables Soup

11-Nov

可乐鸡翅根
Coca Cola Chicken
Wings Root

酸菜炒肉
Sauteed meat with
pickled cabbage

凉拌芹菜腐竹
Cold Celery and Tofu
bamboo

12-Nov

糖醋排骨
Sweet and Sour Pork

大白菜炖豆腐五花肉
Slip on Tofu

清炒油麦菜
Fried Romaine

13-Nov

剁椒牛肉面
小油菜
Noodles with Beef
Sauce

炸春卷
Fried spring rolls

葱油豆皮
Green onion oil
Bean skin

14-Nov

韩式辣酱炖鸡肉
Stew Chicken

韩式拌饭
风味甜辣鸡
Sweet and spicy
Chicken with flavor

炒蔬菜豆子
Stir-fried Vegetables
and Beans

甜薯浓汤
Sweet Potato Soup

18-Nov

炸小酥肉
Fried crispy Meat

芸豆土豆炖五花肉
Stewed Pork with
Potatoes and Beans

韭菜炒豆芽
Fried Bean Sprouts
with leeks

19-Nov

麻辣烫
Malatang

炸豆沙春卷
炸素馅春卷
Fried Bean Paste Spring rolls
Fried Vegetarian filling Spring
Rolls

黄瓜拌金针菇
Cucumber mixed with
enoki mushrooms

20-Nov

鱼香乌冬面
Fish flavored Udon
Noodles

三鲜乌冬面
Sanxian Udon noodles

炸鳕鱼排
Fried cod steak

茴香拌花生米
Peanuts mixed with fennel

21-Nov

奥尔良猪肉披萨
芝士披萨
Pizza

烤鸡翅根
Chicken Wings

蘑菇花椰菜
Fried Cauliflower

25-Nov

茄汁鲷鱼
Sweet and Sour Fish

土豆片炖三鲜菇
Stewed three fresh
mushrooms with potato chips

清炒娃娃菜
Fried Chinese
Cabbage

26-Nov

风味肘花
Flavored elbow flower

干煸四季豆
Stir-fried String Beans
with Minced Pork

拌三丁
Mix three diced

27-Nov

炒牛河
Stir fried
Niuhe

肉段烧茄汁
Braised eggplant with Pork

老虎菜
Tiger dishes

28-Nov

奥尔良炸鸡汉堡
(西红柿、生菜)
Chicken Burger

炸薯条

French Fries
牛心菜沙拉
Chinese Cabbage Salad



蛋类
EGG



牛奶
DAIRY



海鲜类
SEAFOOD



坚果类
NUTS



豆类
SOY



面粉类
GLUTEN



蜂蜜
HONEY



胡椒类
PEPPER

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

十一月
November
2024

4-Nov

手抓饼
烤猪肉
火腿
生菜丝/肉松, 豆芽,
土豆丝
鸡蛋糕
蔬菜粥

5-Nov

云吞面
素馅馄饨 (韭菜, 鸡蛋, 粉条, 虾皮)
腐竹芹菜花生米
小油条
卤蛋

6-Nov

烤芝士火腿三明治 (生菜叶, 西红柿片)
煎蛋
奶香玉米棒
培根炒牛心菜
蔬菜汤

7-Nov

椒盐饼
糖饼
青菜火腿疙瘩汤
土豆丝炒青红椒丝
拌海带丝

8-Nov

鲜肉香菇生煎包
素馅生煎包
杂粮粥
卤蛋
拌三丁
梅菜笋丝

11-Nov

蔬菜火腿汤面
卤鹌鹑蛋
油条
奶黄包
酸豆角肉末
豆泡娃娃菜

12-Nov

田园鸡肉汉堡
西式炒蛋
黄瓜片, 西生菜片
西红柿片
大头菜炒肉丝
西式浓汤

13-Nov

肉夹馍 (猪肉)
肉夹馍 (鸡肉)
酸辣汤
茶叶蛋
炒榨菜丝
炒时蔬

14-Nov

辣白菜五花肉炒饭
蛋炒饭 (配拌饭酱)
蒜炒时令蔬菜
烤培根
玉米粒火腿沙拉
西红柿浓汤

15-Nov

猪肉煎饺
角瓜鸡蛋虾皮煎饺
烤早餐肠
杂粮粥
凉拌素丝
麻酱菠菜花生碎

18-Nov

卷饼
酱香饼
炒豆芽, 炒土豆丝
炒肉丝
炒鸡蛋
八宝粥

19-Nov

西式三明治
肉末角瓜炒蘑菇
蒜香烤土豆
蟹柳滑蛋
西式浓汤

20-Nov

芸豆猪肉包子
素馅包子
茶叶蛋
大碴子粥
炒时蔬
拌海带丝

21-Nov

鸡肉菌菇意面
黄瓜炒鸡蛋
烤培根
炒花椰菜
土豆鸡肉沙拉

22-Nov

韩式紫菜拌饭
烤鸡肉
韩式大酱豆腐汤
洋葱玉米炒蛋
生菜叶
泡菜

25-Nov

乌冬面
土豆饼
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

26-Nov

猪肉圆葱馅饼
鸡肉馅饼
小米粥
水煮蛋
凉拌干丝
黄瓜拌火腿

27-Nov

蔬菜疙瘩汤
青椒火腿饼
黄瓜木耳炒蛋
芹菜拌花生米
榨菜丝

28-Nov

扬州炒饭 (配拌饭酱)
果酱西士多
奶白菜炒肉
拌三丁
西红柿蛋花汤

29-Nov

豆沙包
奶黄包
角瓜炒春和蒜肠
大酱炒鸡蛋
大肉汤面



蛋类
EGG



牛奶
DAIRY



海鲜类
SEAFOOD



坚果类
NUTS



豆类
SOY



面粉类
GLUTEN



蜂蜜
HONEY



胡椒类
PEPPER

每日早餐配有牛奶、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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