

# International LUNCH MENU

## 国际餐 午餐菜单



二月  
February  
2025

### 5-Feb

墨西哥鸡肉卷  
Mexican Chicken Wrapped

墨西哥玉米片配墨西哥莎  
莎酱  
Corn Chip with Salsa

墨西哥米饭  
Mexican Rice

墨西哥蛋糕  
Cakes

### 6-Feb

印度红咖喱猪肉饭  
Curry Pork over Rice

炸蔬菜春卷/豆沙春卷  
Spring Rolls

中东面包  
Pitas

扁豆汤  
Lentil Soup

### 7-Feb

蜜汁鸡腿堡  
Chicken Burger

炸薯条  
French Fries

金枪鱼土豆沙拉  
Tuna Salad

奶油蘑菇汤  
Cream Mushroom Soup

### 10-Feb

西式炸鸡肉  
Fried Chicken

西式烤红薯  
Baked Sweet Potatoes

西式炒饭  
Fried Rice

果蔬沙拉  
Fruit and Vegetable Salad

### 11-Feb

黑椒汁鸡排  
Chicken with  
Black Pepper Sauce

烤猪肉拌饭  
Roast Pork Bibimbap

西式炖菜  
Stir-fried Zucchini with  
Mushroom

蛋糕  
Cake

### 12-Feb

热狗/牛肉酱  
Hot dog/Ground Beef  
Pasta

芝士, 洋葱碎, 酸黄瓜  
Cheese/Chopped onion  
Pickled Cucumber

蒜香薯角  
Potatoes Wedges

蔬菜沙拉  
Vegetable Salad

### 13-Feb

韩式辣酱炖鸡肉  
Stewed Pork with Spicy  
Sauce

韩式拌饭  
Korean Bibimbap

韩式炒杂菜  
Stir-fried Mixed  
Vegetables

大酱汤  
Miso Soup

### 14-Feb

烤肉香菇披萨/香肠披萨  
Sausage Pizza

奥尔良烤鸡翅根  
Chicken Wings

炒花椰菜  
Bacon and broccoli

番茄牛肉汤  
Beef and Tomato Soup

### 17-Feb

茄汁肉丸意面  
Meat Ball with Pasta

奶香芝士焗南瓜  
Baked Pumpkin

玉米坚果蔬菜沙拉  
Nut and Vegetable Salad

西红柿浓汤  
Tomato Soup

### 18-Feb

日式猪肉饭  
Japanese-style Pork  
Rie

炸天妇罗蔬菜/炸春卷  
Fried Vegetables  
Spring Rolls

酸黄瓜金枪鱼沙拉  
Tuna Salad

土豆浓汤  
Potatoes Soup

### 19-Feb

匈牙利牛肉/螺旋面  
Hungarian Beef  
Fusilli

上校鸡块  
Colonels Chicken Nugget

牛心菜沙拉  
Chinese Cabbage Salad

小餐包  
Dinner Roll

### 20-Feb

墨西哥烤鸡肉塔克  
Chicken Fajita

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

### 21-Feb

鲜虾肉饼汉堡  
Shrimp Burger

西红柿片, 生菜  
Tomato/ Lettuce

炸洋葱圈  
Fried Onion rings

水果沙拉  
Fruit Salad

### 24-Feb

彩椒蘑菇牛肉意面  
Spaghetti with Meat Sauce

角瓜炒蘑菇  
Stir-fried Chinese Zucchini  
and Mushroom

蒜香面包  
Garlic Bread

西式洋葱汤  
Western-style onion Soup

### 25-Feb

金枪鱼三明治  
Tuna & Sandwich

甘梅地瓜条  
Fried Sweet Tomatoes

炒小米青瓜  
Fried millet Cucumber

鸡肉蔬菜浓汤  
Potatoes Soup

### 26-Feb

照烧鸡肉饭  
Teriyaki Chicken

黑椒汁土豆泥  
Mashed Potatoes

芝士焗什锦蔬菜  
Assorted Vegetables  
Baked with Cheese

红豆小面包  
Dinner Roll

### 27-Feb

沙威玛烤肉卷饼  
Flavorful Wraps

酸黄瓜碎、芝士碎、洋葱丝、  
包菜丝、土豆丝  
Crushed Pickles, Shredded  
Onions, Shredded Cabbage

搭配沙拉酱、鹰嘴豆酱  
Chickpea Paste

西式洋葱汤汤  
Korean Soup

### 28-Feb

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



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.

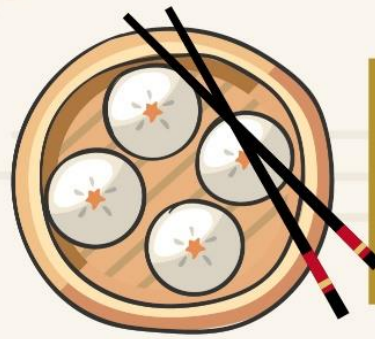
All meals are served with one staple such as (bread, rice, or beans)  
每日西餐都会配有面包(当日有其它主食除外)

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

# Chinese 中餐

## LUNCH MENU

### 午餐菜单



二月  
February  
2025

#### 5-Feb

排骨炖土豆  
Braised Ribs with Potatoes  
麻辣香锅  
Spicy hot pot  
木须肉  
Fried Pork with Eggs  
火爆牛心菜  
Fried Chinese Cabbage  
紫菜蛋花汤  
Seaweed Egg drop Soup

#### 6-Feb

糖醋鱼块  
Sweet and Sour Fillet  
新疆大盘鸡  
Stewed Chicken  
肉末茄条  
Eggplant with minced pork  
清炒娃娃菜  
Fried Chinese Cabbage  
冬瓜排骨汤  
Winter melon sparerib Soup

#### 7-Feb

卤鸭腿  
Spiced Duck leg  
香菇小炖肉  
Braised Pork with Tofu Skin and Mushroom  
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  
枸杞红枣银耳汤  
Wolfberry and Date Tremella Soup

#### 10-Feb

酱猪大排  
Stew Pork Chops  
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

#### 11-Feb

沙茶牛肉  
Satay Beef  
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  
番茄菌菇汤  
Tomato and Mushroom Soup

#### 12-Feb

干豆角炖红烧肉  
Braised Pork with Dried Beans  
川味回锅肉  
Spicy Pork  
椒盐茶树菇  
Fried Mushrooms  
杏鲍菇烧油菜  
Stir-fried Chinese Vegetable with King Oyster Mushroom  
玉米山药萝卜汤  
Pork Ribs Soup with Wax Gourd

#### 13-Feb

辣子鸡  
Spicy Chicken  
一品农家炖  
Braised Pork with Beans and Pumpkin  
肉末豆腐  
Braised Tofu  
荷塘小炒  
Stir-fried Benas with Lotus Root  
菌菇火腿豆腐汤  
Mushroom with Tofu Soup

#### 14-Feb

西红柿炖牛腩  
Braised Beef  
孜然鸡胗  
Stir-Cumin Chicken Gizzard  
干煸四季豆  
Stir-fried String Beans with Minced Pork  
素炒三丝 (韭菜, 豆芽, 豆腐皮)  
Stir-fried Bean Sprouts with Chives and Tofu Skin  
西红柿鸡蛋汤  
Tomato and Egg Soup

#### 17-Feb

辣子鱼块  
Spicy Fish  
咖喱鸡  
Curry Chicken  
韭菜香干炒肉  
Stir fried Pork with dried Leeks  
清炒有机花菜  
Stir-fried Organic Cauliflower  
萝卜牛肉丸汤  
Radish and Beef Ball Soup

#### 18-Feb

台式卤肉/卤蛋  
Taiwanese Style Stewed Minced Pork  
炸猪排  
Pork Schnitzel  
头菜炒肉丝  
Stir-fried Chinese Cabbage with Slice Pork  
蒜茸油麦菜  
Fried Mashed Garlic and Lettuce

#### 19-Feb

五彩肉粒  
Multicolored Beef Cubes  
川味酸菜肉片  
Sichuan Pickled Cabbage Slices of Meat  
西红柿炒鸡蛋  
Stir-fried Eggs with Tomatoes  
芹菜土豆丝  
Celery and Shredded Potatoes  
枸杞红枣银耳汤  
Wolfberry and date Tremella Soup

#### 20-Feb

宫爆鸡丁  
Kung Pao Chicken Dices  
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

#### 21-Feb

鱼香肉丝  
Braised Shredded Pork  
牛肉炖土豆  
Braised Beef with Potato  
白菜肉片烩三鲜菇  
Braised Pork Slices with Cabbage and Mushrooms  
蒜泥茼蒿  
Garlic Mashed Garland Chrysanthemum  
紫菜蛋花汤  
Seaweed Egg drop soup

#### 24-Feb

樱桃肉  
Sweet and Sour Diced Pork  
西芹炒虾仁  
Fried Squid with Celery  
橄榄四季豆  
Olives and Green Beans  
松仁玉米  
Corn with pine nuts  
菌菇火腿豆腐汤  
Mushroom with Tofu Soup

#### 25-Feb

盐焗鸡  
Salt Baked Chicken  
水煮肉片  
Boiled Meat  
鱼香豆腐  
Fish bean curd  
清炒西兰花  
Stir-fried Broccoli with Wood Ear  
西红柿鸡蛋汤  
Tomato and Egg Soup

#### 26-Feb

西芹炒牛肉  
Stir-fried Celery with Beef  
海带土豆红烧肉  
Braised Pork with Seaweed and Potatoes  
葱油肉香豆皮  
Fried Tofu skin  
清炒牛心菜  
Stir fried Chinese Cabbage  
玉米山药萝卜汤  
Pork Ribs Soup with Wax Gourd

#### 27-Feb

三杯鸡  
Stewed Chicken with Potatoes  
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  
萝卜牛肉丸汤  
Radish and Fish ball Soup

#### 28-Feb

孜然羊肉  
Fried Lamb with Cumin  
鲜鸡榛蘑炖粉皮  
Braised Chicken and Mushroom with Vermicelli  
西红柿炒鸡蛋  
Scrambled Egg with Tomato  
清炒时蔬  
Stir-fried Vegetables  
紫菜蛋花汤  
Seaweed Egg drop Soup



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 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

二月  
February  
2025

10-Feb

酸汤肥牛  
Fried Beef in the Sour  
Soup

西红柿炒蛋  
Scrambled Egg with  
Tomato

凉拌芹菜腐竹  
Cold Celery and Tofu  
bamboo

17-Feb

酸菜鱼  
Braised Fish

农家乱炖  
Stew Mix Vegetables

牛心菜炒水晶粉  
Fried Chinese Cabbage  
with Tofu Skin

24-Feb

糖醋里脊  
Sweet and Sour Tenderloin

鸡肉粉皮炖蘑菇  
Stew Chicken with  
Mushroom

酸辣土豆丝  
Hot and sour shredded  
Potatoes

11-Feb

可乐鸡翅根  
Coca Cola Chicken  
Wings Root

溜豆腐  
Slip on Tofu

清炒油麦菜  
Fried Romaine

18-Feb

宫保肉丁  
Kung Pao Pork

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

清炒娃娃菜  
Fried Chinese  
Cabbage

26-Feb

炒牛河  
Stir Fried Rice Noodles  
with Beef

麻辣香锅  
Spicy Mixed Vegetables

老醋黄瓜拌火腿  
Chinese Salad

5-Feb

鱼香乌冬面  
Fish flavored Udon  
Noodles

三鲜乌冬面  
Sanxian Udon noodles

风味鸡肉  
Fried Chicken

麻酱时蔬  
Stir-fried Mixed  
Vegetables

12-Feb

麻辣烫  
Malatang

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

呛土豆丝  
I fried shredded  
potatoes

19-Feb

孜然月牙骨  
Spicy Pork

大白菜炖豆腐五花肉  
Stewed Chinese  
Cabbage with Pork

清炒时蔬  
Fried Vegetables

25-Feb

椒盐鸡脆骨  
Fried Chicken

肉香菠菜炒腐竹  
Stir-fried Beancurd  
With meat-flavored spinach

拌老虎菜  
Mixed Vegetables

6-Feb

韩式部队火锅  
Hot Pots

风味甜辣鸡  
Sweet and spicy  
Chicken with flavor

韩式拌饭  
Fried Rice

韩式炒杂菜  
Stir-fried Mixed  
Vegetables

13-Feb

猪肉汉堡 (西红柿, 生菜)  
Hamburger

炸薯条  
French Fries

牛心菜沙拉  
Chinese Cabbage Salad

甜薯浓汤  
Sweet Potato Soup

20-Feb

蘑菇烤肉披萨  
芝士披萨  
Pizza

烤鸡翅根  
Chicken Wings

蘑菇花耶菜  
Fried Cauliflower

27-Feb

日式乌冬面  
Udon Noodles

鱼豆腐、牛肉丸、海螺丸  
午餐肉、香菇片、  
炒鸡蛋碎、时蔬

鲜橙鸡柳沙拉  
Chicken 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

二月  
February  
2025

5-Feb

中式卷饼  
烤鸡肉  
肉松/火腿  
生菜丝/豆芽/土豆丝

鸡蛋糕  
香菇鸡肉粥

6-Feb

椒盐饼  
糖饼

皮蛋瘦肉粥

台湾烤肠

土豆丝炒青红椒丝

榨菜炒肉丝

7-Feb

鲜肉玉米生煎包  
素馅生煎包

杂粮粥  
卤蛋

拌三丁  
梅菜笋丝

10-Feb

大肉面

卤鹌鹑蛋

油条

酸豆角肉末

西红柿/小油菜

11-Feb

田园鸡肉堡  
生菜、西红柿片

皮蛋瘦肉粥  
西式炒蛋

大头菜炒肉丝

12-Feb

肉夹馍 (猪肉)  
肉夹馍 (鸡肉)

清汤面  
茶叶蛋  
炒榨菜丝

南瓜饼

13-Feb

西式炒饭  
西式烘蛋

鸡肉早餐肠  
清炒西兰花

西红柿鸡蛋浓汤

14-Feb

猪肉煎饺  
角瓜鸡蛋虾皮煎饺

炸麻球  
二米粥

凉拌海芥菜  
老醋三样

17-Feb

原汤米线  
奶黄包

小油菜, 木耳, 金针菇  
火腿, 午餐肉罐头,

火腿炒鸡蛋

炸麻球地瓜丸  
双色馒头

18-Feb

芹菜猪肉/玉米  
猪肉水饺/素馅

黄瓜拌腐竹花生米

拌海带丝

小米粥/卤蛋

19-Feb

鸡肉菌菇炒意面  
薯泥三明治

猪肉早餐肠

烤鸡肉蔬菜沙拉

玉米培根炒蛋

20-Feb

芸豆猪肉包子  
素馅包子

茶叶蛋  
大碴子粥

炒时蔬  
炆拌土豆丝

21-Feb

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

21-Feb

鸡肉三明治

角瓜炒蘑菇

蒜香烤土豆

蟹柳滑蛋

22-Feb

猪肉圆葱馅饼  
鸡肉馅饼

南瓜山药小米粥

水煮蛋

凉拌干丝  
黄瓜拌火腿

23-Feb

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

24-Feb

扬州炒饭

果酱西士多

煎培根  
拌三丁

西红柿蛋花汤

25-Feb

雪菜肉丝汤面

炸小馒头/花卷

炒大头菜

青椒炒鸡蛋/  
辣白菜



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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