

International LUNCH MENU

国际餐 午餐菜单



四月
April
2025

7-Apr

意大利空心面
Macaroni
西式炖牛肉
Gou lash
角瓜炒蘑菇
Stir-fried Chinese
Zucchini and Mushroom
香烤面包
Baked Bread
西式洋葱汤
Western-style onion
Soup

14-Apr

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

21-Apr

意大利肉酱面
Spaghetti with
Meat Sauce
奶香芝士焗南瓜
Baked Pumpkin
Garlic Bread
蒜香面包
Garlic Bread
西红柿浓汤
Tomato Soup

28-Apr

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
香甜玉米浓汤
Corn Soup

8-Apr

蘑菇汁炖猪肉
Stewed Pork with
Mushroom
黄油玉米粒
Butter Corn
烤土豆
Baked Potatoes
Dinner Rolls
小餐包
Vegetables Soup
蔬菜汤

15-Apr

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

22-Apr

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
椰蓉小面包
Bread

29-Apr

西式三明治
Sandwich
香酥地瓜条
Fried Sweet Tomatoes
炒小米青瓜
Fried millet Cucumber
鸡肉蔬菜浓汤
Potatoes Soup

9-Apr

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
Korean Soup

16-Apr

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

23-Apr

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

30-Apr

BBQ烤鸡腿
Chicken Legs
奶香玉米棒
Corn on the Cob
茄汁鹰嘴豆炖菜
Stewed Chickpeas with
Vegetables
红豆小面包
Dinner Roll

10-Apr

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

17-Apr

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

24-Apr

猪肉汉堡
Shrimp Burger
西红柿片、生菜
Tomato/ Lettuce
炸洋葱圈
Fried Onion rings
水果沙拉
Fruit Salad

1-May(无餐食)

11-Apr

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

18-Apr

烤肉披萨/香肠披萨
Sausage Pizza
奥尔良烤鸡翅根
Chicken Wings
炒蘑菇花椰菜
Bacon and broccoli
番茄牛肉汤
Beef and Tomato Soup

25-Apr

Tacos
墨西哥餐
生菜、芝士、红腰、莎莎酱
Shredded lettuce, Cheese
Red kidney Bean/
Salsa Sauce
墨西哥米饭
Mexican Rice
墨西哥蛋糕
Cakes

2-May

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 .

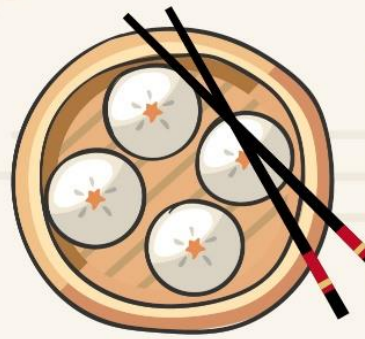
All meals are served with one staple such as (bread, rice, or beans)
每日西餐都会配有面包 (当日有其它主食除外)

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

Chinese 中餐

LUNCH MENU

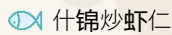
午餐菜单



四月
April
2025

7-Apr

鹌鹑蛋红烧肉
Braised Pork



什锦炒虾仁
Fried Shrimp with Mixed Vegetarian

韭菜香干炒肉
Stir-fried Pork with Dried Leeks

白灼西生菜
Fried Chinese Vegetables
番茄菌菇汤
Tomato and Mushroom Soup

14-Apr

酱猪大排
Stew Pork Chops

香菇炖鸡块
Stewed Chicken with Mushroom

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

21-Apr

辣子鱼块
Spicy Fish

咖喱鸡
Curry Chicken

韭菜香干炒肉
Stir fried Pork with dried Leeks

角瓜木耳炒豆皮
Stir-fried Zucchini with Tofu Skin

萝卜牛肉丸汤
Radish and Beef Ball Soup

28-Apr

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

8-Apr

红烧鸡翅根
Braised Chicken Wings

玉米莲藕炖排骨
Braised Ribs with Potatoes

小油菜炒鱼豆腐
Fried Vegetables with Fish Products

芹菜土豆丝
Str-fried Potatoes with Celery

萝卜牛肉丸汤
Radish and Beef Ball Soup

15-Apr

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

22-Apr

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
番茄菌菇汤
Tomato and Mushroom Soup

29-Apr

盐焗鸡
Salt Baked Chicken

海带土豆红烧肉
Braised Pork with Seaweed and Potatoes

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

9-Apr

牛肉炖土豆
Stewed Beef with Potatoes

三鲜闷子
Chinese Snacks with Seafood

木须肉
Fried Pork with Eggs

火爆牛心菜
Fried Chinese Cabbage

紫菜蛋花汤
Seaweed Egg drop Soup

16-Apr

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

23-Apr

五彩肉粒
Multicolored Beef Cubes

川味酸菜炒肉
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

30-Apr

红烧牛肉
Braised Beef

水煮肉片
Boiled Meat

肉末蒸蛋
Steamed Eggs with Shrimp

清炒牛心菜
Stir fried Chinese Cabbage

玉米山药萝卜汤
Pork Ribs Soup with Wax Gourd

10-Apr

糖醋鱼块
Sweet and Sour Fillet

新疆大盘鸡
Stewed Chicken

西红柿炒鸡蛋
Stir-fried Eggs with Tomatoes

老醋白菜
Fried Chinese Cabbage

冬瓜排骨汤
Winter melon sparerib Soup

17-Apr

茄汁鸡片
Stewed Chicken

美味狮子头
Stewed Pork

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

素炒三丝（韭菜，豆芽，豆腐皮）
Stir-fried Bean Sprouts with Chives and Tofu Skin

番茄菌菇汤
Tomato and Mushroom Soup

24-Apr

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

1-May

11-Apr

卤鸭腿
Spiced Duck leg

香菇小炖肉
Braised Pork with Tofu Skin and Mushroom

角瓜肉片炒平菇
Stir-fried Mushroom with Pork

双椒山药玉米粒
Fried Yam with Corn

枸杞红枣银耳汤
Wolfberry and Date Tremella Soup

18-Apr

西红柿炖牛腩
Braised Beef

干锅叶豆腐
Stewed Pork with

白菜肉片炖粉条
Stewed Cabbage with sliced Pork and Vermicelli

双花炒银耳
Broccoli Organic Cauliflower Stir fried white Fungus

西红柿鸡蛋汤
Tomato and Egg Soup

25-Apr

番茄滑蛋牛肉
Braised Beef with Potato

鱼香肉丝
Braised Shredded Pork

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

2-May

孜然肉片
Fried Pork 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.

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

Dinner 晚餐

MENU 菜单

四月

April

2025

7-Apr

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

8-Apr

蜜汁叉烧肉
Stewed Pork

酸菜炒粉
Fried Cabbage

草菇菜心
Fried Vegetable
with Mushroom

9-Apr

鱼香乌冬面
Fish flavored Udon
Noodles

三鲜乌冬面
Sanxian Udon noodles

麻酱时蔬
Stir-fried Mixed
Vegetables

10-Apr

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

14-Apr

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

15-Apr

可乐鸡翅根
Coca Cola Chicken
Wings Root

麻婆豆腐（不辣的）
Mapo Tofu

清炒油麦菜
Fried Romaine

16-Apr

麻辣烫/不辣的
Malatang

茼蒿炒肉片
Fried Chinese Vegetables
with Meat

菠菜炒鸡蛋

17-Apr

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

21-Apr

酸菜鱼
Braised Fish

农家乱炖（土豆、玉米、南瓜）
Stew Mix Vegetables

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

22-Apr

彩椒菌菇炒牛肉
Kung Pao Pork

肉末豆腐蒸蛋
Stewed Meat with Eggs
and Tofu

清炒娃娃菜
Fried Chinese
Cabbage

23-Apr

椒盐鸡脆骨
Fried Chicken

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

拌老虎菜
Mixed Vegetables

24-Apr

蘑菇烤肉披萨
芝士披萨
Pizza

烤鸡翅根
Chicken Wings

蘑菇花耶菜
Fried Cauliflower

28-Apr

西红柿牛腩
Stewed Beef with Tomatoes

木须鸡蛋
Stew Chicken with
Mushroom

酸辣土豆丝
Hot and sour shredded
Potatoes

29-Apr

炒牛河
Stir Fried Rice Noodles
with Beef

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

清炒时蔬
Chinese Salad

30-Apr

鱼香肉丝
Noodles with Beef
Sauce

时蔬炒肉片
Str-fried Vegetables

葱油豆皮
Green onion oil
Bean skin

1-May



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

四月
April
2025

7-Apr

西红柿疙瘩汤

酱香饼、大枣
发糕

角瓜木耳炒鸡蛋

八宝酱菜、
炆土豆丝

8-Apr

暖暖小米粥

韭菜鸡蛋虾仁包
锅贴

芹菜腐竹拌火腿
牛心菜炒粉

凉拌海带丝
小酱菜

9-Apr

中式卷饼
时蔬酱肉蒸饺

鸡蛋糕
皮蛋瘦肉粥

烤鸡肉
肉松/火腿
生菜丝/豆芽/土豆丝

10-Apr

豆沙软饼、糖饼
酱肉玉米小笼

小混沌
煎蛋

木耳胡萝卜炒藕片

梅菜笋丝

11-Apr

鲜肉玉米生煎包
素馅生煎、南瓜豆沙
馒头

杂粮粥
卤蛋

清炒油麦菜、拌三丁
梅菜笋丝

14-Apr

大肉面

卤鹌鹑蛋

油条、麻花
地瓜馒头

酸豆角肉末、榨菜丝

西红柿/小油菜

21-Apr

原汤米线
奶黄包
火腿发面饼

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

15-Apr

田园鸡肉堡
生菜、西红柿片
发面千层饼

皮蛋瘦肉粥
西式炒蛋

大头菜炒粉

22-Apr

芹菜猪肉/素馅
发面椒盐饼

西红柿海鲜菇

黄瓜腐竹花生米拌
海带丝

小米粥/卤蛋

16-Apr

肉夹馍（猪肉）
肉夹馍（鸡肉）
豆沙夹心小馒头

清汤面
茶叶蛋

小油菜炒鱼豆腐
榨菜丝

23-Apr

鸡肉菌菇炒意面
薯泥三明治

玉米培根炒蛋
小白菜炒鱼豆腐

烤鸡肉蔬菜沙拉
营养白粥

17-Apr

西式炒饭、香肠吐司
卷、红薯烤牛奶、土
豆丝饼

鸡肉早餐肠
清炒西兰花

西红柿鸡蛋浓汤
白粥

24-Apr

芸豆猪肉包子、素馅包子
酱香饼

茶叶蛋
大碴子粥

炒时蔬
炆拌土豆丝

19-Apr

猪肉煎饺
角瓜鸡蛋虾仁煎饺
地瓜馒头

炸麻球
二米粥

角瓜炒春和蒜肠
老醋三样

25-Apr

韩式紫菜拌饭
韩式海鲜饼
韩式泡菜饼

烤鸡肉

韩式大酱豆腐汤

洋葱玉米炒蛋

生菜叶
泡菜

28-Apr

鸡肉三明治
香煎土豆丝小饼
葱油饼

角瓜炒蘑菇

蟹柳滑蛋
香甜八宝粥

29-Apr

猪肉圆葱馅饼
蔬菜馅饼、
大枣红糖馒头

南瓜山药小米粥

水煮蛋

凉拌干丝
黄瓜拌火腿

30-Apr

蔬菜疙瘩汤

奶香玉米饼
鲜肉锅盔

芹菜拌花生米
黄瓜木耳炒蛋

1-May（无早餐）

扬州炒饭、
果酱西士多
奶香麻花

培根炒大头菜
拌三丁

皮蛋瘦肉粥

2-May

灌汤包
素馅包
紫薯包

雪菜肉丝汤面

清炒菠菜

拌海带丝



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

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