

International LUNCH MENU

国际餐 午餐菜单



Nov
2020

2-Nov

匈牙利烩牛肉
Goulash (Beef)

意大利空心面
Macaroni

蒜茸角瓜/希腊沙拉
Garlic Zucchini Or Greek Salad

3-Nov

意大利肉酱面
Spaghetti with Bolognese Sauce

蒜香面包
Garlic Bread

牛心菜沙拉
Coleslaw

4-Nov

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

卷心菜沙拉
Cole Slaw

四季豆
Green Beans

5-Nov

香肠牛肉粒披萨
Pepperoni Pizza

水牛城辣鸡翅
Buffalo Wings

凯撒沙拉
Caesar Salad

6-Nov

香辣鸡腿堡
Chicken Burger

薯条
French Fries

南瓜胡萝卜鸡蛋沙拉
Pumpkin Carrot and Egg Salad

9-Nov

泰式甜辣鸡
Thai Style Sweet and Spicy Chicken

泰式春卷/米饭
Spring Rolls or Rice

泰式沙拉(配甜酸酱)
Thai Style Salad

10-Nov

瑞典肉丸
Swedish Meatballs

黑椒汁土豆泥
Mashed Potato with Black Pepper Sauce

洋葱、培根炒四季豆/小餐包
Stir-fried String Beans with Bacon and Onions or Dinner Rolls

11-Nov

热狗/辣椒酱
Chili Dog

薯条
French Fries

黄瓜小米沙拉
Cucumber Millet Salad

12-Nov

墨西哥铁板鸡肉
Chicken Fajita

墨西哥沙沙酱
Salsa

墨西哥红腰豆
Charro Beans

墨西哥米饭
Spanish Rice

13-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/小扁豆酱
Fruit Salad or Lentil Beans

16-Nov

牛肉千层面
Beef Lasagna

洋葱、培根炒四季豆/香蒜面包
Stir-fried Sting Beans or Garlic Bread

牛心菜沙拉
Chinese Cabbage Salad

17-Nov

黑椒汁鸡排
Chicken with Black Pepper sauce

黑椒汁土豆泥
Mashed Potato with Black Pepper Sauce

小蛋糕/蒜茸角瓜
Cakes or Garlic Zucchini

18-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

19-Nov

日式咖喱鸡肉
Chicken Curry

汉堡包面包(小的)/洋葱圈
Burger Bread or Onion Rings

混合蔬菜沙拉
Mixed Salad

20-Nov

香肠牛肉粒披萨
Pepperoni Pizza

水牛城辣鸡翅
Buffalo Wings

凯撒沙拉
Caesar Salad

23-Nov

炸鸡排
Chicken Katsu

白米饭/炒大头菜
Rice or Sauteed Cabbage

蔬菜沙拉
Vegetables Salad

24-Nov

炖牛肉意大利空心粉
Goulash over Pasta

蒜茸角瓜
Garlic Zucchini

希腊沙拉
Greek Salad

25-Nov

BBQ烤鸡腿
Chicken Legs

西式炖菜/烤地瓜
Stewed Vegetables or Baked Sweet Potatoes

蔬菜沙拉/玉米蛋糕
Garden Salad/Corn Bread

26-Nov

蘑菇汁烤猪肉
Baked Pork in the Mushroom Sauce

烤土豆/炸凤尾虾
Baked Potatoes or Fried Shrimp

玉米蛋糕/田园沙拉
Corn Bread or Garden Salad

27-Nov

牛肉汉堡
Hamburger

薯条
French Fries

混合绿色蔬菜沙拉
Mixed Salad

All vegetables are subject to changes due to availability .

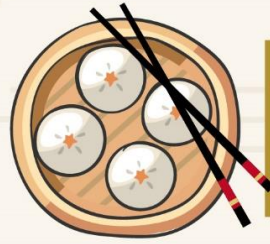
All meals are served with one staple such as (bread, rice, or beans)
每日西餐都会配有面包(当日有其它主食除外)

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

Chinese 中餐

LUNCH MENU

午餐菜单



Nov
2020

2-Nov

宫保鸡丁
Kung Pao Chicken

西红柿炒蛋
Scrambled Eggs and
Tomatoes

香菇油菜
Stir-fried Bok Choy with Black
Mushrooms in Oyster Sauce

3-Nov

樱桃肉
Sweet and Sour Diced Pork

扇贝丁蒸蛋
Steamed Eggs with Scallop

娃娃菜粉条炖豆腐
Braised Tofu with Chinese
Cabbage

4-Nov

红烧鸡翅根
Braised Chicken Leg

芹菜肉片炒粉条
Stir-fried Celery with Meat
and Vermicelli

荷塘小炒
Vegetable Stir-fried with
Lotus Root

5-Nov

冬瓜炖排骨
Stewed Wax Gourd with Pork
Ribs

大酱豆腐
Braised Tofu

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

6-Nov

台式卤肉/卤蛋
Taiwanese Style Stewed
Minced Pork

荷兰豆炒腊肠
Stir-fried Snow Peas with
Traditional Chinese Sausage

青红椒土豆丝
Stir-fried Shredded
Potatoes

9-Nov

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

10-Nov

柠檬鸡
Lemon Chicken

西芹腰果炒鱿鱼
Celery with Cashew and
Squid

丝瓜炒鸡蛋
Stir-fried Towel Gourd with
Eggs

11-Nov

西红柿炖牛腩
Braised Beef

线豆肉片炖粉条
Stir-fried String Beans
with Pork

火爆大头菜
Fried Chinese Cabbage

12-Nov

鱼香肉丝
Braised Shredded Pork

茄子土豆炖豆角
Braised Potatoes with Green
Beans and Eggplant

清炒娃娃菜
Stir-fried Chinese Cabbage

13-Nov

三鲜焖子
Seafood with Chinese
Snacks

蒜苔木耳炒肉片
Stir-fried Pork with Wood Ear
and Chinese Vegetables

清炒有机花菜
Stir-fried Cauliflower

16-Nov

香辣酥炒鸡脆骨
Fried Chicken Cartilage

菌菇炒肉片
Stir-fried Pork with
Mushroom

芹菜炒土豆丝
Stir-fried Celery with
Shredded Potatoes

17-Nov

香橙咕咾肉
Sweet and Sour Pork

芸豆南瓜炖五花肉
Braised Pork with Beans and
Pumpkin

莴笋炒木耳
Stir-fried Asparagus with
Lettuce and Wood Ear
Mushroom

18-Nov

可乐鸡翅根
Chicken Wings Braised in
Coke
麻婆豆腐
Mapo Tofu

杏鲍菇烧油菜
Stir-fried Chinese Vegetable
with King Oyster Mushroom

19-Nov

红烧狮子头
Braised Pork Meatball and
Chinese Cabbage

蒜薹肉片炒鸡蛋
Stir-fried Pork with Garlic
Bolt and Eggs

火爆大头菜
Quick-fried Chinese Cabbage

20-Nov

沙茶牛肉
Chinese Barbecued Sauce
with Beef

雪里蕻肉片炖冻豆腐
Braised Pork with Tofu
and Chinese Vegetables

角瓜炒平菇
Stir-fried Zucchini with Yellow
Chives

25-Nov

三黄鸡榛蘑炖粉皮/有骨肉
Braised Chicken with
Mushroom and Vermicelli

地三鲜
Braised Potatoes with
Eggplant and Green Pepper

清炒双花 (西兰花, 花菜)
Stir-fried Cauliflower with
Broccoli

26-Nov

干豆角红烧肉
Braised Pork with Green
Beans

千叶豆腐烧肉片
Stir-fried Tofu with Slice
Pork

蚝油西生菜
Braised Lettuce

27-Nov

萝卜炖牛腩
Braised Beef with Radish

圆椒炒肉片
Stir-fried Pork with Green
Pepper

黄蘑土豆片
Potato Slices w/ Mushrooms

28-Nov

红烧鸡腿
Braised Chicken

芹菜炒牛肉
Stir-fried Celery with Beef
Chitlins

白菜粉条炖豆腐
Stewed Cabbage with
Tofu and Vermicelli

29-Nov

土豆排骨炖海带扣
Stewed Pork Ribs with
Seaweed and Potato

三鲜娃娃菜
Stir-fried Baby Cabbage with
Seafood

荷兰豆炒双耳
Stir-fried Snow Peas with
Wood Ear Mushroom

All meals are served with rice, soup and fresh fruits.

All vegetables are subject to changes due to availability.

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Dinner

晚餐

MENU

菜单

Nov
2020

2-Nov

海带红烧肉

肉末蒸鸡蛋糕

清炒娃娃菜

3-Nov

啤酒鸭

角瓜鸡蛋炒虾仁

尖椒肉片炒香干

4-Nov

香炸猪排

油豆角粉条烧肉片

清炒双花 (西兰花,
有机花菜)

5-Nov

Tacos

西红柿番茄酱

墨西哥米饭/三奶蛋糕

9-Nov

鱼香鸡丝

西兰花炒虾仁

鲮鱼油麦菜

10-Nov

糖醋里脊/有鸡肉

西红柿炒蛋

白灼西生菜

11-Nov

麻辣烫(另备不辣和不含羊肉的)

炸春卷

炆拌土豆丝

12-Nov

奥尔良炸鸡

大白菜粉条炖海虾

葱油豆皮

16-Nov

山药炖牛腩

家常豆腐 (鸡肉)

尖椒炒豆芽

17-Nov

猪手焖黄豆

蒜蓉粉丝蒸虾仁

小白菜猪肉罐头炖土豆条

18-Nov

宫保鸡丁

白菜肉片炖豆腐(不辣)

海米冬瓜

19-Nov

香辣鸡腿堡

薯条

蔬菜沙拉

23-Nov

咖喱猪肉

木须肉

蒜泥茼蒿

24-Nov

牛肉面(少油)

小油菜/卤蛋

芹菜花生米拌腐竹

25-Nov

双椒护心肉

牛心菜肉丝炒粉

蒜蓉菜心

26-Nov

新疆大盘鸡

蒸鸡蛋糕

菠菜粉条炖毛蚶子肉

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

Nov
2020

2-Nov

牛肉芸豆包/
角瓜鸡蛋馅包子

小米粥

拌酸辣小木耳
拌干豆腐丝

3-Nov

韩式拌饭

烤鸡肉
大酱豆腐汤

生菜叶
泡菜

4-Nov

猪肉/鸡肉灌汤包

五香鹌鹑蛋

大碴粥/芹菜花生米

5-Nov

菌菇培根意面

芝士焗薯泥
煎蛋

西兰花拌火腿

6-Nov

小麦饼/菠菜饼

煎鸡胸肉/烤猪肉

黄瓜丝/鸡蛋丝/西生菜丝

9-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

10-Nov

猪肉芹菜包子
鸡肉香菇

皮蛋瘦肉粥

芹菜花生米
拌海带丝

11-Nov

肉松三明治

煎火腿
鸡肉早餐肠

烤玉米棒
水果沙拉

12-Nov

水饺

南瓜馒头
奶黄包

拌榨菜丝
腐竹花生米

13-Nov

汉堡胚子
小柿子

鳕鱼排
火腿片

西式炒蛋
黄瓜片
Tuna Salad

16-Nov

双色卷

紫菜云吞面

肉丝拌金针
拌三丁

17-Nov

西红柿疙瘩汤

紫薯饼
小油条

拌三丁
小葱拌虾皮

18-Nov

番茄螺旋面

香炸地瓜条
西兰花拌火腿

香烤鳕鱼

19-Nov

小白菜猪肉包子
牛心菜木耳素馅包子

皮蛋瘦肉粥

凉拌苯豆芽
梅菜笋丝

20-Nov

玉米虾仁炒饭

煎培根
烤早餐肠

蔬菜沙拉
辣白菜

23-Nov

青菜火腿丁西红柿疙瘩汤

葱油饼
糖饼

芹菜花生米
榨菜丝

24-Nov

芝士火腿三明治

烤红薯
炸春卷 (蔬菜馅)

拌西兰花
小柿子

25-Nov

饭团
大酱汤

烤鸡肉
生菜叶

辣白菜

26-Nov

烤培根
鸡肉早餐肠

西式炒饭

水果沙拉

27-Nov

南瓜小馒头
花卷

八宝粥
炸小麻球

黄瓜拌鸡肉丝
腐竹花生米

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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