

International LUNCH MENU

国际餐 午餐菜单



五月
May
2025

5-May

意大利肉酱宽面
Spaghetti with
Meat Sauce

奶香芝士焗南瓜
Baked Pumpkin
Garlic Bread

蒜香面包
Garlic Bread

西式洋葱汤
Western-style onion
Soup

12-May

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

19-May

茄汁肉丸意面
Spaghetti with
Meat Ball Sauce

香烤面包
Baked Bread

角瓜炒蘑菇
Stir-fried Chinese
Zucchini and Mushroom

土豆浓汤
Potatoes Soup

25-May

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

6-May

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

13-May

匈牙利牛肉/螺旋面
Hungarian Beef
Fusilli

上校鸡块
Colonels Chicken Nugget

蔬菜沙拉
Garden Salad

小餐包
Dinner Roll

20-May

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

26-May

西式三明治
Sandwich

香酥地瓜条
Fried Sweet Potatoes

炒小米青瓜
Fried Millet Cucumber

鸡肉蔬菜浓汤
Potatoes Soup

7-May

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

蔬菜拌饭

14-May

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

21-May

日式猪肉饭
Japanese-style Pork
Rice

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

酸黄瓜金枪鱼沙拉
Tuna Salad

奶油南瓜汤
Pumpkin Cream
Soup

27-May

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

8-May

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

15-May

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

22-May

猪肉汉堡
Pork Burger

西红柿片、生菜、酸黄瓜
Tomato/ Lettuce

炸洋葱圈
Fried Onion Rings

水果沙拉
Fruit Salad

28-May

泰式咖喱猪肉
Thai Curry

培根烤土豆/米饭
Baked Potatoes with
Bacon

烤鸡沙拉
Chicken Salad

牛肉蔬菜汤
Beef With
Vegetables Soup

9-May

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

16-May

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

23-May

Fish Tacos
炸鱼塔可

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

29-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 .

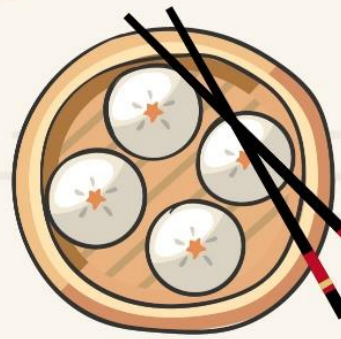
All meals are served with one staple such as (bread, rice, or beans)
每日西餐都会配有面包 (当日有其它主食除外)

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

Chinese 中餐

LUNCH MENU

午餐菜单



五月
May
2025

5-May

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

12-May

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

19-May

油闷大虾
Stewed Shrimp

咖喱鸡
Curry Chicken

青豆炒牛肉
Stir fried Pork with dried Leeks

角瓜炒黄蘑
Fried Zucchini with Mushroom

萝卜牛肉丸汤
Radish and Beef Ball Soup

26-May

软炸肉
Fried Pork

西芹炒虾仁
Fried Squid with Celery

木须鸡蛋
Stir-fried Eggs with Black Fungus

油菜豆腐泡
Stir-fried Vegetables

菌菇火腿豆腐汤
Mushroom with Tofu Soup

6-May

红烧鸡翅根
Braised Chicken Wings

排骨炖豆泡
Stewed Ribs with Tofu

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

13-May

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

20-May

台式卤肉/卤蛋
Taiwanese Style Stewed Minced Pork

炸猪排
Pork Schnitzel

牛心菜炒粉
Stir-fried Chinese Cabbage with Slice Pork

尖椒豆腐皮
Stir-fried Tofu Skin with Peppers
番茄菌菇汤
Tomato and Mushroom Soup

27-May

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

7-May

彩椒菌菇炒牛肉
Stir-fried Beef with Mushroom

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

14-May

红烧肉炖土豆藕块
Braised Pork with Dried Beans

冬瓜炖海虾
Stewed Shrimp

椒盐茶树菇
Fried Mushrooms

木耳小油菜
Stir-fried Black Fungus with Chinese Vegetables

玉米山药萝卜汤
Pork Ribs Soup with Wax Gourd

21-May

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

28-May

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

8-May

 辣子鱼块
Spicy 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

15-May

茄汁鸡片
Stewed Chicken

美味狮子头
Stewed Pork

肉末菠菜豆腐
Meat with tofu Spinach

 清炒莴笋
Stir-fried Asparagus Lettuce

番茄菌菇汤
Tomato and Mushroom Soup

22-May

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

29-May

排骨烧南瓜土豆
Stewed Pork with Potatoes

麻椒炒红肠
Stir-fried Sausage

肉末茄条
Stewed Eggplant

清炒娃娃菜
Stir-fried Vegetables

蔬菜豆腐汤
Tofu with Vegetables Soup

9-May

卤鸭腿
Spiced Duck leg

香菇小炖肉
Braised Pork with Tofu Skin and Mushroom

角瓜炒肉片
Stir-fried Zucchini 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

16-May

西红柿炖牛腩
Braised Beef

干锅千叶豆腐
Stewed Pork with Tofu

炒三丝（胡萝卜丝、黄豆芽、肉丝）
Stir-fried Slice Vegetables

蒜泥茼蒿
Garlic Mashed Garland Chrysanthemum

西红柿鸡蛋汤
Tomato and Egg Soup

23-May

鱼香肉丝
Braised Shredded Pork

木须虾仁
Braised Shrimp with Black Ear

白菜肉片烩三鲜菇
Braised Pork Slices with Cabbage and Mushrooms

鲜炒双花
Stir-fried Vegetables

 紫菜蛋花汤
Seaweed Egg drop soup

30-May

孜然肉片
Fried Pork with Cumin

鲜鸡榛蘑炖粉皮
Braised Chicken and Mushroom with Vermicelli

干锅花椰菜
Stewed Cauliflower

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

五月
May
2025

5-May

黄豆焖猪蹄
Stewed Pork with Beans

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

清炒时蔬
Fried Vegetables

凉拌鸡丝
Chinese Chicken Salad

12-May

孜然护心肉
Fried Pork

西红柿炒蛋
Scrambled Egg with Tomato

凉拌芹菜腐竹
Cold Celery and Tofu Bamboo

烤鸡沙拉
Chicken Salad

19-May

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

火腿炒饭
Fried Rice

26-May

西红柿牛腩
Stewed Beef with Tomatoes

干煸四季豆
Spicy Green Beans

酸辣土豆丝
Hot and sour shredded Potatoes

清汤竹生面
Noodles with Soup

6-May

蜜汁叉烧肉
Stewed Pork

酸菜炒粉
Fried Cabbage

草菇菜心
Fried Vegetable with Mushroom

清汤竹生面
Noodles with Soup

13-May

可乐鸡翅根
Coca Cola Chicken Wings Root

麻婆豆腐
Mapo Tofu

清炒油麦菜
Fried Romaine

炆土豆丝
Slice Potatoes

20-May

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

水果沙拉
Fruit Salad

27-May

炒牛河
Stir Fried Rice Noodles with Beef

土豆片炖三鲜菇
Stewed Three Fresh Mushrooms with Potato

清炒时蔬
Chinese Salad

蒜泥茄子
Garlic Eggplant

7-May

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

蛋炒饭
Fried Rice

14-May

麻辣烫
Malatang

茼蒿炒肉片
Fried Chinese Vegetables with Meat

凉拌莴笋丝
Shredded Asparagus Lettuce in Sauce

蔬菜炒面
Fried Noodles

21-May

椒盐鸡脆骨
Fried Chicken

肉香菠菜炒粉
Stir-fried Spinach with Meat

蘸酱菜（黄瓜、小红皮萝卜、生菜、蒸茄子土豆、鸡蛋酱）
清汤竹生面 Noodles with Soup

28-May

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

蔬菜炒饭
Fried Rice

8-May

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

15-May

西式炒饭
Stir-fried Rice

炸薯条
French Fries

西式炖菜
Stewed Vegetables

甜薯浓汤
Sweet Potato Soup

清汤竹生面
Noodles with Soup

22-May

烤肉披萨
芝士披萨
Pizza

烤鸡翅根
Chicken Wings

蘑菇花耶菜
Fried Cauliflower

西式炒面
Fried Noodles

29-May

黑椒蘑菇汁肉丸
Meat Ball

炸薯饼
Potato Cakes

芝士焗蔬菜
Baked Vegetables

沙拉吧
Salad Bar



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

五月
May
2025

5-May

西红柿疙瘩汤

酱香饼
大枣发糕

角瓜木耳炒鸡蛋

八宝酱菜
炅土豆丝

6-May

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

7-May

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

8-May

西式炒面
葱油花卷

开花紫薯包
煎蛋

木耳胡萝卜炒藕片

梅菜笋丝

9-May

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

12-May

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

19-May

原汤米线

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

13-May

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

14-May

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

15-May

西式炒饭、香肠吐司
卷、红薯烤牛奶

鸡肉早餐肠
清炒西兰花

西红柿鸡蛋浓汤
白粥

17-May

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

20-May

芹菜猪肉/素馅
粗粮大馒头

西红柿海鲜菇

黄瓜腐竹花生米拌
海带丝

小米粥/卤蛋

21-May

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

22-May

芸豆猪肉发面包、素馅包
酱香饼

五香鹌鹑蛋
大碴子粥

炒时蔬
炅拌土豆丝

23-May

芝士焗饭
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

26-May

鸡肉三明治
香煎土豆丝小饼

角瓜炒蘑菇

蟹柳滑蛋
软糯八宝粥

27-May

酱肉玉米小笼包
素馅小笼包
发面馒头

南瓜山药小米粥

水煮蛋

凉拌干丝
蒜蓉茼蒿

28-May

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

29-May

扬州炒饭、果酱西士多
奶香麻花

炒时蔬
皮蛋瘦肉粥

拌三丁

30-May

豆沙软饼
老式杠头饼

雪菜肉丝汤面
芝麻菠菜

凉拌海芥菜



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

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