

International 国际餐 Lunch Menu 午餐菜单

三月
March
2026



16 - Mar

法式焖羊肉
Lamb Navarin

烤红薯
Baked Sweet Potatoes

西式炒饭
Fried Rice

果蔬沙拉
Fruit & Vegetable Salad

17 - Mar

匈牙利牛肉/螺旋面
Hungarian Beef Fusilli

上校鸡块
Chicken Nuggets

田园沙拉
Garden Salad

香烤面包条
Butter Baked Bread

18 - Mar

黑椒汁鸡排
Chicken with Black Pepper Sauce

烤猪肉拌饭
Roasted Pork Bibimbap

西式炖菜
Western Stew

椰蓉小面包
Coconut Bread

19 - Mar

热狗/牛肉酱
Hot Dog
with Minced Beef Sauce

芝士, 洋葱碎, 酸黄瓜
Cheese, Onions, Cucumber

蒜香薯角
Potato Wedges

蔬菜沙拉
Vegetable Salad

20 - Mar

泰式咖喱鸡
Thai Curry Chicken

炒培根花椰菜
Fried Bacon and Broccoli

春卷/小蛋糕
Spring Rolls/ Cakes

蔬菜意面浓汤
Minestrone

23 - Mar

牛肉千层面
Beef Lasagna

洋葱、培根炒四季豆
Stir-fried Green Beans
With Onion and Bacon

香蒜面包
Garlic bread

芝士焗南瓜
Pumpkin baked with Cheese

24 - Mar

照烧鸡肉饭
Teriyaki Chicken

公爵夫人土豆
Duchess Potatoes

芝士焗什锦蔬菜
Assorted Vegetables
Baked with Cheese

香甜玉米浓汤
Sweetcorn Soup

25 - Mar

金枪鱼三明治
Tuna Sandwich

洋葱圈
Onion Rings

咖喱烩蔬菜
Curried Vegetables

鸡肉蔬菜浓汤
Chicken and Vegetable
Soup

26 - Mar

烤鸡腿
Roasted Chicken Leg

奶香玉米棒
Corn on the Cob

茄汁鹰嘴豆炖菜
Stewed Chickpeas with
Vegetables

烤鸡肉拌饭
Stir-fried Rice with
Baked Chicken

27 - Mar

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

沙拉酱
Salad Dressing

蔬菜拌饭
Stir-fried Rice with
Vegetables

30 - Mar

日式猪肉饭
Rice with Pork and Scallions

白菜鸡丝沙拉
Shredded Chicken
with Cabbage Salad

金枪鱼土豆沙拉
Tuna and Potato Salad

香酥鳕鱼排
Fried Cod Fillet

31 - Mar

鲜虾牛柳意面
Shrimp and Beef Bolognese

芝士肉糜焗角瓜
Stewed Minced Pork with
Zucchini and Cheese

香烤面包条
Crispy Toast Strips

蔬菜汤
Vegetable Soup

1 - Apr

墨西哥牛肉塔可
Mexican Beef Tacos

墨西哥炒饭
Mexican Fried Rice

生菜, 芝士, 红腰豆, 莎莎酱
with lettuce, Cheese,
Bean, and Salsa Sauce

墨西哥蛋糕
Cakes

2 - Apr

西式番茄炖猪梅肉
Stewed Pork with Tomato

通心粉
Macaroni

鲜蔬沙拉
Vegetable Salad

红豆小面包
Red Bean Bread

3 - Apr

蜜汁鸡腿堡
Honey Chicken Burger

薯条
French Fries

藜麦果蔬沙拉
Quinoa and Vegetable
Salad

奶油蘑菇汤
Creamy Mushroom 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 and fresh fruit. All vegetables are subjects to changes due to availability.
所有餐食均配备主食及新鲜水果。蔬菜供应将根据实际供货情况作相应调整。



16 - Mar

- 酱猪大排
Stewed Pork Chops
- 春笋炒虾仁
Stir-fried Shrimp with Spring Bamboo Shoot
- 地三鲜
Fried Potato Green Pepper and Eggplant
- 青瓜炒鸡蛋
Stir-fried Cucumber and Eggs
- 紫菜蛋花汤
Seaweed and Egg Drop Soup

17 - Mar

- 樱桃肉
Sweet and Sour Pork
- 三鲜焖子
Steamed Mung Bean Jelly with Seafood
- 面筋烧白菜
Stir-fried Cabbage and Wheat Gluten
- 蒜泥茼蒿
Garlic Crown Daisy
- 菌菇火腿豆腐汤
Mushroom and Ham With Tofu Soup

18 - Mar

- 筋头巴脑炖土豆
Stewed Beef Tendon and Potatoes
- 美味狮子头
Braised Pork Balls in Brown Sauce
- 炒三丝 (胡萝卜丝、黄豆芽、肉丝)
Stir-fried Shredded Vegetables
- 芹菜炒粉
Fried Celery with Vermicelli
- 西红柿鸡蛋汤
Tomato and Egg Soup

19 - Mar

- 白灼虾
Boiled Shrimps
- 香菇炖鸡块
Stewed Chicken with Mushroom
- 菠菜炒肉片腐竹
Fried Sliced Pork with Spinach
- 角瓜炒黄蘑
Fried Zucchini with Mushroom
- 枸杞红枣银耳汤
Red Date and White Fungus Soup

20 - Mar

- 梅肉炒鹿茸菇
Stir-fried Pork with mushroom
- 干锅千叶豆腐
Stewed Pork with Tofu
- 肉末茄子
Minced Pork with Eggplant
- 清炒莴笋
Stir-fried Asparagus Lettuce
- 玉米山药萝卜汤
Corn, Yam and Carrot Soup

23 - Mar

- 软炸里脊
Soft-Fried Pork Tenderloin
- 西芹炒扇贝肉
Fried Scallops with Celery
- 黄瓜炒肉片
Stir-fried Sliced Pork and Cucumber
- 清炒娃娃菜
Stir-fried Baby Cabbage
- 酸辣汤
Spicy and Sour Soup

24 - Mar

- 番茄金针菇肥牛
Stewed Beef with Tomato and Enoki Mushroom
- 孜然鸡胗
Cumin Chicken Gizzard
- 鱼香豆腐
Fish-Flavored Tofu
- 火爆牛心菜
Fried Chinese Cabbage
- 西红柿鸡蛋汤
Tomato and Egg Soup

25 - Mar

- 香芋红烧肉
Braised Pork with Taro
- 学生版口水鸡
Steamed Chicken with Chili Sauce (student version)
- 肉末蒸蛋
Steamed Egg Custard with Minced Pork
- 清炒油麦菜
Stir-fried Romaine Lettuce
- 萝卜牛肉丸汤
Beef Balls and Radish Soup

26 - Mar

- 孜然肉片
Fried Sliced Pork with Cumin
- 酸菜五花肉炖海蛎子
Stewed Pork and Pickled Cabbage with Oysters
- 风味茄条
Stewed Eggplant
- 小白菜腐竹
Stir-fried Pak Choi with Dried Bean Curd Sticks
- 冬瓜排骨汤
Pork Ribs and Wax Gourd Soup

27 - Mar

- 椒盐鸡块
Salt and Pepper Chicken
- 排骨烧南瓜土豆
Stewed Pork Ribs and Potatoes
- 干煸藕丝
Stir-fried Shredded Lotus Root
- 清炒时蔬
Stir-fried Vegetable
- 紫菜蛋花汤
Seaweed and Egg Drop Soup

30 - Mar

- 沙茶牛肉
Beef Satay
- 排骨炖芸豆
Stewed Pork Ribs with Beans
- 西红柿炒鸡蛋
Fried Eggs with Tomatoes
- 蒜蓉角瓜
Garlic Zucchini
- 枸杞红枣银耳汤
Red Date and White Fungus Soup

31 - Mar

- 红烧肉丸
Braised Pork Meatballs
- 萝卜炖海虾
Stewed Shrimp with Shredded Radish
- 家常豆腐
Stewed Sliced Pork with Tofu
- 香菇烧油菜
Braised Mushroom with Bok Choy
- 西红柿鸡蛋汤
Tomato and Egg Soup

1 - Apr

- 台式卤肉/卤蛋
Taiwanese Style Stewed Minced Pork
- 炸鸡排
Chicken Schnitzel
- 上汤菠菜
Spinach in Superior Broth
- 田园小炒皇
Stir-fried Mixed Vegetables
- 萝卜肉丸汤
Meatballs and Radish Soup

2 - Apr

- 新疆大盘鸡
Stewed Chicken with Potatoes
- 葱爆肉
Stir-fried Pork with Scallions
- 海米烧冬瓜
Braised Wax Gourd with Dried Shrimp
- 蒜仔菜心
Garlic Choy Sum
- 紫菜蛋花汤
Seaweed and Egg Drop Soup

3 - Apr

- 辣子鱼块
Spicy Fillet
- 土豆炖牛肉
Braised Beef with Potatoes
- 蒜苔炒肉
Stir-fried Pork with Garlic Sprouts
- 白灼西生菜
Blanched Romaine Lettuce
- 鲜豆腐汤
Tofu and Dried Shrimp 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

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Dinner

晚餐

Menu
菜单

三月
March
2026

16 - Mar

猪蹄焖黄豆
Braised Pork Trotters with Soybeans

芸豆烧肉片
Stewed Kidney Beans with Sliced Pork

清肺小炒
Fried Mixed Vegetables

金枪鱼玉米粒烤法棍
Baked Baguette with Tuna Paste

清汤竹生面
Noodles and Soup

17 - Mar

孜然牛肉
Stir-fried Beef with Cumin

土豆片炖三鲜菇
Stewed Mushrooms and Potatoes

清炒菠菜
Stir-fried Spinach

芝士鸡肉土豆挞
Baked Potatoes with Chicken

特色凉拌菜
Chinese Salad

18 - Mar

避风塘薯条虾
Shrimp and French Fries

时蔬炒肉片
Stir-fried Pork and Vegetable

葱油豆皮
Scallion Oil Tofu Skin

西式凉面
Cold Noodles

五彩冰粉
Ice Jelly

19 - Mar

黑椒蘑菇汁肉丸
Black Pepper Mushroom and Meat Balls

炸薯饼
Hash Browns

芝士焗蔬菜
Baked Vegetables

干锅花菜
Stir-fried Cauliflower

香烤香菇丸
Baked Mashed Mushroom Balls

23 - Mar

香酥偏口鱼
Fried Fish

虾仁蒸蛋糕
Steamed Egg Custard with Shrimps

炒杂菜
Stir-fried Vegetables

通心粉沙拉
Macaroni Salad

烤冷面
Grilled Noodles

24 - Mar

柠檬鸡
Lemon Chicken

大白菜炖五花肉粉条
Stewed Pork with Chinese Cabbage

芹菜土豆条
Stir-fried Celery with Potatoes

墨西哥鸡肉馅饼
Quesadillas

汤面
Noodles and Soup

25 - Mar

酸菜牛肉米线/肉酱米线
Stewed Beef with Rice Noodles

卤蛋, 小油菜, 西红柿
With Eggs, Tomatoes, Rape

拌老虎菜
Cold Mixed Vegetables

腊肠炒饭
Fried Rice

蔬果沙拉吧
Salad Bar

26 - Mar

猎人烤鸡
Baked Chicken

培根炒土豆
Stir-fried Bacon with Potatoes

干煸四季豆
Dry-fried Green Beans

肉酱意式宽面
Spaghetti Bolognese

特色凉皮
Cold Rice Noodles

30 - Apr

鱼香肉丝
Fish-Flavored Shredded Pork

莲藕炒肉
Stir-fried Pork with Lotus Root

尖椒土豆条炒肉
Fried Potatoes with Pork and Pepper

鸡肉三明治
Chicken Sandwich

风味拌素鸡
Cold Mixed Bean Curd

31 - Apr

卤煮鸭腿
Braised Duck Leg

麻辣烫
Spicy Hot Pot

凉拌三素
Cold Mixed Vegetables

酱油炒饭
Fried Rice with Soy Sauce

椒盐金针菇
Salt and Pepper Needle Mushroom

1 - Apr

枣香香芋红烧肉
Braised Pork with Taro

双椒炒肚条
Stir-fried Pork Tripe with Peppers

麻酱时蔬
Sesame Sauce Mixed Vegetables

西式炒面
Fried Noodles

香甜小汤圆
Sweet Tangyuan

2 - Apr

风味甜辣鸡翅
Spicy and Sweet Chicken Wings

韩式年糕锅
Korean Stir-fried Tteok Hotpot

炒杂菜
Stir-fried Vegetables

大白菜炖豆腐
Chinese Cabbage with Tofu

油泼刀削面
Oil-splashed knife-cut Noodles



蛋类
EGG



牛奶
DAIRY



海鲜类
SEAFOOD



坚果类
NUTS



豆类
SOY



面粉类
GLUTEN



蜂蜜
HONEY



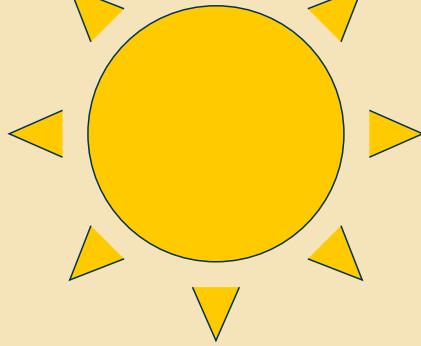
胡椒类
PEPPER

每日晚餐都配有米饭和汤 (当日主食是面食除外)

Dinner is served with rice and soup daily, except on days when noodles are the main staple.

Breakfast

早餐 Menu 菜单



三月
March
2026

16 - Mar

薏米麦仁红豆粥
酱香鸡胸肉

香煎土豆饼
杂粮煎饼

角瓜蘑菇炒肉片
芹菜木耳炒豆干

凉拌海带丝
咸鸭蛋

17 - Mar

小白菜肉包
素馅包

薏米红豆粥
蒸芋头

杭椒炒豆角
醋溜白菜

煎蛋
酸辣萝卜

18 - Mar

水饺
水煮蛋

蒸地瓜
糖三角

黄豆芽炒肉丝
干锅有机花菜

拌黄瓜
煎火腿

19 - Mar

皮蛋瘦肉粥
蒸南瓜

酱香饼
豆沙包

彩椒白玉菇
包菜炒肉丝

茶叶蛋
芹菜花生米

20 - Mar

中式卷饼
时蔬酱肉蒸饺

鸡蛋糕
皮蛋瘦肉粥

肉松
京酱肉丝

生菜丝
豆芽, 土豆丝

23 - Mar

番茄肉片面
蒸玉米

营养蛋
烤鸡柳

红糖锅盔
酱香饼

芹菜土豆条
芥菜丝

24 - Mar

田园鸡肉堡
生菜、西红柿片

烤培根
蛋糕卷

皮蛋瘦肉粥
爽口小菜

角瓜鸡蛋炒虾仁
香甜玉米棒

25 - Mar

猪肉夹馍
鸡肉夹馍

豆沙包
炸蘑菇

西红柿疙瘩汤
茶叶蛋

小油菜炒鱼豆腐
炝土豆丝

26 - Mar

猪肉煎饺
角瓜鸡蛋虾皮煎饺

炸麻球
二米粥

蒜苗炒鸡蛋
菠菜炒猪肝

糖拌番茄
香烤金针菇

27 - Mar

西式炒面
紫薯三明治

香酥麻花
虾仁蒸蛋

香煎香菇肉丸
清炒西兰花

辣白菜、拌饭酱
白粥

30 - Mar

乌冬面
蒸玉米

营养蛋
卤梅肉

酱香饼
香葱排包

菠菜炒金针菇
榨菜丝

31 - Apr

红糖枣香馒头
酱香饼

番茄花菜炒肉片
自制盐酥肉粒

皮蛋瘦肉粥
爽口小菜

蔬菜炒饭
蔬菜烘蛋

1 - Apr

肉夹馍 (猪肉)
肉夹馍 (鸡肉)

豆沙包
香烤里脊肉

西红柿疙瘩汤
茶叶蛋

小油菜炒肉丝
榨菜丝

2 - Apr

吊炉饼
烧卖

油炸糕
二米粥

鸡蛋
蒜苔炒肉

角瓜炒春和蒜肠
老醋三样

3 - Apr

鲜蔬火腿吐司披萨

红薯烤牛奶
茶叶蛋

清炒西兰花
白粥

辣白菜
桔梗



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

Daily breakfast is served with milk, soy milk, a variety of small dishes, fruit juice, jam and bread.

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。