

# International 国际餐

## Lunch Menu 午餐菜单



十月  
October  
2025

29 - Sep

韩式炖排骨  
Korean Stewed Pork Ribs

辣炒年糕  
Fried Spicy Tteok

风味甜辣鸡  
Sour & Spicy Chicken

韩式拌饭  
Bibimbap

30 - Sep

葱香鸡排  
Chicken Thigh & Shallots

西式蔬菜烘蛋  
Frittata

黑松露菌菇炒饭  
Black Truffle Fried Rice

小餐包  
Bread Roll

13-Oct

日式猪肉饭  
Rice with Pork and Scallions

口蘑培根西兰花  
Fried Bacon and Broccoli

金枪鱼土豆沙拉  
Tuna and Potato Salad

香酥鱼排  
Fried Cod Fillet

14-Oct

黑椒牛肉意面  
Beef Bolognese  
芝士肉糜焗角瓜  
Stewed Meat with Zucchini and Cheese

蒜香面包  
Garlic Bread

西式洋葱汤  
Onion Soup

15-Oct

西式炸鸡肉  
Fried Chicken  
西班牙海鲜炒饭  
Spanish Seafood Fried Rice

咖喱烩蔬菜  
Curried Vegetables

果蔬沙拉  
Fruits and Vegetable Salad

9 - Oct

瑞典肉丸  
Swedish Meatballs

土豆泥配酱汁  
Mashed Potato with Black Pepper Sauce

炸天妇罗蘑菇蔬菜  
Vegetable Tempura

鸡肉蔬菜汤  
Chicken and Vegetable Soup

10 - Oct

香肠披萨  
Sausage Pizza

巴斯克炖鸡  
Basque Chicken Stew

凯撒沙拉  
Caesar Salad

番茄牛肉汤  
Beef and Tomato Soup

16-Oct

墨西哥牛肉塔可  
Mexican Tacos

墨西哥炒饭  
Mexican Fried Rice

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

墨西哥蛋糕  
Cakes

17-Oct

蜜汁鸡腿堡  
Honey Chicken Burger

蒜香薯角  
Garlic Potato Wedges

水果沙拉  
Fruits Salad

奶油蘑菇汤  
Cream of Mushroom Soup

20 - Oct

牛肉千层面  
Beef Lasagna

香烤黄油吐司  
Butter Toasts

洋葱培根炒四季豆  
Stir-fried Green Beans with Bacon & Onion

土豆浓汤  
Potato Soup

21 - Oct

印度红咖喱猪肉饭  
Indian Style Curry Pork Over Rice  
上校鸡块/中东面包  
Chicken Nuggets/ Middle Eastern Bread

白菜鸡丝沙拉  
Shredded Chicken with Cabbage Salad

扁豆汤  
Lentil Soup

22-Oct

BBQ烤鸡腿  
BBQ Roast Chicken Legs

西式炖菜  
Beef Goulash

蔬菜拌饭  
Mixed rice with Vegetables

芝士焗薯泥  
Sweet Potato Baked with Cheese

23-Oct

西式番茄炖猪肉  
Stir Fried Pork with Tomato

通心粉/米饭  
Macaroni

金枪鱼蔬菜沙拉  
Tuna Salad

椰蓉小面包  
Coconut Shredded Bread

24-Oct

黑椒蘑菇汁猪肉  
Stewed Meatballs with Mushrooms

炸薯饼  
Hash Brown

牛肉炒饭  
Beef Fried Rice

芝士焗蔬菜  
Baked Vegetables with Cheese

27-Oct

意大利肉酱宽面  
Spaghetti Bolognese

奶香芝士焗南瓜泥  
Baked Pumpkin Garlic Bread

蒜香面包  
Garlic Bread

西式洋葱汤  
Onion Soup

28-Oct

勃艮第炖牛肉  
Stewed Beef

安娜土豆  
Pommes Anna

烤蔬菜沙拉  
Baked Vegetable Salad

西红柿浓汤  
Tomato Soup

29-Oct

牧羊人派  
Shepherd's Pie

菌菇炒饭  
Mushroom Fried Rice

鸡肉沙拉  
Chicken Salad

牛肉蔬菜汤  
Beef With Vegetables Soup

30-Oct

墨西哥鸡肉卷  
Mexican Chicken Wraps

墨西哥玉米片配墨西哥莎莎酱  
Corn Chips with Salsa

墨西哥米饭  
Mexican Rice

墨西哥蛋糕  
Cakes

31-Oct

热狗  
Hotdogs

洋葱圈  
Deep Fried Onion Rings

金枪鱼土豆沙拉  
Potato and Tuna Salad

奶油蘑菇汤  
Cream of 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。



29-Sep

- 糖醋鱼块

Sweet and Sour Fillet
- 香菇小炖肉

Stewed Pork with Mushroom
- 渔家豆腐

Stewed Tofu
- 火爆牛心菜

Fried Cabbage

13 -Oct

- 沙茶牛肉

Braised Beef
- 排骨炖土豆芸豆

Stewed Pork with Potatoes and Beans
- 西红柿炒鸡蛋

Fried Tomatoes and Egg
- 白玉菇炒西兰花

Fried Broccoli with mushroom
- 枸杞红枣银耳汤

20-Oct

- 烧汁香菇鸡肉丸

Braised Chicken with mushrooms
- 排骨炖山药玉米

Stewed Ribs with Yam and Corn
- 小白菜炒鱼豆腐

Stir-fried Chinese Cabbage
- 炒合菜

Stir-fried Mixed Vegetables
- 红枣莲藕汤

27-Oct

- 梅干菜红烧肉

Braised Pork
- 什锦虾仁炒蛋

Fried Shrimp with Eggs
- 芹菜香干炒肉

Stir-fried Pork with Dried Leeks
- 木耳小油菜

Fried Bok Choy with Black Fungus
- 西红柿菌菇汤

30-Sep

- 山药炖牛腩

Stewed Beef with Yam
- 西芹炒鱿鱼

Fried squid with Celery
- 小白菜土豆条炖五花肉

Stew Pork w/ Chinese Cabbage
- 清炒娃娃菜

Fried Chinese Cabbage

14-Oct

- 红烧肉丸

Stewed Meat Balls
- 白菜炖海虾

Stewed Shrimp with Chinese Cabbage
- 家常豆腐

Stewed Pork with Tofu
- 香菇烧油菜

Stir-fried Chinese Vegetables with Mushroom
- 西红柿鸡蛋汤

21-Oct

- 小炒黄牛肉

Stir-fried Beef
- 芸豆烧猪肘

Braised Pork with Beans
- 芹菜香干炒肉

Stir-fried Meat with Celery and Dried Bean Curd
- 荷塘小炒

Stir-fried Benas with Lotus Root
- 西红柿鸡蛋汤

28-Oct

- 可乐鸡翅根

Braised Chicken Wings
- 排骨炖土豆

Stewed Ribs with Tofu
- 小油菜炒鱼豆腐

Fried Vegetables with Fish Products
- 双菇炒角瓜

Stir-fried Zucchini with Mushroom
- 萝卜牛肉丸汤

15-Oct

- 台式卤肉/卤蛋

Taiwanese Style Stewed Minced Pork
- 炸鸡排

Chicken Schnitzel
- 肉片炖线豆粉条

Stir-fried String Beans Potato chips
- 田园小炒皇

Stir-fried Mixed Vegetables
- 萝卜鱼丸汤

22-Oct

- 三杯鸡

Stewed Chicken with Potatoes
- 酸菜鱼（黑鱼片）

Sour and Spicy Fish with Chinese Cabbage
- 麻椒炒红肠

Fried Sausage with Pepper
- 白灼西生菜

Stir-fried Lettuce
- 枸杞红枣银耳汤

29-Oct

- 黑椒牛肉

Stir-fried Beef with Mushroom
- 双鲜滑子蘑

Stir-fried Mushroom
- 木须肉

Fried Pork with Eggs
- 青红椒炒笨豆芽

Str-fried Bean Sprouts
- 紫菜蛋花汤

9-Oct

- 柠檬鸡球

Lemon Chicken
- 一品农家炖

Braised Pork with Beans and Pumpkin
- 肉末豆腐蒸鸡蛋

Steamed Eggs with Meat
- 小白菜炒腐竹

Stir-fried Chinese Cabbage

16-Oct

- 西红柿鸡蛋汤
- 新疆大盘鸡

Stewed Chicken with Potatoes
- 葱爆肘肉

Stir-fried Pork
- 海米烧冬瓜

Braised Winter Melon with Dried Shrimp
- 蒜仔菜心

Stir-fried Vegetables

23-Oct

- 红烧排骨

Braised Ribs
- 鲜鸡榛蘑炖粉皮

Braised Chicken and Mushroom with Vermicelli
- 萝卜丝炒肉丝

Stir-fried Slice Pork with Radish
- 豆豉鲮鱼油麦菜

Stir Fried Vegetables
- 萝卜鱼丸汤

30-Oct

- 板栗烧鸡

Stewed Chicken
- 干锅虾仁土豆

Stewed Shrimps and Potatoes
- 西红柿炒鸡蛋

Stir-fried Eggs with Tomatoes
- 上汤娃娃菜

Fried Chinese Cabbage
- 冬瓜排骨汤

10-Oct

- 香酥小河虾

Deep Fried Shrimps
- 海带土豆红烧肉

Braised pork with seaweed and Potatoes
- 角瓜平菇炒肉片

Stir-fried Zucchini and Pork
- 素炒三丝（韭菜，豆芽，豆腐皮）

Stir-fried Bean Sprouts with Chives and Tofu Skin
- 冬瓜排骨汤

17-Oct

- 鱼香肉丝

Braised Shredded Pork
- 土豆炖牛肉

Braised Beef with Potatoes
- 烧茄子

Braised Eggplant
- 青笋木耳炒腊肠

Fried Lettuce and Fungus with Bacon
- 紫菜蛋花汤

24-Oct

- 孜然羊肉

Fried Lamb with Cumin
- 滑溜肉片

Fried Sliced Pork
- 酸菜五花肉炖粉条

Stewed Vermicelli with Pickled Cabbage and Pork
- 清炒木耳有机花菜

Stir-fried Organic Cauliflower
- 冬瓜排骨汤

31-Oct

- 卤鸭腿

Spiced Duck leg
- 海胆豆腐

Stewed Tofu with Seafood
- 白菜宽粉炖五花肉

Stir-fried Chinese Cabbage with Pork
- 蒜蓉菜心

Stir-fried Flowering Cabbage
- 枸杞红枣银耳汤



蛋类  
EGG



牛奶  
DAIRY



海鲜类  
SEAFOOD



坚果类  
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豆类  
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面粉类  
GLUTEN



蜂蜜  
HONEY



胡椒类  
PEPPER

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# Dinner

# 晚餐

Menu  
菜单

十月  
October

2025

29 - Sep

红焖羊肉  
Braised Lamb with Brown Sauce  
芸豆土豆炖五花肉  
Stewed Pork with Potatoes and Beans  
凉拌鸡丝  
Chicken Salad  
茄汁通心粉  
Macaroni  
特色凉皮

30 - Sep

川味回锅肉  
Spicy Pork  
西红柿炒蛋  
Scrambled Egg with Tomato  
墨西哥鸡肉卷  
Chicken Wraps  
莎莎酱配玉米片  
Salsa with Corn Ships  
酸辣土豆粉  
Sour and Spicy Noodles

9 - Oct

口蘑黑椒猪肉粒  
Baked Pork with Mushroom  
东北乱炖  
Northeastern Mixed Vegetables  
菠萝海鲜炒饭  
Pineapple Rice with Seafood  
蔬果沙拉吧  
Salad Bar  
香烤面筋

13-Oct

香酥炸偏口鱼  
Fried Fish  
莲藕炒肉  
Stir-fried Pork with Lotus Root  
角瓜炒鸡蛋  
Fried Eggs with Zucchini  
鸡肉三明治  
Chicken Sandwich  
爽口海凉粉

14-Oct

枣香香芋红烧肉  
Braised Pork with Taro  
双椒炒肚条  
Stir-fried Pork with Pepper  
麻酱时蔬  
Chinese Salad  
夏威夷披萨  
Pizza  
特色凉皮

15-Oct

卤煮鸭腿  
Duck Leg  
麻辣烫  
Spicy Hot Pot  
凉拌三素  
Green onion oil Bean skin  
酱油炒饭  
Fried Rice  
拌鸡架

16-Oct

风味甜辣鸡翅  
Fried 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

20-Oct

港式叉烧肉  
Cantonese-style Barbecue Pork  
青瓜木耳炒扇贝肉  
Stir-fried Cucumber with Scallop Cubes  
酸辣土豆丝  
Sour and Spicy Potato Chips  
墨西哥鸡肉馅饼  
Quesadillas  
烤冷面

21-Oct

麻辣鸭翅  
Spicy Duck Wings  
莲藕炒肉  
Stir-fried Lotus Root with Pork  
蒜蓉金针菇蒸粉丝  
Steamed Vermicelli with Needle Mushroom  
香肠披萨  
Pizza  
特色凉皮

22-Oct

牛肉面/大排面  
Stewed Beef Sauce with Noodles  
卤蛋, 小油菜, 西红柿  
Eggs、Vegetables、Tomatoes  
拌老虎菜  
Tiger dishes  
西式炒饭  
Fried Rice  
章鱼小丸子  
Chinese Snack

23-Oct

德式脆皮烤猪肘  
German Roasted Pork Knuckle  
德式烤肠炖酸菜  
Stewed Sausage with Pickled Cabbage  
酸辣鸡胗  
Stir-fried Chicken Gizzards  
清炒莴笋  
Fried Vegetables  
清汤竹生面  
Noodles with Soup

27-Oct

红烧带鱼  
Stewed Hairtail Fish  
农家乱炖 (土豆、玉米、南瓜)  
Stewed Mixed Vegetables  
牛心菜炒水晶粉  
Fried Chinese Cabbage with glass noodles  
鸡肉三明治  
Chicken Sandwiches  
骨肉相连

28-Oct

锅包肉  
Sweet and Sour Pork  
豆角肉末外婆菜  
Fried Beans with Meat  
清炒娃娃菜  
Fried Chinese Cabbage  
墨西哥馅饼  
Fruit Salad  
大连焖子

29-Oct

羊杂汤  
Mutton Soup  
时蔬炒肉片  
Stir-fried Lotus Root with Meat  
麻辣拌  
Spicy Mixed Vegetables  
发面千层饼/葱香花卷  
Multi-layered pancake/steamed Rolls  
烤冷面

30-Oct

日式炸鸡排  
Chicken Cutlet  
日式乌冬面  
Japanese Beef Udon  
日式沙拉  
Salad  
蘑菇花椰菜  
Fried Cauliflower  
爆炒牛肉丸



蛋类  
EGG



牛奶  
DAIRY



海鲜类  
SEAFOOD



坚果类  
NUTS



豆类  
SOY



面粉类  
GLUTEN



蜂蜜  
HONEY



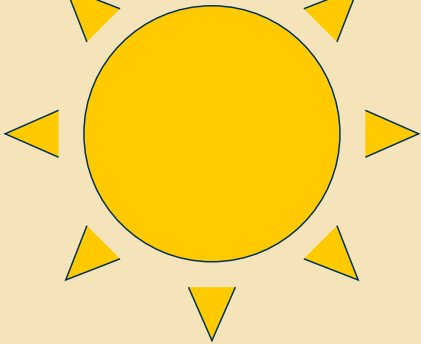
胡椒类  
PEPPER

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



十月  
October  
2025

29 - Sep

 中式卷饼  
时蔬酱肉蒸饺  
-----  
 蒸蛋  
皮蛋瘦肉粥  
-----  
肉松、火腿  
烤鸡肉  
-----  
生菜丝  
豆芽，土豆丝

30 - Sep

薏米麦仁红豆粥  
蒸山药  
-----  
 家常菜饼  
杂粮馒头  
-----  
角瓜炒蘑菇  
芹菜木耳炒豆干  
-----  
凉拌海带丝  
咸鸭蛋

9-Oct

皮蛋瘦肉粥  
蒸南瓜  
-----  
 酱香饼/豆沙包  
烤肠  
-----  
杭椒炒豆角  
包菜炒肉丝  
-----  
 茶叶蛋  
芹菜花生米

10-Oct

 香菇酱肉包  
素馅包  
-----  
薏米红豆粥  
蒸芋头  
-----  
煎火腿  
-----  
炒小黄豆芽  
豆角炒肉丝  
-----  
煎蛋  
酸辣萝卜

13-Oct

 番茄肉片面  
蒸玉米  
-----  
营养蛋  
烤肠  
-----  
红糖锅盔  
奶酪蛋糕  
-----  
炒时蔬  
榨菜丝

14-Oct

 田园鸡肉堡  
生菜、西红柿片  
-----  
烤培根  
卷蛋糕  
-----  
皮蛋瘦肉粥  
爽口小菜  
-----  
大头菜炒粉  
香甜玉米棒

15-Oct

 肉夹馍（猪肉）  
肉夹馍（鸡肉）  
-----  
豆沙包  
早餐肠  
-----  
西红柿疙瘩汤  
 茶叶蛋  
-----  
小油菜炒鱼豆腐  
榨菜丝

16-Oct

 油酥烧饼  
红豆卷  
-----  
炸麻球  
二米粥  
-----  
 鸡蛋  
早餐鸡肉肠  
-----  
角瓜炒春和蒜肠  
老醋三样

17-Oct

 西式炒面  
薯泥三明治  
-----  
红薯烤牛奶  
茶叶蛋  
-----  
烤培根  
清炒西兰花  
-----  
辣白菜、拌饭酱  
白粥

20-Oct

脆皮蛋饼  
 红糖饼  
-----  
拌豆腐丝  
清炒油菜  
-----  
 五香鸡蛋  
炸鸡柳  
-----  
玉米大碴粥  
蒸山药

21-Oct

 三鲜锅贴  
素馅锅贴  
-----  
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  
烤肠

22-Oct

 鸡肉菌菇炒意面  
煎火腿  
-----  
糖酥糕  
黄金糕  
-----  
玉米培根炒蛋  
清炒菜心  
-----  
烤鸡肉蔬菜沙拉  
营养白粥

23-Oct

 酱肉玉米小笼包  
素馅包  
-----  
红豆包  
早餐肠  
-----  
 五香鹌鹑蛋  
清热绿豆粥  
-----  
炒时蔬  
炆拌土豆丝

24-Oct

芝士焗饭  
 韩式海鲜饼  
-----  
香煎鸡胸肉  
洋葱玉米炒蛋  
-----  
韩式大酱豆腐汤  
韩式泡菜饼  
-----  
生菜叶  
泡菜

27-Oct

云吞面  
 家常菜饼  
-----  
角瓜炒蘑菇  
金钱黄瓜  
-----  
 蟹柳滑蛋  
蒸玉米  
-----  
软糯八宝粥  
烤肠

28-Oct

 芸豆猪肉包  
素馅包  
-----  
南瓜山药小米粥  
-----  
水煮蛋  
香煎鸡胸肉  
-----  
凉拌干丝  
蒜蓉茼蒿

29-Oct

蔬菜疙瘩汤  
早餐肠  
-----  
奶香玉米饼  
鲜肉锅盔  
-----  
芹菜拌花生米  
 黄瓜木耳炒蛋  
-----  
麻辣萝卜干  
蒸南瓜

30-Oct

扬州炒饭  
果酱西士多  
-----  
奶香麻花  
烤培根  
-----  
炒时蔬  
皮蛋瘦肉粥  
-----  
拌三丁  
清炒油麦菜

31-Oct

豆沙软饼  
老式杠头饼  
-----  
雪菜肉丝汤面  
芝麻菠菜  
-----  
凉拌海芥菜  
上汤娃娃菜  
-----  
香煎宝宝肠  
蒸地瓜



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。