

International

国际餐

Lunch Menu

午餐菜单



九月

September

2026

7 –Sep

- 瑞典肉丸
Swedish-Stewed Meat Balls
- 土豆泥配黑椒汁
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

8 - Sep

- 通心粉/茄汁肉酱
Macaroni
- 蒜香角瓜时蔬
Stir-fried Zucchini with Mixed Vegetables
- 香蒜面包
Garlic bread
- 芝士焗南瓜
Pumpkin baked with Cheese

9 – Sep

- 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

10 - Sep

- 黑椒蘑菇汁猪肉
Stewed Meatballs with Mushroom
- 洋葱圈
Onion Rings
- 意式蔬菜烘蛋
Baked Eggs with Vegetables
- 小餐包
Bread Rolls

11 - Sep

- 法式奶油蘑菇炖鸡
Stewed Creamy Chicken
- 法式香肠炒杂烩
Fried Sausage with Mixed Vegetables
- 玉米蛋糕
Corn Cakes
- 洋葱汤
Onion 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。



7 - Sep

- 西红柿炖牛肉
Braised Beef with
Tomatoes
- 冬瓜焖肉
Braised Pork with Wax
Gourd
- 农家乱炖（土豆、玉米、南
瓜） Stewed Mixed
Vegetables
- 草菇菜心
Stir-fried Mushroom with
Choy Sum
- 酸辣汤
Spicy and Sour Soup

8 - Sep

-  糖醋鱼块
Sweet and Sour Fillet
- 芸豆烧猪肘
Braised Pork with
Kidney Beans
- 芹菜肉片炒粉
Stir-fried Celery with
Vermicelli and Pork
- 白灼西生菜
Blanched Romaine
Lettuce
- 西红柿鸡蛋汤
Tomato and Egg Soup

9 - Sep

-  台式卤肉/卤蛋
Taiwanese Style Stewed
Minced Pork
- 孜然鸡胗
Cumin Chicken Gizzard
- 椒盐茶树菇
Salt and Pepper
Mushrooms
- 清炒娃娃菜
Stir-fried Baby Cabbage
- 冬瓜排骨汤
Pork Ribs and Wax Gourd
Soup

10 - Sep

- 筋头巴脑炖土豆
Stewed Beef Tendon
and Potatoes
- 五彩肉粒
Stir-fried Pork Cubes
and Peppers
-  葱油豆皮
Scallion Oiled Tofu
Skin
- 蒜蓉有机菜花
Garlic Cauliflower
- 萝卜牛肉丸汤
Beef Balls and Radish
Soup

11 - Sep

-  鹌鹑蛋红烧肉
Braised Pork with Quail
Eggs
-  木须虾仁
Stir-fried Eggs and
Shrimp
- 小白菜炒肉沫
Braised Pork with Chinese
Cabbage
- 清肺小炒
Fried Mixed Vegetables
- 莲藕猪骨汤
Lotus Root & Pork Bone
Soup



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Dinner

晚餐

Menu
菜单

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7 - Sep

川味酸菜鱼
Sichuan Style Fish
and Vegetable

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

烤肉拌饭
Grilled Pork with
Rice

田园沙拉
Garden Salad

香酥炸鸡柳
Fried Chicken
Fillet

8 - Sep

卤鸡腿
Stewed Chicken
Legs

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

 茄汁通心粉
Macaroni

凉拌鸡丝
Cold Shredded Chicken

香烤面筋
Grilled Gluten

9 - Sep

凤梨甜酸肉
Pineapple Sweet and Sour
Pork

东北乱炖
Northeast Hodgepodge
Simmers

茼蒿炒杏鲍菇
Crown Daisy and King Oyster
Mushroom

 发面千层饼/葱香花卷
Steamed Buns/pancakes

烤冷面
Grilled Noodles

10 - Sep

风味甜辣鸡
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



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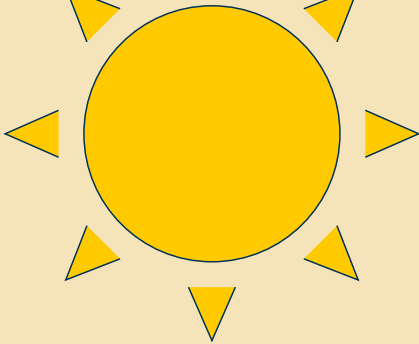
胡椒类
PEPPER

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



九月
September
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7 - Sep

-  薏米麦仁红豆粥
Coix Seed and Red Bean Congee
-  酱香鸡胸肉
Soy-Flavored Chicken Brease
- 香煎土豆饼
Pan-Fried Potato Cakes
-  杂粮煎饼
Multigrain Pancake
- 清炒小油菜
Stir-fried Bok Choy
- 泡椒萝卜条
Pickled Radish Strips with Chili Pickles
- 凉拌海带丝
Cold-tossed Shredded Kelp
-  咸鸭蛋
Salted Duck Egg

8 - Sep

-  小白菜肉包
Steamed Bun with Cabbage & Pork Filling
-  素馅包
Steamed Bun with Vegetables
-  蒸芋头
Steamed Taro
-  杭椒炒豆角
Sauteed Green Beans with Hang Peppers
- 清炒空心菜
Stir-fried Water Spinach
- 凉拌黄瓜
Cucumber Salad
- 小米粥
Millet Congee
-  煎蛋
Pan-fried Egg

9 - Sep

-  中式卷饼
Chinese-Style Wrap
- 蒸玉米
Steamed Corn
-  鸡蛋糕
Steamed Egg Cake
- 白粥
Plain Congee
- 肉松
Dried Meat Floss
- 京酱肉丝
Sauteed Shredded Pork in Sweet Bean Sauce
- 生菜丝
Shredded Lettuce
- 豆芽，土豆丝
Bean Sprouts Shredded Potatoes

10 - Sep

-  皮蛋瘦肉粥
Congee with Preserved Egg and Kean Pork
-  蒸南瓜
Steamed Pumpkin
-  豆沙包
Red Bean Buns
-  酱香饼
Sauce-Flavored Pancake
- 彩椒白玉菇
Stir-fried White Beech Mushroom
- 包菜炒肉丝
Stir-fried Shredded Pork with Cabbage
-  五香茶叶蛋
Spiced Tea Eggs
- 八宝菜
Assorted Soy-Sauce Pickles

11 - Sep

-  烧卖
Siu Mai
-  椒盐饼
Salt and Pepper Pancake
- 二米粥
Two Grain Congee
- 酱菜萝卜干
Pickled Dried Radish
-  鸡蛋
Boiled Egg
- 醋溜白菜
Sour-Vinegar Cabbage
- 角瓜炒春和蒜肠
Stir-Fried Zucchini with Garlic Sausage
- 老醋凉拌菜
Cold Mixed Vegetables with Black Vinegar



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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。