

International 国际餐 Lunch Menu 午餐菜单



五月
May
2026

4-May


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

5 - May

 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

6 - May

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

7 - May

 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

清炒角瓜
Stir-fried Zucchini

8 - May

泰式咖喱鸡
Thai Curry Chicken

炒培根花椰菜
Fried Bacon and Cauliflower

炸凤尾虾
Deep-Fried Butterfly Shrimp

 蔬菜意面浓汤
Minestrone

11 - May

韩式炖猪肉
Korean Stewed Pork

辣炒年糕
Fried Spicy Tteok

风味甜辣鸡
Sour & Spicy Chicken

韩式拌饭
Bibimbap

12 - May

 墨西哥铁板鸡
Chicken Fajitas

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

墨西哥米饭
Mexican Rice

墨西哥蛋糕
Cakes

13 - May

蘑菇汁炖猪肉
Stewed Pork with Mushroom


 香酥鳕鱼排
Fried Cod Fillet

黄油西兰花
Buttered Broccoli

 小餐包
Bread Rolls

14 - May

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

15 - May

**东南亚主题日午餐
Themed Lunch- Southeast
Asian Cuisine**

烤猪颈肉/柠檬鸡
Grilled Pork Neck/
Lemon Chicken

炒米粉、春卷、炒时蔬
Fried Rice Noodles,
Spring Rolls, Seasonal Vegetable

泰式菠萝炒饭、椰香奶冻 特色汤
fried Rice with Pineapple
Coconut Milk Panna Cotta
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。

Chinese

中餐

Lunch Menu 午餐菜单



五月
May
2026

4 - May

- 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

5 - May

- 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

6 - May

- 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 and Shredded Pork
- 芹菜炒粉
Fried Celery with Vermicelli
- 西红柿鸡蛋汤
Tomato and Egg Soup

7 - May

- 🐟 辣炒蚬子
Spicy Stir-fried Clams
- 香菇炖鸡块
Stewed Chicken with Mushroom
- 菠菜炒肉片腐竹
Fried Sliced Pork with Spinach
- 黄蘑土豆片
Fried Sliced Potato with Mushroom
- 枸杞红枣银耳汤
Red Date and White Fungus Soup

8 - May

- 葱香小酥肉
Crispy Pork with Scallion Flavor
- 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

11 - May

- 🐟 糖醋鱼块
Sweet and Sour Fillet
- 香菇小炖肉
Stewed Pork with Mushroom
- 家常豆腐
Stewed Tofu
- 火爆牛心菜
Stir-fried Savoy Cabbage
- 枸杞红枣银耳汤
Red Date and White Fungus Soup

12 - May

- 鱼香肉丝
Braised Shredded Pork
- 🐟 木须虾仁木耳
Braised Shrimp with Black Fungus
- 白菜肉片烩三鲜菇
Braised Pork Slices with Cabbage and Mushroom
- 鲜炒双花
Stir-fried Broccoli and Cauliflower
- 紫菜蛋花汤
Seaweed and Egg Drop Soup

13 - May

- 西红柿炖牛腩
Braised Beef Brisket and Tomato
- 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
- 酸辣汤
Spicy and Sour Soup

14 - May

- 双椒猪柳
Shredded Pork with Green and Red Peppers
- 一品农家炖
Stewed Pork with Kidney Beans and Potato
- 🍯 肉末豆腐蒸鸡蛋
Steamed Egg Custard with Minced Pork
- 木耳小油菜
Stir-fried Black Fungus and Bok Choy
- 西红柿鸡蛋汤
Tomato and Egg Soup

15 - May

- 东南亚主题日午餐
Southeast Asia- Themed Lunch**
- 烤猪颈肉/柠檬鸡
Grilled Pork Neck/ Lemon Chicken
- 炒米粉、春卷、炒时蔬
Fried Rice Noodles, Spring Rolls, Seasonal Vegetable
- 泰式菠萝炒饭、椰香奶冻 特色汤
fried Rice with Pineapple; Coconut Milk Panna Cotta Soup



蛋类
EGG



牛奶
DAIRY



海鲜类
SEAFOOD



坚果类
NUTS



豆类
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胡椒类
PEPPER

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Dinner

晚餐

Menu
菜单

五月
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4 - May

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

5 - May

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 and Chicken
特色凉拌菜
Chinese Salad

6 - May

白灼虾
Poached Shrimp
时蔬炒肉片
Str-fried Pork and
Vegetable
葱油豆皮
Scallion Oiled Tofu Skin
西式凉面
Cold Noodles
五彩冰粉
Ice Jelly

7 - May

黑椒蘑菇汁肉丸
Black Pepper Mushroom and
Meat Balls
炸薯饼
Hash Browns
芝士焗蔬菜
Cheese-Baked Vegetables
干锅花菜
Dry Pot Cauliflower
香烤香菇丸
Grilled Mashed
Mushroom Balls

11 - May

卤鸡腿
Stewed Chicken Legs
芸豆土豆炖五花肉
Stewed Pork with
Potato and Kidney Beans
茄汁通心粉
Macaroni
凉拌鸡丝
Cold Shredded Chicken
香烤面筋
Grilled Gluten

12 - May

川味菜鱼
Sichuan Style Fish
and Vegetable
木须肉
Stir-fried Sliced Pork and Eggs
烤肉拌饭
Grilled Pork with Rice
田园沙拉
Garden Salad
香酥炸鸡柳
Fried Chicken Fillet

13 - May

辣子鸡
Spicy Chicken
东北乱炖
Northeast Hodgepodge
Simmer
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

14 - May

口蘑猪肉粒
Braised Pork with Mushrooms
时蔬炒肉片
Stir-fried Pork with Vegetable
酱油炒饭
Fried Rice with Soy Sauce
蔬果沙拉吧
Salad Bar
风味拌鸡架
Spicy Fried Chicken Rack



蛋类
EGG



牛奶
DAIRY



海鲜类
SEAFOOD



坚果类
NUTS



豆类
SOY



面粉类
GLUTEN



蜂蜜
HONEY



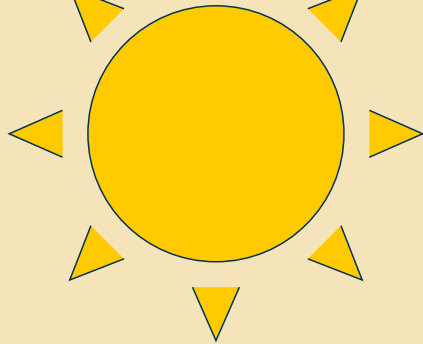
胡椒类
PEPPER

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



五月
May
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4 - May

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

5 - May

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

6 - May

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

7 - May

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

8 - May

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

11 - May

蔬菜疙瘩汤
早餐肠

葱油花卷
鲜肉锅盔

芹菜拌花生米
黄瓜木耳炒蛋

麻辣萝卜干
蒸南瓜

12 - May

猪肉芸豆大包
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

13 - May

云吞面
酱香饼

角瓜炒蘑菇
金钱黄瓜

蟹柳滑蛋
蒸玉米

软糯八宝粥
卤猪梅肉

14 - May

芝士焗饭
果酱西士多

奶香麻花
卤汁猪梅肉

醋溜白菜
皮蛋瘦肉粥

拌三丁
清炒油麦菜

15 - May

豆沙软饼
酱香饼

肉丝汤面
芝麻菠菜

芹菜土豆条
上汤娃娃菜

五香茶叶蛋
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。