

International 国际餐

Lunch Menu 午餐菜单



二月
February
2026

2 - Feb

 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

香酥鱼排
Fried Cod Fillet

3 - Feb

 黑椒牛肉意面
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

4 - Feb

西式番茄炖猪梅肉
Stewed Pork with Tomato

通心粉
Macaroni

鲜蔬沙拉
Vegetables Salad

 椰蓉小面包
Coconut Shredded
Bread

5 - Feb

 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, and Salsa Sauce

墨西哥蛋糕
Cakes

6 - Feb

 蜜汁鸡腿堡
Honey Chicken Burger

蒜香薯角
Garlic Potato Wedges

水果沙拉
Fruit Salad

奶油蘑菇汤
Cream of Mushroom Soup

9 - Feb

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 - Feb

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

口蘑培根西兰花
Fried Bacon with Broccoli &
Mushroom

 扁豆汤
Lentil Soup

11 - Feb

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 Vegetable Soup

12 - Feb

 至尊披萨
Supreme Pizza

奥尔良烤翅根
Orleans Grilled Chicken Wings

炒蘑菇花椰菜
Fried Mushroom and Organic
Cauliflower

鸡肉蔬菜汤
Chicken and Vegetable
Soup

13 - Feb

23 - Feb

24 - Feb

 意大利肉酱面
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

25 - Feb

黑椒蘑菇汁猪肉
Stewed Meatballs with
Mushroom

香酥薯饼
Hash Brown

意式蔬菜烘蛋
Baked Eggs with Vegetables

 小餐包
Bread Rolls

26 - Feb

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

土豆浓汤
Potato Soup

27 - Feb

 猪柳三明治
Pork Tenderloin Sandwich

蒜香薯角
Garlic Potato Wedges

田园沙拉
Garden Salad

蔬菜汤
Vegetable 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。



2 - Feb

- 沙茶牛肉
Braised Beef
- 排骨炖芸豆
Stewed Pork with Beans
- 西红柿炒鸡蛋
Fried Tomatoes and Eggs
- 白玉菇炒角瓜
Fried Zucchini with mushroom
- 枸杞红枣银耳汤
Red Date and White Fungus Soup

3 - Feb

- 红烧肉丸
Stewed Meat Balls
- 萝卜丝炖海虾
Stewed Shrimp with Shredded Carrots
- 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
Tomato and Egg Soup

4 - Feb

- 台式卤肉/卤蛋
Taiwanese Style Stewed Minced Pork
- 炸鸡排
Chicken Schnitzel
- 蒜苔炒肉
Stir-fried Pork with Garlic Sprouts
- 田园小炒皇
Stir-fried Mixed Vegetables
- 萝卜肉丸汤
Meatballs and Radish Soup

5 - Feb

- 新疆大盘鸡
Stewed Chicken with Potatoes
- 葱爆梅肉
Stir-fried Pork Slices
- 海米烧冬瓜
Braised Winter Melon with Dried Shrimp
- 蒜仔菜心
Stir-fried Choy Sum
- 紫菜蛋花汤
Seaweed and Egg Drop Soup

6 - Feb

- 鱼香肉丝
Braised Shredded Pork
- 土豆炖牛肉
Braised Beef with Potatoes
- 风味茄子
Braised Eggplant
- 青笋炒木耳
Fried Lettuce and Fungus
- 鲜豆腐汤
Tofu and Dried Shrimp Soup

9 - Feb

- 烧汁香菇鸡肉丸
Braised Chicken Meatballs with mushroom
- 排骨炖山药玉米
Stewed Ribs with Yam and Corn
- 酱香肉末小白菜
Stir-fried Chinese Cabbage
- 炒合菜
Stir-fried Mixed Vegetables
- 西红柿菌菇汤
Tomato and Mushroom Soup

10 - Feb

- 双菇炒牛肉
Stir-fried Beef with Mushroom
- 芸豆烧猪肘
Braised Pork with Beans
- 木须肉
Fried Pork with Eggs
- 白灼西生菜
Blanched Romaine Lettuce
- 火腿豆腐汤
Ham and Tofu Soup

11 - Feb

- 三杯鸡
Three Cups Chicken
- 酸菜鱼(黑鱼片)
Sour and Spicy Fish with Chinese Cabbage
- 麻椒炒肉片
Fried Sliced Pork with Pepper
- 蒜蓉茼蒿
Garlic Flavored Crown Daisy
- 玉米山药萝卜汤
Corn, Yam and Carrot Soup

12 - Feb

- 京酱肉丝
Sauteed Shredded Pork in Sweet Bean Sauce
- 鲜鸡榛蘑炖粉皮
Braised Chicken and Mushroom with Vermicelli
- 大白菜木耳炒肉
Fried Sliced Pork with Chinese Cabbage
- 豆豉鲮鱼油麦菜
Sauteed Vegetable with Diced Fish & Black Bean Sauce
- 酸辣汤
Spicy and Sour Soup

13- Feb

23 - Feb

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-
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24 - Feb

- 可乐鸡翅根
Cola Chicken Wing Roots
- 什锦虾仁
Fried Shrimp with Mixed Vegetables
- 小油菜炒肉片腐竹
Fried Vegetables with Slice Pork
- 双菇炒角瓜
Stir-fried Zucchini with Mushroom
- 萝卜牛肉丸汤
Radish and Meatball Soup

25 - Feb

- 黑椒牛肉
Stir-fried Beef with Mushroom
- 冬瓜烧肉丸
Stewed Meat Balls with Wax Gourd
- 芹菜香干炒肉
Stir-fried Meat with Celery and Dried Bean Curd
- 青红椒炒笨豆芽
Str-fried Bean Sprouts
- 紫菜蛋花汤
Seaweed and Egg Drop Soup

26 - Feb

- 辣子鸡
Spicy Chicken
- 排骨炖土豆海带
Stewed Ribs with Tomatoes
- 西红柿炒鸡蛋
Fried Tomatoes and Eggs
- 清炒小白菜
Stir-fried Chinese Cabbage
- 冬瓜排骨汤
Pork Ribs and Wax Gourd Soup

27 - Feb

- 卤鸭腿
Braised Duck leg
- 麻婆豆腐
Mapo Tofu
- 白菜宽粉炖五花肉
Braised Pork with Chinese Cabbage
- 蒜蓉菜心
Garlic Choy Sum
- 西红柿鸡蛋汤
Tomato and 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

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Dinner

晚餐

Menu

菜单

二月
February
2026

2 - Feb

香酥炸偏口鱼
Deep Fried Flatfish

莲藕炒肉
Stir-fried Pork with Lotus Root

芹菜土豆条炒肉
Fried Potatoes with Pork and Celery

鸡肉三明治
Chicken Sandwich

风味拌素鸡
Cold Mixed Bean Curd

3 - Feb

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

4 - Feb

枣香芋红烧肉
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

5 - Feb

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

9 - Feb

广式叉烧肉
Cantonese-style Barbecue Pork

青瓜木耳炒扇贝肉
Stir-fried Cucumber with Scallop Meat

酸辣土豆丝
Sour and Spicy Shredded Potatoes

墨西哥鸡肉馅饼
Quesadillas

红油面筋
Cold Mixed Spicy Gluten

10 - Feb

辣子鸡
Spicy Chicken

莲藕炒肉
Stir-fried Lotus Root with Pork

蒜蓉金针菇蒸粉丝
Steamed Vermicelli with Needle Mushroom

炸春卷
Deep Fried Spring Rolls

特色凉皮
Cold Rice Noodles

11 - Feb

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
Cold Mixed Vegetables

西式炒饭
Fried Rice

五彩冰粉
Ice Jelly

12 - Feb

23 - Feb

红烧带鱼
Braised Hairtail Fish

肉末蒸蛋
Steamed Egg Custard with Minced Pork

牛心菜炒水晶粉
Fried Chinese Cabbage with Glass Noodles

鸡肉三明治
Chicken Sandwiches

骨肉相连
Chicken BBQ

24 - Feb

凤梨甜酸肉
Sweet and Sour Pork

农家乱炖 (土豆、玉米、南瓜)
Stewed Mixed Vegetables

清炒娃娃菜
Fried Baby Cabbage

香肠披萨
Pepperoni Pizza

大连炒焖子
Pan Fried Starch Jelly

25 - Feb

香酥鸡脆骨
Crispy Chicken Cartilage

时蔬炒肉片
Stir-fried Pork Slices with Vegetable

麻辣拌
Spicy Mixed Vegetables

发面千层饼/葱香花卷
Multi-layered pancake/steamed Rolls

烤冷面
Grilled Noodles

26 - Feb

日式炸鸡排
Chicken Cutlet

日式乌冬面
Japanese Beef Udon

日式沙拉
Japanese Salad

炒蘑菇花椰菜
Fried Cauliflower and Mushroom

烤牛肉丸
Grilled Beef Balls



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

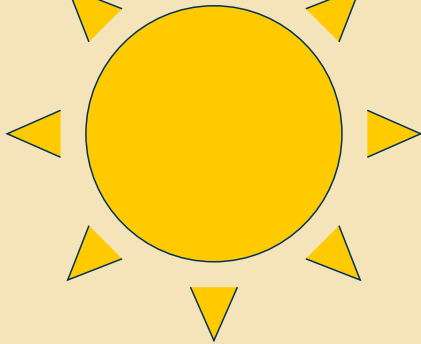
每日晚餐都配有米饭和汤 (当日主食是面食除外)
Dinner is served with rice and soup daily, except on days when noodles are the main staple.

Breakfast


早餐


Menu
菜单

二月
February
2026



2 - Feb


 乌冬面
蒸玉米

 营养蛋
烤肠

酱香饼
奶酪蛋糕


炒时蔬
榨菜丝

3 - Feb


 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

 蔬菜炒饭
蔬菜烘蛋

4 - Feb


 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

小油菜炒肉丝
榨菜丝

5 - Feb


 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

6 - Feb


 西式炒面
薯泥三明治

红薯烤牛奶
 茶叶蛋


清炒西兰花

辣白菜、拌饭酱
白粥

9 - Feb


脆皮蛋饼
 椒盐饼

拌豆腐丝
清炒油菜

 五香鸡蛋
炸鸡柳


玉米大碴粥
蒸山药

10 - Feb


 三鲜锅贴
素馅锅贴

酱香饼
西红柿海鲜菇

黄瓜腐竹花生米拌
青红椒炒杏鲍菇

 小米粥/卤蛋
香煎鸡胸肉

11 - Feb


 鸡肉菌菇炒意面
煎火腿

葱油饼
酱香饼


醋溜白菜
清炒菜心

烤鸡肉蔬菜沙拉
营养白粥

12 - Feb

 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

13 - Feb

23 - Feb

24 - Feb


 芸豆猪肉包
酸菜包

南瓜山药小米粥


 水煮蛋
香煎鸡胸肉

凉拌干丝
蒜蓉茼蒿

25 - Feb

 云吞面
香葱花卷


油炸糕
角瓜炒蘑菇

 蟹柳滑蛋
金钱黄瓜

软糯八宝粥
蒸玉米

26 - Feb


扬州炒饭
果酱西士多


 奶香麻花
香酥炸鸡柳


芹菜土豆条
皮蛋瘦肉粥

拌三丁
清炒油麦菜

27 - Feb

 葱花烤排
老式杠头饼

 西红柿鸡蛋汤面
芝麻菠菜

清炒茼蒿
 五香茶叶蛋

卤汁五花肉
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。