

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

23 - Feb

- 意大利肉酱面
Spaghetti Bolognese
- 奶香芝士焗南瓜
Baked Pumpkin Garlic Bread
- 蒜香面包
Garlic Bread
- 西式洋葱汤
Onion Soup

24 - 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

25 - Feb

- 法式奶油蘑菇炖鸡
Stewed Creamy Chicken
- 法式香肠炒杂菜
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。

Chinese

中餐

Lunch Menu 午餐菜单



二月
February
2026

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 Sautéed 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 Sautéed Vegetable with Diced Fish & Black-Bean Sauce
酸辣汤 Spicy and Sour Soup

23 - 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

24 - 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

25 - 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



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Dinner

晚餐

Menu 菜单

二月
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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
大连炒烟台 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



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面粉类
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蜂蜜
HONEY



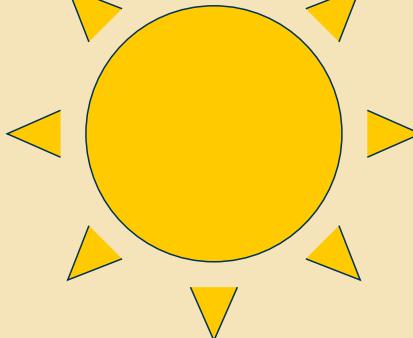
胡椒类
PEPPER

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
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2 - Feb

- 🌾 乌冬面
蒸玉米
- 🍳 营养蛋
烤肠
- 餅 酱香饼
蛋糕 奶酪蛋糕
- 蔬菜 炒时蔬
榨菜 榨菜丝

3 - Feb

- 🌾 田园鸡肉堡
生菜、西红柿片
- 饼 烤培根
卷蛋糕
- 粥 皮蛋瘦肉粥
爽口小菜
- 饭 蔬菜炒饭
蔬菜烘蛋

4 - Feb

- 🌾 肉夹馍 (猪肉)
肉夹馍 (鸡肉)
- 饼 豆沙包
早餐肠
- 汤 西红柿疙瘩汤
茶叶蛋
- 菜 小油菜炒肉丝
榨菜丝

5 - Feb

- 🌾 吊炉饼
烧卖
- 饼 油炸糕
二米粥
- 蛋 鸡蛋
蒜苔炒肉
- 菜 角瓜炒春和蒜肠
老醋三样

6 - Feb

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

9 - Feb

- 饼 脆皮蛋饼
椒盐饼
- 菜 拌豆腐丝
清炒油菜
- 蛋 五香鸡蛋
炸鸡柳
- 粥 玉米大碴粥
蒸山药

10 - Feb

- 🌾 三鲜锅贴
素馅锅贴
- 饼 酱香饼
西红柿海鲜菇
- 菜 黄瓜腐竹花生米拌
青红椒炒杏鲍菇
- 粥 小米粥/卤蛋
香煎鸡胸肉

11 - Feb

- 🌾 鸡肉菌菇炒意面
煎火腿
- 饼 葱油饼
酱香饼
- 菜 醋溜白菜
清炒菜心
- 菜 烤鸡肉蔬菜沙拉
营养白粥

12 - Feb

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

23 - Feb

24 - Feb

- 饼 芸豆猪肉包
酸菜包
- 粥 南瓜山药小米粥
- 蛋 水煮蛋
香煎鸡胸肉
- 菜 凉拌干丝
蒜蓉茼蒿

25 - Feb

- 🌾 云吞面
香葱花卷
- 饼 油炸糕
角瓜炒蘑菇
- 蛋 蟹柳滑蛋
金钱黄瓜
- 粥 软糯八宝粥
蒸玉米

26 - Feb

- 饼 扬州炒饭
果酱西士多
- 饼 奶香麻花
香酥炸鸡柳
- 菜 芹菜土豆条
皮蛋瘦肉粥
- 菜 拌三丁
清炒油麦菜

27 - Feb

- 饼 葱花烤排
老式杠头饼
- 饼 西红柿鸡蛋汤面
芝麻菠菜
- 菜 清炒茼蒿
五香茶叶蛋
- 粥 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。