

International 国际餐

Lunch Menu 午餐菜单



八月
August
2026

13 - Aug

果蔬沙拉
Fruit & Vegetable Salad

迷迭香烤鸡翅
Roasted Chicken Wings with
Rosemary

奶香玉米棒
Corn on the Cob

香煎菲力牛柳意面
Beef Bolognese

14 - Aug

沙拉酱
Salad Dressing

沙威玛烤肉卷饼
Flavorful Wraps

酸黄瓜碎、芝士碎、洋葱丝
包菜丝、土豆丝
Shredded Cheese & Vegetables

烤鸡肉拌饭
Stir-fried Rice with
Baked Chicken

17 - Aug

蔬菜沙拉
Vegetable Salad

烤鸡腿
Roasted Chicken Leg

奶油炖时蔬
Creamy Stewed Seasonal
Vegetable

香蒜面包搭配番茄红椒酱
Garlic Bread with Tomato &
Red Pepper Sauce

18 - Aug

椰蓉小面包
Coconut Bread

泰式咖喱猪肉
Thai Pork Curry

炒培根花椰菜
Fried Bacon and Broccoli

日式猪肉饭
Rice with Pork and Scallions

19 - Aug

白菜鸡丝沙拉
Shredded Chicken
with Cabbage Salad

香酥鳕鱼排
Fried Cod Fillet

茄汁鹰嘴豆炖菜
Stewed Chickpeas with
Vegetables

蔬菜拌饭
Stir-fried Rice with
Vegetables

20 - Aug

蔬菜意面浓汤
Minestrone

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

21 - Aug

春卷/小蛋糕
Spring Rolls/ Cakes

黑椒汁鸡排
Chicken with Black Pepper Sauce

西式炖菜
Vegetable Stew

烤猪肉拌饭
Roasted Pork Bibimbap



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



八月

August

2026

13 - Aug

-  黑椒牛肉
- Black Pepper Beef
-  西芹炒扇贝肉
- Fried Scallops with Celery
-  肉末蒸蛋
- Steamed Egg Custard with Minced Pork
- 鲜炒双花
- Stir-fried Broccoli and Cauliflower
- 西红柿鸡蛋汤
- Tomato and Egg Soup

14 - Aug

- 樱桃肉
- Sweet and Sour Pork
- 小鸡炖蘑菇
- Braised chicken with mushroom
- 蒜苔炒肉
- Stir-fried Pork with Garlic Sprouts
- 火爆牛心菜
- Fried Chinese Cabbage
- 紫菜蛋花汤
- Seaweed and Egg Drop Soup

17 - Aug

- 新疆大盘鸡
- Stewed Chicken with Potatoes
- 双菇炒肉片
- Stir-fried Pork with Mushroom
- 芹菜香干炒肉
- Stir-fried Pork with Celery and Dried Bean Curd
- 木耳小油菜
- Stir-fried Black Fungus and Bok Choy
- 酸辣汤
- Spicy and Sour Soup

18 - Aug

- 双椒猪柳
- Shredded Pork with Green and Red Peppers
- 一品农家炖
- Stewed Pork with Kidney Beans and Potato
-  西红柿炒鸡蛋
- Fried Tomatoes and Eggs
- 清炒油麦菜
- Stir-fried Romaine Lettuce
- 枸杞红枣银耳汤
- Red Date and White Fungus Soup

19 - Aug

-  油焖大虾
- Braised Prawns
- 葱爆梅肉
- Stir-fried Pork with Scallions
- 素炒三丝（韭菜，豆芽，豆腐皮）
- Stir-fried Bean Sprouts with Chives and Tofu Skin
- 田园小炒皇
- Stir-fried Mixed Vegetables
- 番茄玉米猪骨汤
- Tomato , Corn and Pork Bone Soup

20 - Aug

- 葱香小酥肉
- Crispy Pork with Scallion Flavor
-  什锦虾仁
- Fried Shrimp with Mixed Vegetables
- 白菜肉片烩三鲜菇
- Braised Pork Slices with Cabbage and Mushroom
- 上汤菠菜
- Spinach in Superior Broth
- 萝卜肉丸汤
- Pork Balls with Radish Soup

21 - Aug

- 孜然牛肉
- Fried Sliced Beef with Cumin
- 红烧肉丸
- Braised Pork Meatballs
- 蚂蚁上树
- Sauteed Vermicelli with Minced Pork
- 清炒时蔬
- Stir-fried Vegetable
- 菌菇火腿豆腐汤
- Mushroom and Ham with Tofu Soup



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Dinner

晚餐

Menu

菜单

八月
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12 - Aug

糖醋小排
Sweet and Sour Spareribs

 三鲜鱿鱼花
Sauteed Squid with
Shrimp and Slice Pork

大白菜肉片炖豆腐
Stewed Pork with Chinese
Cabbage and Tofu

墨西哥鸡肉馅饼
Quesadillas

 红油面筋
Cold Mixed Spicy Gluten

13 - Aug

韩式年糕炸鸡
Korean-style Fried Chicken
with Rice Cakes

果蔬沙拉
Fruits and Vegetables Salad

西式炖菜
Vegetable Stew

火腿炒饭
Ham Fried Rice

烤牛肉丸
Grilled Beef Balls

17 - Aug

凤梨甜酸肉
Pineapple Sweet and
Sour Pork
农家乱炖（土豆、玉米、南瓜）
Stewed Mixed Vegetables

西芹炒百合
Fried Celery with Lily

 香肠披萨
Pepperoni Pizza

五彩大拉皮
Chinese Salad

18 - Aug

 金汤鱼丸
Spicy and Sour Fish Ball

莲藕炒肉
Stir-fried Lotus Root with
Pork

酸辣土豆丝
Sour and Spicy Shredded
Potatoes

 炸春卷
Deep Fried Spring Rolls

特色凉皮
Cold Rice Noodles

19 - Aug

椒香烤鸡腿
Sichuan Pepper Chicken
Thighs

酸菜五花肉炒粉
Stir-fried Pickled Cabbage
with Glass Noodles

清炒菠菜
Stir-fried Spinach

玉米片配莎莎酱
Tortilla Chips & Salsa

烤冷面
Grilled Noodles

20 - Aug

 金枪鱼蔬菜沙拉
Tuna fish Salad

牛肉盖饭
Beef Over Rice

麻辣拌
Spicy Mixed Noodles and
Vegetables

蒜香薯角
Potato Wedges

五彩冰粉
Ice Jelly



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坚果类
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豆类
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面粉类
GLUTEN



蜂蜜
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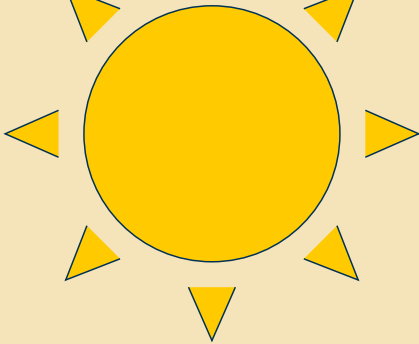
每日晚餐都配有米饭和汤（当日主食是面食除外）

Dinner is served with rice and soup daily, except on days when noodles are the main staple.

Breakfast

早餐

Menu
菜单



八月
August
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13 - Aug

 蔬菜疙瘩汤
早餐肠

葱油花卷
鲜肉锅盔

 芹菜拌木耳
番茄炒蛋

麻辣萝卜干
蒸南瓜

14 - Aug

南瓜山药小米粥
蒸红薯

 猪肉芸豆大包
素馅包

 水煮蛋
香煎鸡胸肉

凉拌干丝
蒜蓉茼蒿

17 - Aug

 刀削面
蒸玉米

红糖锅盔
酱香饼

 营养蛋
烤鸡柳

芹菜土豆条
芥菜丝

18 - Aug

皮蛋瘦肉粥
爽口小菜

 田园鸡肉堡
生菜、西红柿片

烤培根
蛋糕卷

角瓜鸡蛋炒虾仁
香甜玉米棒

19 - Aug

西红柿疙瘩汤
 茶叶蛋

 猪肉夹馍
鸡肉夹馍

酱香饼
秘制鸡柳

小油菜炒鱼豆腐
炆土豆丝

20 - Aug

白粥
辣白菜、拌饭酱

 西式炒面
紫薯三明治

  香酥麻花
虾仁蒸蛋

香煎肉丸
清炒西兰花

21 - Aug

二米粥
酱里脊肉

 猪肉煎饺
角瓜鸡蛋虾仁煎饺

 蒜苗炒鸡蛋
菠菜炒肉

糖拌番茄
香烤金针菇



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。