

INTERNATIONAL CAMPUS, ZHEJIANG UNIVERSITY DINING CENTER THE WEEK MENU (2026.1.4-2026.1.11)

DATE		Sunday 星期日 Jan.4	Monday 星期一 Jan.5	Tuesday 星期二 Jan.6	Wednesday 星期三 Jan.7	Thursday 星期四 Jan.8	Friday 星期五 Jan.9	Saturday 星期六 Jan.10	Sunday 星期日 Jan.11		
字体标红的为厨师长推荐菜Dishes highlighted in red are the chef's recommendations.											
豆浆 Soy milk	原味豆浆 Soy milk	2	原味豆浆 Soy milk	2	原味豆浆 Soy milk	2	原味豆浆 Soy milk	2	原味豆浆 Soy milk	2	
	咸豆浆 Salty soy milk	1	咸豆浆 Salty soy milk	1	咸豆浆 Salty soy milk	1	咸豆浆 Salty soy milk	1	咸豆浆 Salty soy milk	1	
	豆腐脑 Uncongealed tofu	1.5	豆腐脑 Uncongealed tofu	1.5	豆腐脑 Uncongealed tofu	1.5	豆腐脑 Uncongealed tofu	1.5	豆腐脑 Uncongealed tofu	1.5	
	牛奶 Milk	4	牛奶 Milk	4	牛奶 Milk	4	牛奶 Milk	4	牛奶 Milk	4	
	酸奶 Yogurt	原味/红枣味 Yogurt	3.6	原味/红枣味 Yogurt	3.6	原味/红枣味 Yogurt	3.6	原味/红枣味 Yogurt	3.6	原味/红枣味 Yogurt	3.6
	中式酱菜 Chinese pickles 三款 Three types 0.5										
中式包子 Chinese buns	鲜肉包 Steamed minced pork bun	1.5	鲜肉包 Steamed minced pork bun	1.5	鲜肉包 Steamed minced pork bun	1.5	鲜肉包 Steamed minced pork bun	1.5	鲜肉包 Steamed minced pork bun	1.5	
	香菇鲜肉包 Shiitake Pork Buns	2	香菇鲜肉包 Shiitake Pork Buns	2	香菇鲜肉包 Shiitake Pork Buns	2	香菇鲜肉包 Shiitake Pork Buns	2	香菇鲜肉包 Shiitake Pork Buns	2	
	酸菜包肉包 Steamed Bun with Pickled Mustard Greens and Pork	2	酸菜包肉包 Steamed Bun with Pickled Mustard Greens and Pork	2	酸菜包肉包 Steamed Bun with Pickled Mustard Greens and Pork	2	酸菜包肉包 Steamed Bun with Pickled Mustard Greens and Pork	2	酸菜包肉包 Steamed Bun with Pickled Mustard Greens and Pork	2	
	豆沙包 Steamed stuffed red bean bun	1	豆沙包 Steamed stuffed red bean bun	1	豆沙包 Steamed stuffed red bean bun	1	豆沙包 Steamed stuffed red bean bun	1	豆沙包 Steamed stuffed red bean bun	1	
	手工刀切馒头 Hand-Cut Steamed Buns	0.5	手工刀切馒头 Hand-Cut Steamed Buns	0.5	手工刀切馒头 Hand-Cut Steamed Buns	0.5	手工刀切馒头 Hand-Cut Steamed Buns	0.5	手工刀切馒头 Hand-Cut Steamed Buns	0.5	

		原味白粥 Rice congee	0.5	原味白粥 Rice congee	0.5	原味白粥 Rice congee	0.5	原味白粥 Rice congee	0.5	原味白粥 Rice congee	0.5						
		黑米粥 Black rice congee	1.5	黑米粥 Black rice congee	1.5	黑米粥 Black rice congee	1.5	黑米粥 Black rice congee	1.5	黑米粥 Black rice congee	1.5						
		香菇鸡丝粥 Mushroom and chicken porridge	2	香菇鸡丝粥 Mushroom and chicken porridge	2	香菇鸡丝粥 Mushroom and chicken porridge	2	香菇鸡丝粥 Mushroom and chicken porridge	2	香菇鸡丝粥 Mushroom and chicken porridge	2						
		蒸玉米 Maize	2	蒸玉米 Maize	2	蒸玉米 Maize	2	蒸玉米 Maize	2	蒸玉米 Maize	2	蒸玉米 Maize	2	蒸玉米 Maize	2	蒸玉米 Maize	2
		蒸南瓜 Pumpkin	2	蒸南瓜 Pumpkin	2	蒸南瓜 Pumpkin	2	蒸南瓜 Pumpkin	2	蒸南瓜 Pumpkin	2	蒸南瓜 Pumpkin	2	蒸南瓜 Pumpkin	2	蒸南瓜 Pumpkin	2
		小馄饨 Boiled small wonton soup	2	小馄饨 Boiled small wonton soup	2	小馄饨 Boiled small wonton soup	2	小馄饨 Boiled small wonton soup	2	小馄饨 Boiled small wonton soup	2						
		葱油拌面 Mixed noodles with hot onion oil	1.5	葱油拌面 Mixed noodles with hot onion oil	1.5	葱油拌面 Mixed noodles with hot onion oil	1.5	葱油拌面 Mixed noodles with hot onion oil	1.5	葱油拌面 Mixed noodles with hot onion oil	1.5	葱油拌面 Mixed noodles with hot onion oil	1.5	葱油拌面 Mixed noodles with hot onion oil	1.5	葱油拌面 Mixed noodles with hot onion oil	1.5
		炒青菜 Stir-fried greens	1.5	炒青菜 Stir-fried greens	1.5	炒青菜 Stir-fried greens	1.5	炒青菜 Stir-fried greens	1.5	炒青菜 Stir-fried greens	1.5						
		荷包蛋 Fried Egg	1	荷包蛋 Fried Egg	1	荷包蛋 Fried Egg	1	荷包蛋 Fried Egg	1	荷包蛋 Fried Egg	1						
		蛋挞 Egg Tart	4	蛋挞 Egg Tart	4	蛋挞 Egg Tart	4	蛋挞 Egg Tart	4	蛋挞 Egg Tart	4						
		豆沙餐包 Red Bean Paste Bun	2	豆沙餐包 Red Bean Paste Bun	2	豆沙餐包 Red Bean Paste Bun	2	豆沙餐包 Red Bean Paste Bun	2	豆沙餐包 Red Bean Paste Bun	2						
		吐司 Toast	1	吐司 Toast	1	吐司 Toast	1	吐司 Toast	1	吐司 Toast	1	吐司 Toast	1	吐司 Toast	1	吐司 Toast	1
		海绵蛋糕 Sponge Cake	2	海绵蛋糕 Sponge Cake	2	海绵蛋糕 Sponge Cake	2	海绵蛋糕 Sponge Cake	2	海绵蛋糕 Sponge Cake	2						
		*椒盐茶树菇 (闽) Pepper-Salt Fried Tea Tree Mushrooms	4	*椒盐茶树菇 (闽) Pepper-Salt Fried Tea Tree Mushrooms	4	*椒盐茶树菇 (闽) Pepper-Salt Fried Tea Tree Mushrooms	4	*椒盐茶树菇 (闽) Pepper-Salt Fried Tea Tree Mushrooms	4	*农家炒鸡 (湘) Stir-Fried Chicken	7						

		*柠檬金汤鱼 (闽) Lemon Golden Soup Fish	5.5	*溜肝尖 (鲁) Sautéed Liver Tips	4.5												
		*肉片炒豆腐干 (川) Stir-Fried Pork Slices with Dried Tofu	4	*肉片炒豆腐干 (川) Stir-Fried Pork Slices with Dried Tofu	4	*肉片炒豆腐干 (川) Stir-Fried Pork Slices with Dried Tofu	4	*肉片炒豆腐干 (川) Stir-Fried Pork Slices with Dried Tofu	4	*徽州炒粉丝 (徽) Huizhou-style Fried Vermicelli	3.5						
		*苜蓿肉 (鲁) Mu Shu Pork	4.5	*高邮汪豆腐 (苏) Stewed Duck Blood and Tofu	3	*高邮汪豆腐 (苏) Stewed Duck Blood and Tofu	3	*高邮汪豆腐 (苏) Stewed Duck Blood and Tofu	3	*高邮汪豆腐 (苏) Stewed Duck Blood and Tofu	3						
		*宋嫂鱼羹 (浙) Song Sao Fish Soup	3	*酸菜鱼 (川) Fish with Pickled Mustard Greens	6.5	*酸菜鱼 (川) Fish with Pickled Mustard Greens	6.5	*酸菜鱼 (川) Fish with Pickled Mustard Greens	6.5	*酸菜鱼 (川) Fish with Pickled Mustard Greens	6.5						
		*金陵盐水鸭 (苏) Nanjing-Style Salted Duck	5	*栗子仔鸡 (浙) Braised Spring Chicken with Chestnuts	5	*栗子仔鸡 (浙) Braised Spring Chicken with Chestnuts	5	*栗子仔鸡 (浙) Braised Spring Chicken with Chestnuts	5	*栗子仔鸡 (浙) Braised Spring Chicken with Chestnuts	5						
		*辣炒空心菜 (湘) Stir-Fried Water Spinach with Fermented Black Beans	2.5	*辣炒空心菜 (湘) Stir-Fried Water Spinach with Fermented Black Beans	2.5	*辣炒空心菜 (湘) Stir-Fried Water Spinach with Fermented Black Beans	2.5	*辣炒空心菜 (湘) Stir-Fried Water Spinach with Fermented Black Beans	2.5	*椒麻小酥肉 (川) Crispy Fried Chicken	6						
		*干菜蒸肉 (蒸) Steamed Pork with Dried Vegetables	6	*干菜蒸肉 (蒸) Steamed Pork with Dried Vegetables	6	*干菜蒸肉 (蒸) Steamed Pork with Dried Vegetables	6	*干菜蒸肉 (蒸) Steamed Pork with Dried Vegetables	6	*黄花菜蒸鸡 (蒸) Steamed Chicken with Daylily Flowers	7	*黄花菜蒸鸡 (蒸) Steamed Chicken with Daylily Flowers	7	*黄花菜蒸鸡 (蒸) Steamed Chicken with Daylily Flowers	7	*黄花菜蒸鸡 (蒸) Steamed Chicken with Daylily Flowers	7
		*咸肉娃娃菜 (蒸) Steamed Baby Cabbage with Salted Pork	3.5	*咸肉娃娃菜 (蒸) Steamed Baby Cabbage with Salted Pork	3.5	*咸肉娃娃菜 (蒸) Steamed Baby Cabbage with Salted Pork	3.5	*咸肉娃娃菜 (蒸) Steamed Baby Cabbage with Salted Pork	3.5	*辣味老豆腐 (蒸) Steamed Spicy Tofu	3						
		*肉末蒸蛋 (蒸) Steamed Egg with Minced Meat	3	*肉末蒸蛋 (蒸) Steamed Egg with Minced Meat	3	*肉末蒸蛋 (蒸) Steamed Egg with Minced Meat	3	*肉末蒸蛋 (蒸) Steamed Egg with Minced Meat	3	*养生狮子头 (蒸) Steamed Lion's Head Meatballs	5						
		*葱油金针菇 (蒸) Enoki Mushrooms with Scallion Oil	3.5	*葱油金针菇 (蒸) Enoki Mushrooms with Scallion Oil	3.5	*葱油金针菇 (蒸) Enoki Mushrooms with Scallion Oil	3.5	*葱油金针菇 (蒸) Enoki Mushrooms with Scallion Oil	3.5	*银鱼蒸蛋 (蒸) Steamed Egg with Whitebait	4						
		*咸蛋黄肉饼 (蒸) Steamed Pork Patty with Salted Egg Yolk	5	*咸蛋黄肉饼 (蒸) Steamed Pork Patty with Salted Egg Yolk	5	*咸蛋黄肉饼 (蒸) Steamed Pork Patty with Salted Egg Yolk	5	*咸蛋黄肉饼 (蒸) Steamed Pork Patty with Salted Egg Yolk	5	*蒸排骨 (蒸) Steamed Pork Ribs	6						
		五香牛肉 Spiced beef	12	回锅肉 Double cooked pork slices	5												
		蒜香辣子鸡 Stir-fried spicy chicken nuggets with garlic	6	蒜香辣子鸡 Stir-fried spicy chicken nuggets with garlic	6	蒜香辣子鸡 Stir-fried spicy chicken nuggets with garlic	6	蒜香辣子鸡 Stir-fried spicy chicken nuggets with garlic	6	辣炒鸡肫 Stir-fried chicken gizzard with spicy sauce	7	辣炒鸡肫 Stir-fried chicken gizzard with spicy sauce	7	辣炒鸡肫 Stir-fried chicken gizzard with spicy sauce	7	辣炒鸡肫 Stir-fried chicken gizzard with spicy sauce	7
		炒猪心 Stir-fried Pig's Heart	5	五香牛肉 Spiced beef	12												

午餐及晚餐 2F Lunch & Dinner Daily Dishes	萝卜鸭块 Braised duck cutlets with radish	4.5	姜丝鸭 Stir-fried duck with shredded ginger	5												
	椒盐大虾 Salt and Pepper Prawns / Shrimp	8	椒盐大虾 Salt and Pepper Prawns / Shrimp	8	椒盐大虾 Salt and Pepper Prawns / Shrimp	8	椒盐大虾 Salt and Pepper Prawns / Shrimp	8	剁椒鲳鳊鱼 Steamed Pomfret with Chopped Chili	4.5						
	广式鲈鱼 Steamed bass with Cantonese style	7	椒盐虾 Salt and Pepper Shrimp	8												
	油豆腐烧肉 Braised pork and oil tofu in soy sauce	4.5	油豆腐烧肉 Braised pork and oil tofu in soy sauce	4.5	油豆腐烧肉 Braised pork and oil tofu in soy sauce	4.5	油豆腐烧肉 Braised pork and oil tofu in soy sauce	4.5	东坡肉 Braised Dongpo pork	5						
	海鲜菇肉丝 Stir-fried shredded meat with hypsizygus marmoreus	5	海鲜菇肉丝 Stir-fried shredded meat with hypsizygus marmoreus	5	海鲜菇肉丝 Stir-fried shredded meat with hypsizygus marmoreus	5	海鲜菇肉丝 Stir-fried shredded meat with hypsizygus marmoreus	5	土豆鸡块 Stir-fried chicken nuggets with potato	4.5						
	香辣翅根 Fried chicken wing	2.5	莴笋鸡片 Sautéed Chicken Slices with Lettuce	4.5												
	外婆菜炒蛋 Stir-fried eggs with pickled vegetables	4.5	虎皮鹌鹑蛋 Deep-Fried Quail Eggs	5												
	肉丝滑蛋 Scrambled Eggs with Shredded Pork	5	白切鸡 Boiled sliced chicken	5												
	清汤小肉丸 Clear Soup with Mini Meatballs	5	家常豆腐 Home-style bean curd	3												
	清炒西兰花 Stir-fried broccoli	3	干锅花菜 Dry Pot Cauliflower	3												
	番茄炒蛋 Stir-fried egg with tomato	2.5	双椒山药 Fried Chinese yam with green and red pepper	3.5	双椒山药 Fried Chinese yam with green and red pepper	3.5	双椒山药 Fried Chinese yam with green and red pepper	3.5	双椒山药 Fried Chinese yam with green and red pepper	3.5						
	清炒藕片 Stir-fried lotus root slices	3	豇豆香干 Stir-fried Long Beans with Dried Tofu	3	豇豆香干 Stir-fried Long Beans with Dried Tofu	3	豇豆香干 Stir-fried Long Beans with Dried Tofu	3	豇豆香干 Stir-fried Long Beans with Dried Tofu	3						
	炝炒包菜 Fried cabbage	2.5	木须肉 Moo Shu Pork	4.5												
	土豆茄子 Braised Potato and Eggplant	3	番茄炒蛋 Stir-fried egg with tomato	2.5												

		清炒毛毛菜 Stir-fried greens	2	清炒娃娃菜 Stir-fried baby Chinese cabbage	2												
		干锅花菜 Dry-fried cauliflower	3	腐皮青菜 Stir-fried greens with beancurd sheet	2												
		油豆腐大白菜 Stir-Fried Tofu Puffs with Napa Cabbage	1.5	油豆腐大白菜 Stir-Fried Tofu Puffs with Napa Cabbage	1.5	油豆腐大白菜 Stir-Fried Tofu Puffs with Napa Cabbage	1.5	油豆腐大白菜 Stir-Fried Tofu Puffs with Napa Cabbage	1.5	炒包心菜 Stir-fried Cabbage	1						
		清炒海带丝 Stir-fried shredded kelp with mashed garlic	2	清炒海带丝 Stir-fried shredded kelp with mashed garlic	2	清炒海带丝 Stir-fried shredded kelp with mashed garlic	2	清炒海带丝 Stir-fried shredded kelp with mashed garlic	2	红烧大素鸡 Braised deep-fried bean curd	1						
		清炒土豆丝 Stir-fried shredded potatoes	1.5	清炒冬瓜 Stir-fried wax gourd	1.5												
		紫菜蛋花汤 Nori and egg soup	0	青菜蛋花汤 Green Vegetable Egg Drop Soup	0	青菜蛋花汤 Green Vegetable Egg Drop Soup	0	青菜蛋花汤 Green Vegetable Egg Drop Soup	0	青菜蛋花汤 Green Vegetable Egg Drop Soup	0						