

CISH WEEKLY MENU

合肥加拿大国际幼儿园2025年9月份第2周食谱（9月8日—9月12日）					
	星期一	星期二	星期三	星期四	星期五
早餐	牛奶配燕麦片 Milk with Oatmeal	南瓜粥 Pumpkin Porridge	小馄饨 M Wonton Soup	简爱酸奶 Plain Yogurt	青菜鸡丝面 M Chicken and Green Vegetable Noodle Soup
	煎鸡肉肠 M Pan-fried Chicken Sausage	上海小笼包 M Shanghai Soup Dumplings	南瓜发糕 V Pumpkin Steamed Sponge Cake	蔬菜三明治 V Vegetable Sandwich	鲜肉包子 M Steamed Pork Buns
	煮鸡蛋 Boiled Egg	葱香鸡蛋 Scallion Flavored Eggs	港式滑蛋 HK Style Scrambled Eggs	水波蛋 Poached Egg	卤鹌鹑蛋 Marinated Quail Eggs
	橄榄油拌黄瓜 V Cucumber with Olive Oil	热拌海带丝 V Warm mix Kelp Salad	热拌广东菜心 V Warm mix Guangdong ChoiSum	热拌菠菜 V Warm Mix Spinach	热拌莴笋 V Warm Mix Lettuce
	奶香吐司 Milky Toast	紫薯面包 Purple Sweet Potato Bread	奶酪面包 Cheese Bread	煎鸡胸肉 M Pan-fried Chicken Breast	杂粮吐司 Multigrain Toast
课间餐	凤梨 Pineapple 西瓜 Watermelon	蜜桔 orange 哈密瓜 Hami Melon	黑提 Black Grape 红心火龙果 Red Dragon Fruit	白心火龙果 White Dragon Fruit 苹果 Apple	香蕉 Banana 橙子 Orange
午餐	咖喱汁鱼片S Fish Fillets in Curry Sauce	美式蛋黄鸡腿肉 M American-Style Chicken Thigh with Salted Egg Yolk Sauce	勃艮第炖牛肉 M Beef Bourguignon	韩式烤排骨 M Korean-Style Grilled Pork Ribs	蒜香煎鱼柳 S Pan-Fried Fish Fillet with Garlic
	脆皮鸡扒 M Crispy Chicken Chop	玫瑰虾球 S Shrimp Balls	脆皮鱼柳佐蒜泥蛋黄酱 S Crispy Fish Fillet with Aioli	干煎明虾配黄柠汁S Pan-Seared Prawns with Lemon Butter Sauce	蜜汁烤鸡中翅 M Honey-Glazed Baked Chicken Mid-Joints
	香烤芦笋胡萝卜 V Roasted Asparagus and Carrots	烤生瓜 V Roasted Zucchini	烤香菇西兰花 V Roasted Shiitake Mushrooms and Broccoli	胡萝卜烤花菜 V Roasted Cauliflower and Carrots	彩椒西芹 V Sautéed Bell Peppers and Celery
	清炒包菜V Stir-fried Cabbage	清炒娃娃菜 V Stir-fried Baby Bok Choy	清炒藕片 V Stir-fried Lotus Root Slices	清炒空心菜 V Stir-fried Water Spinach	菜汁蒸鸡蛋 Steamed Egg with Vegetable Juice
	香芋浓汤 V Creamy Taro Soup	紫菜蛋花汤 Seaweed Egg Soup	虫草花鸡汤 M Chicken Soup	意大利蔬菜汤 Minestrone Soup	冬瓜大骨汤 M Winter Melon and Pork Bone Soup
	海苔拌饭V Rice mixed with Seaweed	香米饭 Rice	香米饭 Rice	香米饭 Rice	奶油蘑菇意大利面 Creamy Mushroom Pasta
	奶油通心粉 Creamy Macaroni	牛肉迷你汉堡 M Beef Mini Burgers	芝士土豆泥 Cheesy Mashed Potatoes	茄汁意面 Spaghetti in Tomato Sauce	香米饭 Rice
午点	原味曲奇饼 Classic Butter Cookies	轻芝士蛋糕（低糖） Light Cheesecake	牛角包 Croissant	原味马芬 Muffin	葡式蛋挞 Portuguese Egg Tart
	香烤小土豆 Roasted Potatoes	烤小蜜薯 Roasted Sweet Potatoes	蒸贝贝南瓜 Steamed Pumpkin	香烤手指萝卜 Roasted Carrots	奶香馒头 Steamed Milk Bun
	纯牛奶 Pure Milk	纯牛奶 Pure Milk	纯牛奶 Pure Milk	纯牛奶 Pure Milk	纯牛奶 Pure Milk
	青提 Green Grapes	香蕉 Banana	香梨 Pear	油桃 Nectarine	哈密瓜 Cantaloupe
Please note that all food cooked in EY is low in sugar, salt and oil, and meat is cooked to be tender and cut in small pieces.					