



CISH WEEKLY MENU

Canadian International School Of Hefei 2025 September1st menu (9.8—9.12)

	Categories	Monday	Tuesday	Wendsday	Thursday	Friday
Breakfast 12RMB	Chinese&Western pastries	Toast (service with buter and jam)	Toast (service with buter and jam)	Toast (service with buter and jam)	Toast (service with buter and jam)	Toast (service with buter and jam)
		Buttery Toast Slices	Purple Sweet Potato Bread	Cheese Bread	Oat Bread	Red Bean Bread
		Pan-Fried Pork Buns	Steamed Dumplings	Moon-Shaped Buns	Vegetable Pancake	Steamed Pork Buns
	Protein	Scrambled Eggs Boiled egg	Poached Eggs Boiled egg	Marinated eggs Boiled egg	Fried Eggs Boiled egg	Scrambled Soft Eggs Boiled egg
		Steamed ham M	Beef Sausage M	Baked Bacon M	Chicken Sausage M	Baked Bacon M
	Grains	Roasted Baby Sweet Potatoes	Steamed Chinese Yam	Steamed Corn	Boiled Chestnut Kernels	Roasted Kabocha Squash
	Vegetables	Baked Beans in Tomato Sauce V	Stir-Fried Mixed Vegetable Dices V	Stir-Fried Lettuce with Wood Ear Mushrooms V	Stir-Fried Guangdong Choi Sum V	Stir-Fried Broccoli V
	staple food	Cold Plain Milk with Oatmeal	Cold Plain Milk with Oatmeal	Cold Plain Milk with Oatmeal	Cold Plain Milk with Oatmeal	Cold Plain Milk with Oatmeal
	Congee and drinks	Millet congee	Sweet Potato Porridge	Oatmeal	Pumpkin congee	Corn Porridge
		Milk/Coffee	Milk/Coffee	Milk/Coffee	Milk/Coffee	Milk/Coffee
Break snack	Lunch Break	Yogurt	Peach	Yogurt	Apple	Yogurt
LUNCH 28RMB	Western&Mediterranean	Crispy Fried Chicken Chop M	German Roasted Pork Knuckle M	New Orleans Chicken Drumettes M	Hungarian Goulash M	Herb-Roasted Chicken Leg M
		Beef Bourguignon M	Baked Prawn with Garlic & Basil S	Black Pepper Pork M	Lemon Butter Prawns S	Teriyaki Fish Fillet S
		Lasagna	Spaghetti Bolognese	Pizza	Chicken Curry Risotto	Hamburger
		Cheese-Baked Broccoli & Cauliflower V	Butter-Fried Baby Carrots V	Stir-Fried Lettuce with Mushrooms V	Oven-Roasted Seasonal Vegetables V	Diced Mixed Vegetables tossed in Olive Oil V
		Roasted Potato Wedges	Roasted Baby Potatoes	Creamy Mashed Potatoes	Cheese-Baked Potato Slices	Oven-Baked French Fries
	Asian cuisin	Three-Color Stir-Fried Shrimp S	Cumin Beef with Scallions M	HK Curry Beef Brisket M	Braised Chicken with Shiitake Mushrooms M	Sweet & Sour Crispy Pork M
		Stir-Fried Duck Breast with Black Pepper and Celery M	Braised Fish Fillets in Soy Sauce S	Steamed Tilapia S	Fish Fillets in Tomato Sour Soup S	Onion Fatty Beef M
		Lasagna	Spaghetti Bolognese	Pizza	Chicken Curry Risotto	Hamburger
		Cheese-Baked Broccoli & Cauliflower V	Butter-Fried Baby Carrots V	Stir-Fried Lettuce with Mushrooms V	Oven-Roasted Seasonal Vegetables V	Diced Mixed Vegetables tossed in Olive Oil V
		Roasted Potato Wedges	Roasted Baby Potatoes	Creamy Mashed Potatoes	Cheese-Baked Potato Slices	Oven-Baked French Fries
	Soup/Rice	Rice	Rice	Rice	Rice	Rice
		Seaweed and Egg Drop Soup	Minestrone	Winter Melon Pork Soup	Cream of Corn Soup	West Lake Beef Soup
	Noodle in soup	Braised beef brisket	Braised chicken with musroom	Braised Pork rib	Braised beef brisket	Grilled pork filllet
		Served with Green vegetables/Soy egg/Crispy cucumber/pickled bamboo shoots				
	Salad bar	3 types of greens, corn, tomato,cucumber, carrot, red kidney beans, chickpeas				
		Orange Juice/lemon water	Coconut water/lemon water	Apple Juice/lemon water	Passion Fruit Juice/lemon water	Soda Water/lemon water
		Two types Seasonal fruits				



合肥加拿大外籍子女学校2025年9月份第1周食谱（9月8日—9月12日）

类别	星期一	星期二	星期三	星期四	星期五
早餐 (12元)	原味吐司(配: 黄油/果酱)	全麦吐司(配: 黄油/果酱)	原味吐司(配: 黄油/果酱)	全麦吐司(配: 黄油/果酱)	原味吐司(配: 黄油/果酱)
	奶香片 V	牛乳面包 V	奶酪面包 V	椰蓉面包 V	红豆面包 V
	生煎包 M	蒸饺 M	煎月亮馍 V	蔬菜煎饼 V	鲜肉包子 M
	美式炒鸡蛋/水煮鸡蛋	水波蛋/水煮鸡蛋	茶叶蛋/水煮鸡蛋	煎鸡蛋/水煮鸡蛋	炒滑蛋/水煮鸡蛋
	蒸火腿 M	牛肉肠 M	烤培根 M	鸡肉肠 M	烤培根 M
	杂粮	烤小蜜薯 V	蒸山药 V	煮板栗肉 V	烤贝贝南瓜 V
	时蔬	茄汁豆 V	炒杂菜丁 V	木耳炒莴笋 V	炒广东菜心 V
	咖啡/粥	纯牛奶(冷)配燕麦片	纯牛奶(冷)配燕麦片	纯牛奶(冷)配燕麦片	纯牛奶(冷)配燕麦片
		小米粥 V	红薯粥 V	八宝粥	南瓜粥 V
		咖啡	咖啡	咖啡	咖啡
课间餐		酸奶	油桃	酸奶	苹果
午餐 (28元)	美式 地中海	脆炸鸡排 M	德式咸猪手 M	烤杂肠 M	匈牙利烩牛肉 M
		勃艮第烩牛肉 M	蒜蓉罗勒焗虾球 S	黑胡椒松板肉 M	干煎明虾配黄油柠檬汁 S
		千层面	肉酱面 M	披萨	咖喱鸡肉烩饭
		芝士焗双花 V	黄油炒手指萝卜 V	莴笋炒蘑菇 V	香烤时蔬 V
		烤薯角	烤小土豆	奶油土豆泥	芝士焗土豆片
	亚洲风味	三色炒虾仁 S	葱爆孜然肥牛 M	港式咖喱炖牛腩 M	香菇焖鸡 M
		黑椒西芹炒鸭胸 M	红烧鱼片 S	清蒸罗非鱼 S	番茄酸汤鱼片S
		千层面	肉酱面 M	披萨	咖喱鸡肉烩饭
		芝士焗双花 V	黄油炒手指萝卜 V	莴笋炒蘑菇 V	香烤时蔬 V
		烤薯角	烤小土豆	奶油土豆泥	芝士焗土豆片
	汤/饭	紫菜蛋花汤	意大利蔬菜汤	龙骨冬瓜汤	玉米奶油汤
		米饭	米饭	米饭	米饭
	汤粉面	红烧牛腩面	香菇滑鸡面	红烧排骨面	红烧牛肉面
		配: 青菜/脆瓜/酸笋			
	沙拉吧	蔬菜沙拉	水果沙拉	蔬菜沙拉	水果沙拉
		橙汁/柠檬水	椰子水/柠檬水	苹果汁/柠檬水	百香果果汁/柠檬水
		时令水果2种			