

CANADIAN CISH WEEKLY MENU TERNATIONAL SCHOOL OF LEFE I LE

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

Protection of the content of the c		Categories	Monday	Tuesday	Wendsday	Thursday	Friday	
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Front-Fried Parts Rune Secund Danelines Woon Staped Rune Vigetable Parousies Secund Parts Rune			Buttery Toast Slices	-	Cheese Bread	Oat Bread	Red Bean Bread	
Protein Steam Bailed egg Boiled egg			Pan-Fried Pork Buns	Steamed Dumplings	Moon-Shaped Buns	Vegetable Pancake	Steamed Pork Buns	
Second June Board Sommon M		Protein						
Particle Process Pro				Beef Sausage M		Chicken Sausage M		
Sance Y Vegetable Dices		Grains	CONTRACTOR	Steamed Chinese Yam	Steamed Corn	Boiled Chestnut Kernels	Roasted Kabocha Squash	
Congee and drinks		Vegetables			The second of the control of the con		Stir-Fried Broccoli V	
Break analy Corgon and drinks Wilk/Coffee Organt Apple Yogart		staple food			AND AND A CONTRACT OF THE CONT			
Bireak anack Lunch Break Yogurt Peach Yogurt Apple Yogurt		Congee and drinks	Millet congee	Sweet Potato Porridge	Oatmeal	Pumpkin congee	Corn Porridge	
Crispy Fried Chicken German Reasted Perk New Geleums Chicken Hungarism Goulash M Herb-Tousded Chicken Log M			Milk/Coffee	Milk/Coffee	Milk/Coffee	Milk/Coffee	Milk/Coffee	
Clop M Nouckle M Drumettes M Integration Collates M Integrati	Break snack	Lunch Break	Yogurt	Peach	Yogurt	Apple	Yogurt	
Lasagna Spaghetti Bolognese Pizza Chicken Curry Risotto Homburger					STATE OF THE PROPERTY OF THE P	Hungarian Goulash M	Herb-Roasted Chicken Leg M	
Lasagna Spaghotti Bolognesc Pizza Chickon Curry Risotto Hamburger			Beef Bourguignon M		Black Pepper Pork M	Lemon Butter Prawns S	Teriyaki Fish Fillet S	
Califlower V Carrots V Mushrooms V Vegetables V tossed in Olive Oil V Rousted Potato Wedges Rousted Baby Potatoes Creamy Mashed Potatoes Cheese Baked Potato Slices Over-Baked French Fries Shrimp S Stir-Fried Comin Boof with Shrimp S Stir-Fried Deck Breast with Black Pepper and Colery M Soy Sauce S Stir-Bried Baby Colery M Soy Sauce S Subsect & Sour Crispy Pork M Shrimp S Stir-Fried Deck Breast with Black Pepper and Colery M Soy Sauce S Subsect & Sour Crispy Pork M Shrimp S Stir-Fried Deck Breast with Black Pepper and Colery M Soy Sauce S Subsect & Sour Crispy Pork M Shrimp S Stir-Fried Deck Breast with Black Pepper and Colery M Soy Sauce S Subsect & Sour Crispy Pork M Shrimp S Subsect & Sour Crispy Pork M S			Lasagna	Spaghetti Bolognese	Pizza	Chicken Curry Risotto	Hamburger	
Three Color Stir-Fried Scallions M Scallions M HK Curry Beef Brisket M Shitake Mushrooms M Sweet & Sour Crispy Pork M Scallions M Stirm S Steamed Tilapia S Fish Fillets in Tomato Sour Soup S Onion Fatty Beef M Colory M Lasagna Spaghetti Bolognese Pizza Chicken Curry Risotto Hamburger Cheese-Baked Broccoli & Carrots V Roasted Baby Carrots V Roasted Potato Wedges Roasted Baby Potatoes Creamy Mashed Potatoes Cheese-Baked Potato Slices Oven-Baked French Fries Rice Rice Rice Rice Rice Rice Rice Rice								
Shrimp S Scallions M in Curry Beef Brisket M Shitake Mushrooms M Sweet & Sour Crispy Form M Stufferio Duck Breast with Black Pepper and Celery M			Roasted Potato Wedges	Roasted Baby Potatoes	Creamy Mashed Potatoes	Cheese-Baked Potato Slices	Oven-Baked French Fries	
Asian cuisin Lasagna Spaghetti Bolognese Cheese Baked Broccoli & Cauliflower V Roasted Potato Wedges Rice Ri					HK Curry Beef Brisket M	The state of the s	Sweet & Sour Crispy Pork M	
LINCII 28RMB Cuisin Lasagna Spaghetti Bolognese Pizza Chicken Curry Risotto Hamburger Cheese-Baked Broccoli & Butter-Fried Baby Cauliflower V Roasted Potato Wedges Roasted Baby Potatoes Rice Seaweed and Egg Drop Soup Braised beef brisket Braised chicken with musroom Minestrone Served with Green vegetables/Soy egg/Crispy cucumber/pickled bamboo shoots 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			with Black Pepper and		Steamed Tilapia S		Onion Fatty Beef M	
28RMB Cauliflower V Carrots V Mushrooms V Vegetables V tossed in Olive Oil V Nushrooms V Vegetables V tossed in Olive Oil V Nushrooms V Vegetables V tossed in Olive Oil V Nushrooms V Vegetables V tossed in Olive Oil V Nushrooms V Vegetables V tossed in Olive Oil V Nushrooms V Vegetables V tossed in Olive Oil V Nushrooms V Vegetables V tossed in Olive Oil V Nushrooms V Vegetables V tossed in Olive Oil V Nushrooms V Vegetables V tossed in Olive Oil V Nushrooms V Vegetables V tossed in Olive Oil V Nushrooms V Nushrooms V Vegetables V tossed in Olive Oil V Nushrooms V Vegetables V tossed in Olive Oil V Nushrooms V			Lasagna	Spaghetti Bolognese	Pizza	Chicken Curry Risotto	Hamburger	
Rice Rice Rice Rice Rice Rice Rice Seaweed and Egg Drop Soup Minestrone Winter Melon Pork Soup Cream of Corn Soup West Lake Beef 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 3 types of greens, corn, tomato, cucumber, carrot, red kidney beans, chickpeas Orange Juice/lemon water Coconut water/lemon water Passion Fruit Juice/lemon Soda Water/lemon water								
Soup/Rice Seaweed and Egg Drop Soup Minestrone Winter Melon Pork Soup Cream of Corn Soup West Lake Beef Soup Braised beef brisket Braised chicken with musroom Braised Pork rib Served with Green vegetables/Soy egg/Crispy cucumber/pickled bamboo shoots 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			Roasted Potato Wedges	Roasted Baby Potatoes	Creamy Mashed Potatoes	Cheese-Baked Potato Slices	Oven-Baked French Fries	
Seaweed and Egg Drop Soup Minestrone Winter Melon Pork Soup Cream of Corn Soup West Lake Beef Soup Braised beef brisket Braised chicken with musroom Served with Green vegetables/Soy egg/Crispy cucumber/pickled bamboo shoots 3 types of greens, corn, tomato, cucumber, carrot, red kidney beans, chickpeas Salad bar Orange Juice/lemon water Coconut water/lemon water Apple Juice/lemon water Passion Fruit Juice/lemon water Soda Water/lemon water		Soup/Rice	Rice	Rice	Rice	Rice	Rice	
Noodle in soup Served with Green vegetables/Soy egg/Crispy cucumber/pickled bamboo shoots 3 types of greens, corn, tomato, cucumber, carrot, red kidney beans, chickpeas Salad bar Orange Juice/lemon water Coconut water/lemon water Apple Juice/lemon water Braised beef brisket Grilled pork filllet Braised beef brisket Grilled pork filllet Apple Juice/lemon water Soda Water/lemon water Soda Water/lemon water				Minestrone	Winter Melon Pork Soup	Cream of Corn Soup	West Lake Beef Soup	
Served with Green vegetables/Soy egg/Crispy cucumber/pickled bamboo shoots 3 types of greens, corn, tomato, cucumber, carrot, red kidney beans, chickpeas Salad bar Orange Juice/lemon water Coconut water/lemon water Apple Juice/lemon water Passion Fruit Juice/lemon Soda Water/lemon water water Soda Water/lemon water		Noodle in soup	Braised beef brisket		Braised Pork rib	Braised beef brisket	Grilled pork filllet	
Salad bar Orange Juice/lemon water Coconut water/lemon water Apple Juice/lemon water Passion Fruit Juice/lemon water Soda Water/lemon water			Served with Green vegetables/Soy egg/Crispy cucumber/pickled bamboo shoots					
bar Orange Juice/lemon water water Apple Juice/lemon water water Soda Water/lemon water			3 types of greens, corn, tomato, cucumber, carrot, red kidney beans, chickpeas					
Two types Seasonal fruits			Orange Juice/lemon water		Apple Juice/lemon water		Soda Water/lemon water	
Two types ocasonal fiults			Two types Seasonal fruits					



CANADIAN INTERNATIONAL SCHOOL OF H E F E I 合肥加拿大外籍人员子女学校

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	Table 20 Min. Co.					
		生州	星期二	星期三	星期四	星期五		
		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)		
r	中西点	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		
	蛋肉 -	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		
早餐 (12元) —		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	蒸玉米 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	炒西兰花 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	纯牛奶(冷)配燕麦片		
功		小米粥 V	红薯粥 V	八宝粥	南瓜粥 V	玉米渣粥 V		
		咖啡	咖啡	咖啡	咖啡	咖啡		
课间餐		酸奶	油桃	酸奶	苹果	酸奶		
		脆炸鸡排 M	德式咸猪手 M	烤杂肠 M	匈牙利烩牛肉 M	香草烤鸡腿 M		
	美式 地中海	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	照烧无骨鱼柳 S		
 		千层面	肉酱面 M	披萨	咖喱鸡肉烩饭	汉堡		
		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	橄榄油拌杂菜丁 V		
		烤薯角	烤小土豆	奶油土豆泥	芝士焗土豆片	烤薯条		
	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	糖醋小酥肉 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	洋葱炒肥牛 M		
JE JE		千层面	肉酱面 M	披萨	咖喱鸡肉烩饭	汉堡		
午餐 (28元)		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	橄榄油拌杂菜丁 V		
		烤薯角	烤小土豆	奶油土豆泥	芝士焗土豆片	烤薯条		
	汤/饭 -	紫菜蛋花汤	意大利蔬菜汤	龙骨冬瓜汤	玉米奶油汤	西湖牛肉羹		
1		米饭	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	红烧大排面		
1	初加曲	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	蔬菜沙拉		
ž		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	苏打水/柠檬水		
		时令水果2种						