

CISH WEEKLY MENU

合肥加拿大国际幼儿园2026年4月第2周菜谱4月13日-4月17日
Hefei Canadian International Kindergarten Weekly Menu Apr.13-17, 2026

| | 星期一 Monday | 星期二 Tuesday | 星期三 Wednesday | 星期四 Thursday | 星期五 Friday |
|------------------------------|--|--|--|---|---|
| 早餐 Breakfast | 牛奶燕麦片 Oatmeal with Milk 葱香炒鸡蛋 Scrambled Eggs with Scallions 橄榄油拌莴笋 V Blanched Celtuce with Olive Oil V 香煎鸡肉肠 M Pan-Fried Chicken Sausage M 紫薯面包 Purple Sweet Potato Bread | 鸡汤青菜面 M Chicken Noodle Soup with Greens M 水煮鸡蛋 Boiled Egg 热拌小白菜 V Warm Tossed Bok Choy V 虾仁烧麦 S Shrimp Siu Mai S 全麦吐司 Whole Wheat Toast | 牛肉芹菜粥 M Beef and Celery Congee M 番茄盖鸡蛋 Scrambled Eggs with Tomatoes 热拌广东菜心 V Warm Tossed Chinese Broccoli V 香葱火腿鸡蛋饼 M Ham and Scallion Egg Pancake M 火龙果面包 Dragon Fruit Bread | 筒爱酸奶 Yogurt 五香鹌鹑蛋(去壳) Marinated Shelled Quail Egg 热拌鸡毛菜 V Warm Tossed Shanghai Greens V 香煎鸡胸肉 M Pan-Seared Chicken Breast M 椰蓉面包 Coconut Bread | 骨汤小馄饨 M Wontons in Pork Bone Broth M 煎鸡蛋 Fried Egg 橄榄油拌菠菜 V Blanched Spinach with Olive Oil V 蒸饺 M Steamed Dumplings M 墨西哥面包 Mexican Bun |
| 课间餐 Morning Snack | 香蕉 Banana 苹果 Apple | 牛奶枣 Milk Date 白心火龙果 White Dragon Fruit | 砀山梨 Dangshan Fragrant Pear 菠萝 Pineapple | 橙子 Orange 圣女果 Baby Tomatoes | 雪梨 Snow Pear 苹果 Apple |
| 午餐 Lunch | 迷迭香松露烤鸡腿肉 M Rosemary Truffle Roasted Chicken M 酸菜鱼片 S Poached Fish Fillets in Pickled Mustard Soup S 香烤黄油土豆 V Roasted Butter Potatoes V 清炒七宝青 V Stir-Fried Shanghai Greens V 广式老鸭汤 M Cantonese Style Old Duck Soup M 香米饭 Rice 茄汁意大利面 V Tomato sauce pasta V | 意式番茄炖牛肉 M Italian Style Tomato Braised Beef M 日式咖喱虾仁 S Japanese Curry Shrimp S 香烤卷心菜 V Roasted Cabbage V 清炒西葫芦丝 V Stir-Fried Zucchini Julienne V 紫菜蛋花汤 V Seaweed Egg Drop Soup V 香米饭 Rice 海苔肉松热狗 M Seaweed Pork Floss Hot Dog M | 美式烤猪小排 M American-Style Roasted Pork Ribs M 意式番茄烤鲷鱼 S Italian-Style Baked Sea Bream with Tomato S 海盐烤杏鲍菇 V Sea Salt Roasted King Oyster Mushrooms V 豆角茄条 V Stir-Fried Green Beans and Eggplant Strips V 香菇老鸡汤 M Shiitake Mushroom & Old Chicken Soup M 香米饭 Rice 杂蔬炒河粉 V Stir-Fried Rice Noodles with Mixed Vegetables V | 奥尔良烤鸡翅 M Orleans-Style Roasted Chicken Wings M 粉丝蒜香蒸虾仁 S Steamed Shrimp with Vermicelli and Garlic S 烤双花 V Roasted Broccoli & Cauliflower V 清炒油麦菜 V Stir-Fried Youmai Greens V 意大利蔬菜汤 V Italian Vegetable Soup V 香米饭 Rice 黑松露海鲜披萨 S Seafood Pizza with Black Truffle S | 日式肥牛卷 M Japanese Style Beef Rolls M 金汤柠檬鱼 S Lemon Fish in Golden Broth S 木耳莴笋片 V Wood Ear Mushrooms with Lettuce V 清炒小青菜 V Stir-Fried Shanghai Greens V 咸蛋黄虾仁豆腐羹 S Salted Egg Yolk Shrimp and Tofu Soup S 香米饭 Rice 菌菇斜管意大利面 V Penne Pasta with Mushrooms V |
| 午点 Afternoon Snack | 黄油烤玉米 Roasted Corn with Butter 草莓 Strawberry 纯牛奶 Milk 切片蛋糕 Sliced Cake | 烤蜜薯 Roasted Sweet Potato 耙耙柑 Chinese Honey Citrus 纯牛奶 Milk 提子面包 Raisin Bread | 烤贝贝南瓜 Roasted Pumpkin 哈密瓜 Cantaloupe 纯牛奶 Milk 香蕉松饼 Banana Pancake | 杂粮小馒头 Multigrain Steamed Bun 砂糖橘 Mandarin Orange 纯牛奶 Milk 北海道戚风 Hokkaido Chiffon Cake | 蒸紫薯 Steamed Purple Sweet Potato 红心火龙果 Red Dragon Fruit 纯牛奶 Milk 南瓜派 Pumpkin Pie |

请注意，为EY烹饪的所有食物须低糖、低盐且少油。肉类要切成小块，口感要鲜嫩易咀嚼。

Please note: All meals prepared for our EY program are low in sugar, salt and oil, Meat is tenderized and cut into small, age-appropriate pieces.