

# CISH WEEKLY MENU

Canadian International School Of Hefei Weekly Menu Apr. 13-17, 2026

Categories	Monday	Tuesday	Wednesday	Thursday	Friday	
Breakfast 12 RMB	Plain Toast	Plain Toast	Plain Toast	Plain Toast	Plain Toast	
	Chinese & Western Pastries	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast
		4 Types of Bread	4 Types of Bread	4 Types of Bread	4 Types of Bread	4 Types of Bread
		Steamed Pork Bun M	Sticky Rice and Pork Patty M	Xiaolongbao M	Minced Pork Rolls M	Potstickers M
		Vegetable Pancake V	Multigrain Steamed Bun V	Spring Rolls V	Sesame Rice Balls V	Red Bean Bun V
	Eggs/Meat	Fried Egg	Spicy Soy-Marinated Egg	Fried Egg	Chinese Five-Spice Marinated Egg	Fried Egg
		Boiled Egg	Boiled Egg	Boiled Egg	Boiled Egg	Boiled Egg
		Chicken Sausage M	Beef Sausage M	Chicken Sausage M	Beef Sausage M	Chicken Sausage M
		Pan-Fried Ham Slices M	Baked Bacon M	Pan-Fried Ham Slices M	Baked Bacon M	Pan-Fried Ham Slices M
	Grains	Steamed Sweet Corn V	Roasted Sweet Potato V	Steamed Yam with Blueberry Sauce V	Steamed Pumpkin V	Roasted Purple Sweet Potato V
	Vegetables	Roasted Cauliflower V	Baby Bok Choy with Ham M	Stir-Fried Shanghai Greens V	Bacon & Cabbage M	Sautéed Spinach V
	Porridge/Drinks	Fresh Pork and Spinach Congee M	Purple Rice Congee V	Seaweed and Dried Shrimp Congee S	Spicy and Sour Pepper Soup V	Shiitake Mushroom, Greens and Minced Pork Congee M
		Hot Milk	Hot Milk	Hot Milk	Hot Milk	Hot Milk
		Coffee	Coffee	Coffee	Coffee	Coffee
		Milk	Milk	Milk	Milk	Milk
	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal
Break Snack	Yogurt/Fruit	Chinese Honey Citrus	Yogurt	Apple	Yogurt	Mini Banana
Lunch 28 RMB	Western & Mediterranean	New Orleans-Style BBQ Chicken M	Italian-Style Tomato Beef Bourguignon M	American-Style BBQ Roasted Chicken Wings M	German-Style Roasted Pork Knuckle M	American-Style Baked Chicken Thigh with Egg Yolk M
		Spaghetti (Mushroom Cream Sauce/Meat Sauce)	Farfalle (Meat Sauce/Tomato Sauce)	Penne Pasta (Mushroom Cream Sauce/Meat Sauce) M	Lasagna M	Spaghetti (Tomato/Meat Sauce) M
		<b>Beef Pizza (Beef/Veg) M/V</b>	Burger (Chicken/Veg) M/V	Philly-Style Hot Dog M/V	Chicken Floss Sandwich (Chicken/Veg)	Seafood Pizza with Black Truffle (Veg/Seafood) S/V
		Buttery Roasted Carrot V	Roasted Zucchini V	Roasted Vegetables with Olive Oil V	Buttery Roasted Corn V	Roasted Broccoli V
		Salt and Pepper Potatoes V	Butter Baked Potatoes V	Waffle-Cut Roasted Potatoes V	Rosemary Roasted Potatoes V	Mashed Potatoes V
	Asian Cuisine	Hunan-Style Stir-Fried Pork M	Steamed Chicken with Scallion Oil M	Braised Pork Belly with plum M	Salt Chicken Wing Root M	Golden Broth with Sliced Beef M
		Steamed Fish Slices with Chopped Chili S	Crispy Sweet and Sour Pork M	Lemon Fish Fillet S	Tempeh Squid S	Fish with Fresh Chilies S
		Scrambled Eggs with Tomatoes V	Toon Meat Foam Tofu M	Stir-Fried Hand-Torn Cabbage V	Stir-Fried Rice Cake with Ham M	Sour and Spicy Shredded Potato V
		Buttery Roasted Carrot V	Roasted Zucchini V	Roasted Vegetables with Olive Oil V	Buttery Roasted Corn V	Roasted Broccoli V
		Japanese Udon Noodles S	Seaweed & Chicken Floss Rice M	Jiangxi fried rice noodles V	Shrimp and Salted Egg Yolk Rich V	Egg Chow Ho Fun V
	Noodles in soup	Rattan Pepper Shredded Chicken Noodles M	Zhajiangan M	Braised Beef Noodle Soup M	Fresh Meat Braised Noodles M	Braised Pork Rib Noodles M
	Soup/Rice	With Greens, Pickled Cucumber, Pickled Bamboo Shoots				
		Seaweed Egg Drop Soup V	Double-Boiled Chicken with Cordyceps Militaris M	Hot and Sour Soup V	Cantonese-Style Duck Soup M	Pork Bone and Corn Soup M
		Cream of Chicken Soup M	Pea bisque V	Borscht V	French Pumpkin Soup V	French Tomato Bisque V
	Salad Bar	Rice	Rice	Rice	Rice	Rice
		Garden Salad	Fruit Salad	Garden Salad	Fruit Salad	Garden Salad
		Corn Juice	Red Dates Juice	Corn Juice	Red Dates Juice	Corn Juice
		Grape Juice	Coconut Water	Yuja Tea	Soda Water	Apple Juice
		Lemonade	Lemonade	Lemonade	Lemonade	Lemonade
	2 Types of Seasonal Fruit					

# CISH WEEKLY MENU

## 合肥加拿大外籍子女学校2026年4月份第3周食谱（4月13日—4月17日）

类别	星期一	星期二	星期三	星期四	星期五	
早餐 12元	中西点	原味吐司	原味吐司	原味吐司	原味吐司	原味吐司
		全麦吐司	全麦吐司	全麦吐司	全麦吐司	全麦吐司
		面包4款	面包4款	面包4款	面包4款	面包4款
		鲜肉包 M	糯米肉饼 M	小笼包 M	肉沫卷 M	锅贴饺 M
		蔬菜饼 V	杂粮馒头 V	春卷 V	麻园 V	豆沙包 V
	蛋肉	煎鸡蛋	麻辣卤鸡蛋	煎鸡蛋	五香卤鸡蛋	煎鸡蛋
		水煮鸡蛋	水煮鸡蛋	水煮鸡蛋	水煮鸡蛋	水煮鸡蛋
		鸡肉肠 M	牛肉肠 M	鸡肉肠 M	牛肉肠 M	鸡肉肠 M
		煎火腿片 M	烤培根 M	煎火腿片 M	烤培根 M	煎火腿片 M
	杂粮	清蒸甜玉米 V	烤红薯 V	蓝莓山药 V	蒸南瓜 V	烤紫薯 V
	时蔬	香烤花菜 V	火腿娃娃菜 M	清炒鸡毛菜 V	培根卷心菜 M	清炒菠菜 V
	咖啡/粥	鲜肉菠菜粥 M	紫米粥 V	紫菜虾皮粥 S	胡辣汤 V	香菇青菜肉沫粥 M
		热牛奶	热牛奶	热牛奶	热牛奶	热牛奶
		咖啡	咖啡	咖啡	咖啡	咖啡
		牛奶	牛奶	牛奶	牛奶	牛奶
燕麦片		燕麦片	燕麦片	燕麦片	燕麦片	
课间餐	酸奶/水果	酸奶	苹果	酸奶	小米蕉	
午餐 28元	美式 地中海	奥尔良烤鸡 M	意式番茄炖牛腩 M	美式BBQ烤鸡翅根 M	德式烤猪肘 M	美式蛋黄烤鸡腿肉 M
		意大利直面（奶汁/肉酱）	意大利蝴蝶面（肉酱/茄汁）	意大利斜管（奶汁/肉酱）	意大利千层面 M	意大利直面 M（茄汁/肉酱）
		牛肉披萨（牛肉/素）M/V	手工汉堡（鸡肉/素）M/V	费城热狗 M/V	全麦鸡肉三明治（鸡肉/素）M/V	黑松露海鲜披萨（素/海鲜）S/V
		香烤黄油胡萝卜 V	烤西葫芦 V	橄榄油烤时蔬 V	香烤黄油玉米 V	香烤西兰花 V
		椒盐土豆 V	黄油烤土豆 V	香烤薯条 V	迷迭香烤土豆 V	土豆泥 V
	亚洲风味	湘西小炒肉 M	葱油鸡 M	话梅红烧肉 M	椒盐鸡翅根 M	金汤肥牛卷 M
		剁椒鱼片 S	锅包肉 M	柠檬鱼片 S	豆豉鱿鱼花 S	鲜椒溜鱼片 S
		番茄炒鸡蛋 V	香椿肉沫豆腐 M	手撕包菜 V	火腿炒年糕 M	酸辣土豆丝 V
		香烤黄油胡萝卜 V	烤西葫芦 V	橄榄油烤时蔬 V	香烤黄油玉米 V	香烤西兰花 V
		日式乌冬面 S	海苔肉松饭 M	江西炒米粉 V	咸蛋黄虾仁饭 S	蛋炒河粉 V
	面条	藤椒鸡丝面 M	杂酱面 M	红烧牛肉面 M	鲜肉打卤面 M	红烧排骨面 M
		配：青菜/脆瓜/酸笋				
	汤/饭	紫菜蛋花汤 V	虫草花煲鸡 M	酸辣汤 V	广式老鸭汤 M	龙骨玉米汤 M
		牛奶鸡蓉汤 M	豌豆浓汤 V	罗宋汤 V	法式南瓜汤 V	法式番茄浓汤 V
		米饭	米饭	米饭	米饭	米饭
	沙拉吧	蔬菜沙拉	水果沙拉	蔬菜沙拉	水果沙拉	蔬菜沙拉
		玉米汁	红枣汁	玉米汁	红枣汁	玉米汁
		葡萄汁	椰子水	柚子茶	苏打水	苹果汁
		柠檬水	柠檬水	柠檬水	柠檬水	柠檬水
		时令水果2种				