

# CISH WEEKLY MENU

合肥加拿大国际幼儿园2026年4月第5周菜谱4月27日-4月30日  
Hefei Canadian International Kindergarten Weekly Menu Jan. 27-30, 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 美式炒鸡蛋 Scrambled Eggs 橄榄油拌青瓜 V Cucumber Salad with Olive Oil V 香煎鸡肉肠 M Pan-Fried Chicken Sausage M 全麦吐司 Plain Toast	骨汤青菜面 M Noodles with Greens in Bone Broth M 水煮鸡蛋 Boiled Eggs 热拌小白菜 V Stir-Fried Bok Choy V 牛肉包 M Beef Steamed Bun M 牛乳面包 Milk Bread	骨汤小馄饨 M Wontons in Pork Bone Broth M 卤鹌鹑蛋 (去壳) Marinated Shelled Quail Eggs 热拌海裙菜 V Blanched Seaweed Salad V 培根蔬菜卷 M Bacon and Vegetable Roll M 紫薯面包 Purple Sweet Potato Bread	简爱酸奶 Yogurt 橄榄油煎鸡蛋 Fried Egg 黄油烤玉米 V Roasted Corn with Butter V 香煎鸡胸肉 M Pan-Fried Chicken Breast M 奶香乳酪包 Cream Cheese Bun	
课间餐 Morning Snack	沃柑 Honey Tangerine 香蕉 Banana	油桃 Nectarine 哈密瓜 Cantaloupe	香梨 Fragrant Pear 无籽西瓜 Seedless Watermelon	芒果 Mango 橙子 Orange	
午餐 Lunch	香草烤鸡肉 M Herb-Roasted Chicken M 粉丝蒜香蒸虾仁 S Steamed Shrimp with Vermicelli and Garlic S 清炒鸡毛菜 V Stir-Fried Shanghai Greens V 黄油烤手指萝卜 V Butter-Roasted Baby Carrots V 广式鸽子汤 M Cantonese-Style Pigeon Soup M 香米饭 Rice 茄汁蝴蝶面 Farfalle with Tomato Sauce	奥尔良烤鸡翅 M Orleans-Style Baked Chicken Wings M 香烤柠汁鲷鱼块 S Roasted Sea Bream with Lemon Sauce S 清炒藕片 V Stir-Fried Lotus Root Slices V 香烤西兰花 V Roasted Broccoli V 意大利蔬菜汤 V Minestrone Soup V 香米饭 Rice 金枪鱼寿司 S Tuna Sushi S	番茄牛腩 M Braised Beef Brisket in Tomato Sauce M 罗勒虾仁 S Basil Shrimp S 清炒油麦菜 V Sautéed Youmai Greens V 香烤白玉菇 V Roasted White Shimeji Mushroom V 山药老鸡汤 M Chicken Soup with Chinese Yam M 香米饭 Rice 豉油炒面 Stir-Fried Noodles with Soy Sauce	韩式焖排骨 M Korean Braised Pork Ribs M 金汤鱼片 S Fish Fillets in Golden Broth S 清炒娃娃菜 V Stir-Fried Baby Cabbage V 轻烤芥兰 V Lightly Roasted Chinese Broccoli V 龙骨山药汤 M Pork Bone and Chinese Yam Soup M 香米饭 Rice 咸蛋黄嫩鸡披萨 M Salted Egg Yolk and Tender Chicken Pizza M	No school
午点 Afternoon Snack	牛奶枣 Milk Date 纯牛奶 Milk 蒸玉米 Steamed Corn 海绵蛋糕 Sponge Cake	凤梨 Pineapple 纯牛奶 Milk 烤紫薯 Roasted Purple Sweet Potato 苹果派 Apple Pie	蜜桔 Mandarin Orange 纯牛奶 Milk 烤贝贝南瓜 Roasted Pumpkin 柠檬海盐面包 Lemon Sea Salt Bread	羊角蜜 Horned Melon 纯牛奶 Milk 蒸蜜薯 Steamed Sweet Potato 北海道戚风 Hokkaido Chiffon Cake	

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.

# CISH WEEKLY MENU

## 合肥加拿大国际幼儿园TT班菜单 (4.27-4.30)

Hefei Canadian International Kindergarten Menu

**1-2岁EY烹饪的所有食物：切小丁，鱼去刺，肉去筋，水果去核。烹饪：不加味精，不加酱油，基本不加盐，煮软烂，无刺激性食材。水果根据季节替换，保证每天两种**  
For 1-2-year-olds: Cut all food into small pieces; debone fish, trim meat tendons, remove fruit pits. No MSG, no soy sauce, minimal salt. Cook soft, no strong flavors. Seasonal fruits, two kinds per day.

	星期一 Monday	星期二 Tuesday	星期三 Wednesday	星期四 Thursday	星期五 Friday
早餐 Breakfast	南瓜粥 V Pumpkin Congee V 清蒸虾仁碎 S Steamed Minced Shrimp S 全麦吐司 (去边) V Whole Wheat Toast V	菠菜面 V Noodles with Spinach V 奶香小馒头 V Steamed Milk Mantou V 水蒸蛋 V Steamed Egg Custard V	小米山芋粥 V Millet Porridge with Sweet Potato V 蒸牛肉沫 M Steamed Minced Beef M 紫薯面包 (零糖) V Purple Sweet Potato Bread V	番茄鸡蛋小面片 V Tomato & Egg Noodles V 西葫芦丁炒鸡蛋 V Scrambled Eggs with Diced Zucchini V 奶香乳酪包 (零糖) V Milky Cheese Bun V	
课间餐 Morning Snack	沃柑 Honey Tangerine	油桃 Nectarine	香梨 Fragrant Pear	羊角蜜 Horned Melon	
午餐 Lunch	白米饭 V Rice 清蒸鳕鱼碎 S Steamed Minced Cod Fish S 五彩蔬菜丁碎 V Mixed Minced Vegetable Dices V 排骨冬瓜汤 M Winter Melon Spare Ribs Soup M	红薯丁米饭 V Rice with Diced Sweet Potato V 清蒸牛肉碎 M Steamed Minced 胡萝卜西兰花碎 V Steamed Minced Carrot & Broccoli V 虾仁豆腐羹 S Shrimp and Tofu Soup S	虾仁西兰花米饭 S Soft Rice with Shrimp and Broccoli S 清炖软排 (软烂) Braised Tender Spare Ribs 菠菜碎 V Minced Spinach V 奶油南瓜汤 V Cream of Pumpkin Soup V	牛肉土豆泥拌饭 M Beef and Mashed Potato Rice M 清蒸虾碎 S Steamed Minced Shrimp S 冬瓜豆腐丁 V Diced Winter Melon with Tofu V 鲈鱼娃娃菜汤 S Sea Bass and Baby Bok Choy Soup S	No school
午点 Afternoon Snack	玉米泥 V Mashed Corn V 牛奶枣 Milk Date 海绵蛋糕 Sponge Cake 安佳全脂牛奶 Whole Milk	土豆泥 Mashed Potatoes 凤梨 Pineapple 苹果派 Apple Pie 简爱0糖酸奶 Yogurt	贝贝南瓜泥 V Baby Pumpkin Puree V 哈密瓜 Cantaloupe 紫薯面包 Purple Sweet Potato Bread 安佳全脂牛奶 Whole Milk	蜜薯泥 V Mashed Sweet Potato V 蓝莓 Blueberry 北海道戚风 Hokkaido Chiffon Cake 简爱0糖酸奶 Yogurt	