

CISH WEEKLY MENU

Canadian International School Of Hefei Weekly Menu Apr.27-30,2026

Categories	Monday	Tuesday	Wednesday	Thursday	
Breakfast 12 RMB	Plain Toast	Plain Toast	Plain Toast	Plain Toast	
	Chinese & Western Pastries	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
		Salt and Pepper Minced Pork Rolls M	Sticky Rice and Pork Patty M	Pan-Fried Buns M	Steamed Pork Dumplings M
		Scallion Egg Pancake V	Youtiao V	Steamed Milk Buns V	Chive & Egg Pancake V
	Eggs/Meat	Fried Egg	Soy-Marinated Egg	Fried Egg	Chinese Five-Spice Marinated Egg
		Boiled Egg	Boiled Egg	Boiled Egg	Boiled Egg
		Beef Sausage M	Mini Sausage Platter M	Beef Sausage M	Mini Sausage Platter M
		Pan-Fried Ham Slices M	Baked Bacon M	Pan-Fried Ham Slices M	Baked Bacon M
	Grains	Roasted Sweet Corn V	Steamed Chestnut V	Roasted Purple Sweet Potato V	Steamed Pumpkin V
	Vegetables	Sautéed Spinach V	Fried Bacon & Cabbage M	Buttery Roasted Broccoli V	Bacon and Vegetable Roll M
	Porridge/Drinks	Plain Congee V	Nutritious Egg Soup M	Greens and Minced Pork Congee M	Spicy and Sour Pepper Soup V
		Hot Milk	Hot Milk	Hot Milk	Hot Milk
		Coffee	Coffee	Coffee	Coffee
		Milk	Milk	Milk	Milk
	Break Snack	Oatmeal	Oatmeal	Oatmeal	Oatmeal
Yogurt/Fruit		Fragrant Pear	Yogurt	Apple	
Western & Mediterranean		German Grilled Sausage M	Orleans-Style Roast Chicken M	Beef Burgundy M	American Roasted Drumsticks M
		Popcorn Chicken M	Spanish Seafood Paella S	British-Style Fish with Tartar Sauce S	German-Style Roasted Pork Knuckle M
	Spaghetti (Cream/Meat Sauce)	Farfalle (Meat Sauce/Tomato Sauce)	Penne Pasta (Mushroom Cream Sauce/Meat Sauce) M	Spaghetti (Tomato/Meat Sauce) M	
	Beef Pizza V/M	Burger (Chicken/Veg) M/V	Philly-Style Hot Dog M/V	Whole Wheat Sandwich (Tuna/Veg) S/V	
	Roasted Broccoli V	Roasted Zucchini V	Roasted Vegetables with Olive Oil V	Buttery Roasted Corn V	
Asian Cuisine	Rosemary Roasted Potatoes V	Butter-Roasted Potatoes V	Herb-Roasted Potatoes V	Salt and Pepper Potatoes V	
	Hunan-Style Stir-Fried Pork M🌶️	Beef Sukiyaki Hot Pot M/V	Char Siu Chicken Cubes M	Braised Pork Belly with plum M	
	Steamed Egg with Seafood S	Seaweed Meat Paste and Sushi M	Fish with Fresh Chilies S🌶️	Scrambled Eggs with Tomatoes V	
	Stir-Fried Shanghai Greens V	Sautéed Napa Cabbage V	Sautéed Spinach V	Sautéed Youmai Greens V	
Noodles in soup	Japanese Udon Noodles V	Taiwanese Lu Rou Fan(Braised Pork Rice) M	Fried Noodles with Scallion Oil V	Shrimp and Salted Egg Yolk Rich S	
	Braised Pork Rib Noodle Soup M	Noodles with Minced Pork M	Sichuan Pepper Beef Noodles M	Zhajangmian M	
Spicy Level	With Greens, Pickled Cucumber, Pickled Bamboo Shoots				
Soup/Rice	1 chili🌶️ Mild 2 chilies🌶️🌶️ Medium 3 chilies🌶️🌶️🌶️ Extra Spicy				
	Pork Bone and Corn Soup M	Cantonese-Style Duck Soup M	Tomato & Egg Soup V	Chicken and Red Date Soup M	
	Mushroom Cream Soup V	Pea Bisque V	Beef Borscht M	French Pumpkin Soup V	
Salad Bar	Rice	Rice	Rice	Rice	
	Garden Salad	Fruit Salad	Garden Salad	Fruit Salad	
	Corn Juice	Red Dates Juice	Corn Juice	Red Dates Juice	
	Apple Juice	Coconut Water	Yuja Tea	Soda Water	
	Lemonade	Lemonade	Lemonade	Lemonade	
2 Types of Seasonal Fruit					

