

# CISH WEEKLY MENU

合肥加拿大国际幼儿园2026年5月第2周菜谱5月11日-5月15日  
Hefei Canadian International Kindergarten Weekly Menu May.11-15, 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 香煎罗勒肠 M Pan-fried Basil Sausage M 全麦吐司 Plain Toast	牛骨蔬菜汤面 M Beef Bone & Vegetable Noodle Soup M 菠菜蒸鸡蛋 V Steamed Eggs with Spinach V 热拌小白菜 V Warm Tossed Bok Choy V 糯米肉饼 M Sticky Rice and Pork Patty M 苹果面包 Apple Bread	营养沙汤 M Nutritious Egg Soup M 水煮鸡蛋 Boiled Egg 热拌广东菜心 V Warm Tossed Chinese Broccoli V 鲜虾小蒸饺 S Mini Steamed Shrimp Dumplings S 黄油面包 Buttery Bread	简爱酸奶 Yogurt 煎鸡蛋 Fried Egg 黄油烤玉米 V Roasted Corn with Butter V 香煎鸡胸肉 M Pan-Seared Chicken Breast M 乳酪包 Cheese Bun	骨汤小馄饨 M Wontons in Pork Bone Broth M 五香鹌鹑蛋 (去壳) Marinated Quail Egg 橄榄油拌菠菜 V Blanched Spinach with Olive Oil V 酱香饼 V Sauce-Flavored Chinese Pancake V 牛奶面包 Milk Bread
课间餐 Morning Snack	香蕉 Banana 李子 Plum	橙子 Orange 蓝莓 Blueberry	凤梨 Pineapple 白玉瓜 Honeydew Melon	羊角蜜 Horned Melon 苹果 Apple	条纹甜瓜 Striped Melon 油桃 Nectarine
午餐 Lunch	番茄牛肉 M Tomato Beef Stew M 豉汁鱼片 S Fish Fillet in Black Bean Sauce S 烤芦笋小土豆 V Roasted Asparagus and Baby Potatoes V 清炒七宝青 V Stir-Fried Shanghai Greens V 意大利蔬菜汤 V Italian Vegetable Soup V 香米饭 Rice 奶汁培根意大利面 M Spaghetti with Bacon and Creamy Sauce M	奥尔良烤鸡翅 M Orleans-Style Roasted Chicken Wings M 日式咖喱虾仁 S Japanese Curry Shrimp S 香烤豆角茄条 Roasted String Beans & Eggplant Strips 清炒西葫芦丝 V Stir-Fried Zucchini Julienne V 冬笋老鸭汤 M Old Duck & Winter Bamboo Shoot Soup M 香米饭 Rice 墨西哥鸡肉卷 M Chicken Burrito 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 韩式炒杂蔬 Korean Style Stir-fried Mixed Vegetables 香菇老鸡汤 M Shiitake Mushroom & Old Chicken Soup M 香米饭 Rice 牛肉汉堡 M Beef Burger M	泰式香茅烤鸡腿 M Thai Lemongrass Roasted Chicken Drumstick M 粉丝蒜香蒸虾仁 S Steamed Shrimp with Vermicelli and Garlic S 烤双花 V Roasted Broccoli & Cauliflower V 清炒苋菜 V Sautéed Amaranth Greens V 紫菜蛋花汤 V Seaweed Egg Drop Soup V 香米饭 Rice 黑松露海鲜披萨 S Seafood Pizza with Black Truffle S	菠萝牛肉粒 M Pineapple Diced Beef M 蒜香炒鱼片 S Stir-fried Fish Fillet with Garlic S 清炒小青菜 V Stir-Fried Shanghai Greens V 西红柿炒鸡蛋 Scrambled Eggs with Tomatoes 排骨冬瓜汤 M Winter Melon Spare Ribs Soup M 香米饭 Rice 小番茄意大利面 V Pasta with Cherry Tomato Sauce V
午点 Afternoon Snack	黄油烤玉米 Roasted Corn with Butter 白心火龙果 White Dragon Fruit 纯牛奶 Milk 椰蓉蛋糕 Coconut Cake	烤蜜薯 Roasted Sweet Potato 哈密瓜 Cantaloupe 纯牛奶 Milk 雪芙面包 Chiffon Bread	烤贝贝南瓜 Roasted Pumpkin 香梨 Fragrant Pear 纯牛奶 Milk 酸奶面包 Yogurt Bread	杂粮小馒头 Multigrain Steamed Bun 芒果 Mango 纯牛奶 Milk 脆皮面包 Crispy Crust Bread	蒸紫薯 Steamed Purple Sweet Potato 凤梨 Pineapple 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.

# CISH WEEKLY MENU

## 合肥加拿大国际幼儿园TT班菜单 (5.11-5.15)

### 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	小米南瓜粥 V Millet Pumpkin Congee V 清蒸虾仁碎 S Steamed Minced Shrimp S 全麦吐司 (去边) Plain Toast (with crust removed)	青菜米线 V Rice Noodles with Greens V 奶香小馒头 V Steamed Milk Mantou V 水蒸蛋 V Steamed Egg Custard V	营养紫薯粥 V Nutritious Purple Sweet Potato Porridge V 鲜虾小蒸饺 M Mini Steamed Shrimp Dumplings M 黄油面包 (零糖) V Buttery Bread (0 sugar)V	油麦菜小面片 V Leaf Lettuce Noodle Sheets V 虾仁胡萝卜 S Shrimp with Carrots S 鲜肉饼 M Minced Pork Patty M	虾仁蔬菜粥 S Shrimp and Vegetable Porridge S 番茄炒鸡蛋 V Scrambled Eggs with Tomatoes V 牛奶面包 (零糖) V Milk Bread (0 sugar)V
课间餐 Morning Snack	香蕉 Banana	哈密瓜 Cantaloupe	白玉瓜 Honeydew Melon	羊角蜜 Horned Melon	条纹甜瓜 Striped Melon
午餐 Lunch	菠菜碎小面片 V Small Spinach and Minced Meat Noodles V 烤番茄三文鱼碎 S Roasted Tomato Shredded Salmon S 娃娃菜碎 V Minced Baby Cabbage V 白萝卜鲫鱼浓汤 S Crucian Carp & White Radish Thick Soup S	香米饭 V Rice V 虾仁玉米碎 S Shrimp & Crushed Corn S 胡萝卜西兰花碎 V Minced Carrot Broccoli V 冬笋老鸭浓汤 M Old Duck & Winter Bamboo Shoot Soup M	番茄土豆焖米饭 V Tomato Potato Braised Rice V 鳕鱼蔬菜碎 S Minced Cod with Vegetables S 胡萝卜西葫芦碎 V Minced Carrot & Zucchini V 鲜虾豆腐羹 S Fresh Shrimp Tofu Soup S	牛肉拌饭 M Beef Mixed Rice M 清蒸虾碎 S Steamed Minced Shrimp S 苋菜碎 V Minced Amaranth Greens V 紫菜蛋花浓汤 V Seaweed Egg Drop Soup V	紫菜虾仁小馄饨 S Seaweed Shrimp Wonton S 牛肉白菜碎 M Minced Beef M 土豆泥 V Mashed Potato V 冬瓜玉米汤 V Wax Gourd & Corn Soup V
午点 Afternoon Snack	蒸土豆 Steamed Potatoes 白心火龙果 White Dragon Fruit 安佳全脂牛奶 Whole Milk 椰蓉蛋糕 Coconut Cake	蒸蜜薯 V Steamed Sweet Potato V 雪梨 Snow Pear 简爱0糖酸奶 Yogurt 雪芙面包 Chiffon Bread	蒸南瓜 V Steamed Pumpkin V 凤梨 Pineapple 安佳全脂牛奶 Whole Milk 酸奶面包 Yogurt Bread	蒸玉米 V Steamed Corn V 芒果 Mango 简爱0糖酸奶 Yogurt 脆皮面包 Crispy Crust Bread	蒸紫薯 V Steamed Purple Sweet Potato V 黑莓 Blackberry 安佳全脂牛奶 Whole Milk 南瓜派 Pumpkin Pie