

CISH WEEKLY MENU

Canadian International School Of Hefei Weekly Menu May.11-15,2026

Categories	Monday	Tuesday	Wednesday	Thursday	Friday	
Breakfast 12 RMB	Plain Toast	Plain Toast	Plain Toast	Plain Toast	Plain Toast	
	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 Buns M	Sticky Rice and Pork Patty M	Steamed Pork Dumplings M	Minced Pork Rolls M	Potstickers M	
	Vegetable Pancake V	Multigrain Steamed Bun V	Spring Rolls V	Sesame Rice Balls V	Savoury Pan-Fried Pancake V	
	Eggs/Meat	Fried Egg	Soy-Marinated Egg	Fried Egg	Chinese Five-Spice Marinated Egg	Fried Egg
		Boiled Egg	Boiled Egg	Boiled Egg	Boiled Egg	Boiled Egg
		Mini Sausage Platter M	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	Pan-Fried Ham Slices M
	Grains	Baked Kabocha Squash V	Steamed Sweet Corn V	Roasted Baby Carrots V	Steamed Sweet Corn V	Roasted Purple Sweet Potato V
Vegetables	Sautéed Spinach V	Baby Bok Choy with Ham M	Stir-Fried Shanghai Greens V	Bacon & Cabbage M	Scrambled Eggs with Tomatoes V	
Porridge/Drinks	Pork and Greens Congee M	Nutritious Egg Soup M	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	
Break Snack	Yogurt/Fruit	Honey Tangerine	Yogurt	Fragrant Pear	Yogurt	Mandarin Orange
Lunch 28 RMB	Western& Mediterranean	German-Style Fried Pork Chop M	New Orleans-Style BBQ Chicken M	Butter-Roasted Garlic Fried Pork Chop M	Hungarian Goulash M	German-Style Roasted Pork Knuckle M
		Grilled German Basil Sausage with Pickled Gherkins M	Spicy Shakshuka with Baguette V	Creamy Bacon Risotto M	Popcorn Chicken M	American-Style Fried Chicken Nuggets M
		Spaghetti (Cream/Meat Sauce)	Fusilli Pasta (Tomato Sauce/Meat Sauce)	Fusilli Pasta (Black Truffle Cream / Meat Sauce)	Lasagna M	Spaghetti (Tomato/Meat Sauce) M
		Salted Egg Yolk and Tender Chicken Pizza (Chicken/Veg) M/V	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	Steamed Sweet Corn V	Roasted Vegetables with Olive Oil V	Roasted Zucchini V	Roasted Green Cabbage V
	Asian Cuisine	Butter Baked Potatoes V	Waffle-Cut Roasted Potatoes V	Salt and Pepper Potatoes V	Rosemary Roasted Baby Potatoes V	Mashed Potatoes V
		Steamed Chicken with Scallion Oil M	Thai Lemongrass Pork Neck M	Sichuan Pepper Chicken Nuggets M	Salt Chicken Thigh M	Cumin Beef Rolls M
		Steamed Fish Slices with Chopped Chili S	Minced Pork Tofu with Salted Egg Yolk M	Seaweed Meat Paste and Sushi M	Tempeh Squid S	Stir-Fried Eggplant with Minced Pork M
		Stir-Fried Shanghai Bok Choy V	Stir-Fried Bok Choy V	Sautéed Napa Cabbage V	Sautéed Spinach V	Sautéed Amaranth Greens V
	Noodles in soup	Fried Noodles with Satay Sauce V	Taiwanese Lu Rou Fan(Braised Pork Rice) M	Egg Chow Ho Fun V	Steamed Rice with Chinese Sausage M	Stir-fried Vermicelli with Minced Pork M
		Rattan Pepper Shredded Chicken Noodles M	Huainan Beef Vermicelli / Noodles M	Pickled Mustard Green & Shredded Pork Noodles/Rice Noodles	Zhajiangan M	Braised Beef Noodle Soup M
		With Greens, Pickled Cucumber, Pickled Bamboo Shoots				
	Spicy Level	1 chili Mild 2 chilies Medium 3 chilies Extra Spicy				
	Soup/Rice	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
		Hungarian Beef Goulash M	Pea bisque V	Italian Vegetable Soup V	French Pumpkin Soup V	French Tomato Bisque V
Salad Bar	Rice	Rice	Rice	Rice	Rice	
	Wheatgrass Salad	Fruit Salad	Garden Salad	Fruit Salad	Wheatgrass Salad	
	Corn Juice	Red Dates Juice	Corn Juice	Red Dates Juice	Corn Juice	
	Orange 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5月份第2周食谱（5月11日—5月15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	鲜肉蒸饺 M	肉沫卷 M	锅贴饺 M
		蔬菜饼 V	杂粮馒头 V	春卷 V	麻圆 V	酱香饼 V
	蛋肉	煎鸡蛋	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
		小盘肠 M	牛肉肠 M	小盘肠 M	牛肉肠 M	小盘肠 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	烤贝贝南瓜 V	烤沙地红薯 V	香烤手指萝卜 V	清蒸甜玉米 V	烤紫薯 V
	时蔬	清炒菠菜 V	火腿娃娃菜 M	清炒鸡毛菜 V	培根卷心菜 M	番茄炒鸡蛋 V
	咖啡/粥	鲜肉青菜粥 M	营养沙汤 M	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	沃柑	酸奶	香梨	酸奶	小米蕉
午餐 28元	美式 地中海	德式炸猪排 M	奥尔良烤鸡 M	蒜香黄油煎猪扒 M	匈牙利烩牛肉 M	德式烤猪肘 M
		德式烤罗勒肠配酸黄瓜 M	辣北非蛋配法棍 V	奶汁培根烩饭 M	鸡米花 M	美式炸鸡块 M
		意大利直面（奶汁/肉酱）	意大利斜管（肉酱/茄汁）	意大利螺旋面（黑松露奶汁/肉酱）	意大利千层面 M	意大利直面 M（茄汁/肉酱）
		咸蛋黄嫩鸡披萨（鸡肉/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	蒸甜玉米 V	橄榄油烤时蔬 V	烤西葫芦 V	香烤西兰花 V
		黄油烤土豆 V	香烤薯格 V	椒盐土豆 V	迷迭香烤小土豆 V	土豆泥 V
	亚洲风味	葱油鸡 M	泰式香茅猪颈肉 M	藤椒鸡块 M	椒盐鸡棒腿 M	孜然肥牛卷 M
		剁椒鱼片 S	咸蛋黄肉沫豆腐 M	海苔肉松寿司卷 M	豆豉鱿鱼花 S	肉沫茄子 M
		清炒上海青 V	清炒小油菜 V	清炒奶白菜 V	清炒菠菜 V	清炒苋菜 V
		沙茶炒面 V	台式卤肉饭 M	蛋炒河粉 V	腊肠焖饭 M	肉沫炒粉丝 M
	面条	藤椒鸡丝面 M	淮南牛肉粉丝/面 M	酸菜肉丝面/米线 M	杂酱面 M	红烧牛肉面 M
	辣度	配：青菜/脆瓜/酸笋 一颗🔥微辣，两颗🔥🔥中辣，三颗🔥🔥🔥重辣				
	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
		匈牙利牛肉汤 M	豌豆浓汤 V	意大利蔬菜汤 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	冰草沙拉	水果沙拉	蔬菜沙拉	水果沙拉	冰草沙拉
		玉米汁	红枣汁	玉米汁	红枣汁	玉米汁
		橙汁	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						