

合肥加拿大国际幼儿园TT班菜单 (5.18-5.22)

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	菠菜粥 V Spinach Congee V 清蒸虾仁碎 S Steamed Minced Shrimp S 奶香吐司 (去边) V Milk Plain Toast (with crust removed) V	青菜面 V Noodles with Greens V 土豆蔬菜饼 V Vegetable Pancake with Potato V 鹌鹑蛋 Boiled Quail Eggs	蜜薯粥 V Sweet Potato Porridge V 莴笋虾仁小蒸饺 S Steamed Shrimp & Lettuce Dumplings S 火龙果面包 (零糖) V Dragon Fruit Bread(0 Sugar) V	番茄鸡蛋小面片 V Tomato & Egg Noodles V 虾仁胡萝卜 S Shrimp with Carrots S 鸡肉饼 M Chicken Pancake M	虾仁芹菜粥 S Shrimp & Celery Porridge S 牛奶炒鸡蛋 V Milk Scrambled Eggs V 全麦面包 Whole Wheat Bread
课间餐 Morning Snack	耙耙柑 Chinese Honey Citrus	香蕉 Banana	黑莓 Blackberry	猕猴桃 Kiwi	苹果 Apple
午餐 Lunch	西红柿炒鸡蛋 Scrambled Eggs with Tomatoes 鳕鱼蔬菜碎水饺 S Cod & Vegetable Dumplings S 娃娃菜碎 V Minced Baby Cabbage V 牛骨萝卜浓汤 M Beef Bone & Radish Soup M	香米饭 V Rice V 清炖软排 (软烂) M Braised Tender Spare Ribs M 油麦菜碎 V Minced Youmai Greens V 紫菜蛋花浓汤 V Seaweed Egg Drop Soup V	土豆焖米饭 V Potato Braised Rice V 蟹味菇三文鱼碎 S Shimeji Mushroom with Minced Salmon S 胡萝卜西葫芦碎 V Minced Carrot & Zucchini V 鲈鱼娃娃菜汤 S Sea Bass and Baby Bok Choy Soup S	鸡肉拌饭 M Chicken Rice Bowl M 清蒸虾碎 S Steamed Minced Shrimp S 西兰花碎 V Minced Broccoli V 老鸭浓汤 M Duck Soup M	紫菜虾仁小面片 S Seaweed Shrimp Minced Noodles S 牛肉白菜碎 M Minced Beef M 土豆泥 V Mashed Potato V 番茄虾仁浓汤 S Tomato & Shrimp Bisque S
午点 Afternoon Snack	蒸贝贝南瓜 Steamed Kabocha Squash 香蕉 Banana 安佳全脂牛奶 Whole Milk 红枣泥蛋糕 Red Date Puree Cake	蒸蜜薯 Steamed Sweet Potato 千禧果 Cherry Tomatoes 简爱0糖酸奶 Yogurt 华夫饼 Waffle	土豆泥 V Mashed Potatoes V 耙耙柑 Chinese Honey Citrus 安佳全脂牛奶 Whole Milk 雪芙面包 Chiffon Bread	蒸蜜薯 Steamed Sweet Potato 香蕉 Banana 简爱0糖酸奶 Yogurt 乳酪包 Cheese Bun	烤紫薯 Roasted Purple Sweet Potato 黑莓 Blackberry 安佳全脂牛奶 Whole Milk 南瓜派 Pumpkin Pie

CISH WEEKLY MENU

合肥加拿大国际幼儿园2026年5月第3周菜谱5月18日-5月22日
Hefei Canadian International Kindergarten Weekly Menu Mar.18-22, 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 橄榄油煎鸡蛋 Fried Egg with Olive Oil 橄榄油拌菠菜 V Blanched Spinach with Olive Oil V 香煎牛肉肠 M Beef Sausage M 奶香吐司 Buttery Toast	鸡汤面 M Chicken Soup Noodles M 牛奶炒鸡蛋 Milk Scrambled Eggs 热拌小白菜 V Warm Tossed Bok Choy V 牛肉包 M Beef Steamed Bun M 椰蓉面包 Coconut 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 锅贴饺 M Potstickers M 火龙果面包 Dragon Fruit Bread	简爱酸奶 Yogurt 黄油煎鸡蛋 Butter Fried Egg 热拌鸡毛菜 V Warm Tossed Shanghai Greens V 香煎鸡胸肉 M Pan-Seared Chicken Breast M 肠仔包 M Sausage Bun M	骨汤小馄饨 M Wontons in Pork Bone Broth M 香卤鹌鹑蛋 Marinated Quail Egg 热拌小青菜 V Sautéed Bok Choy V 鲜肉水饺 M Fresh Pork Dumplings M 全麦面包 Whole Wheat Bread
课间餐 Morning Snack	香蕉 Banana 油桃 Nectarine	苹果 Apple 香梨 Fragrant Pear	羊角蜜 Horned Melon 无籽西瓜 Seedless Watermelon	白玉瓜 Honeydew Melon 千禧果 Cherry Tomatoes	哈密瓜 Cantaloupe 芒果 Mango
午餐 Lunch	番茄牛肉 M Tomato Beef Stew M 黄油柠汁烤鲷鱼 S Roasted Sea Bream with Butter and Lemon Juice S 烤洋葱小土豆 V Roasted Baby Potatoes with Onions V 清炒油麦菜 V Sautéed Youmai Greens V 牛骨萝卜汤 M Oxtail and Daikon Soup M 香米饭 Rice 菌菇烩意面 V Mushroom Cream Pasta V	奥尔良烤鸡翅 M Orleans-Style Roasted Chicken Wings M 盐水大虾 S Salted Shrimp S 香烤手指萝卜 V Roasted Baby Carrots V 清炒七宝青 V Stir-Fried Shanghai Greens V 紫菜蛋花汤 V Seaweed Egg Drop Soup V 香米饭 Rice 迷你鸡排汉堡 M Mini Chicken Slider Burger M	德式烤猪肘 M German-Style Roasted Pork Knuckle M 黄焖鱼片 S Braised Fish Fillet in Brown Sauce S 香烤白玉菇蟹味菇 V Roasted White Shimeji Mushroom & Beech Mushrooms V 清炒奶白菜 V Sautéed Baby Bok Choy V 香米饭 Rice 墨西哥鸡肉卷 M Chicken Burrito M 茶树菇鸭汤 M Camellia Sinensis Mushroom and Duck Soup M	美式烤牛腩 M American Roasted Beef Brisket 罗勒虾仁 S Basil Shrimp S 烤双花 V Roasted Broccoli & Cauliflower V 清炒菠菜 V Sautéed Spinach V 法式番茄浓汤 V French Tomato Bisque V 香米饭 Rice 意式青酱薄底牛肉披萨 M Italian Pesto Thin Crust Beef Pizza M	美式蛋黄烤鸡腿肉 M American-Style Baked Chicken Thigh with Egg Yolk M 蒜香炒鱼片 S Garlic Sliced Fish Fillet S 清炒小青菜 V Stir-Fried Shanghai Greens V 西红柿炒鸡蛋 V Scrambled Eggs with Tomatoes V 虫草花鸡汤 M Cordyceps Flower Chicken Soup M 香米饭 Rice 奶汁罗勒蝴蝶面 V Creamy Basil Farfalle
午点 Afternoon Snack	烤贝贝南瓜 Baked Kabocha Squash 白心火龙果 White Dragon Fruit 纯牛奶 Milk 红枣泥蛋糕 Red Date Puree Cake	烤蜜薯 Roasted Sweet Potato 哈密瓜 Cantaloupe 纯牛奶 Milk 华夫饼 Waffle	黄油烤玉米 Roasted Corn with Butter 圆密瓜 Melon 纯牛奶 Milk 雪芙面包 Chiffon Bread	奶香小馒头 Steamed Milk Mantou 雪梨 Snow Pear 纯牛奶 Milk 乳酪包 Cheese Bun	蒸紫薯 Steamed Purple Sweet Potato 红心火龙果 Red Dragon Fruit 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.