

# CISH WEEKLY MENU

## Canadian International School Of Hefei Weekly Menu May.18-22,2026

Categories	Monday	Tuesday	Wednesday	Thursday	Friday	
Break fast 12 RMB	Plain Toast	Plain Toast	Plain Toast	Plain Toast	Plain Toast	
	Chinese & Western Pastries	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 Bun with Beef in Chili Oil M	Pan-Fried Thumb-Sized Buns M	Potstickers M	Minced Pork Patty M	Fresh Pork Dumplings M
		Egg Pancake V	Sauce-Flavored Scallion Pancake V	Leek Box V	Shredded Potato Wrap V	Steamed Milk Buns V
	Eggs/Meat	Fried Egg with Olive Oil	Soy-Marinated Egg	Fried Egg with Olive Oil	Chinese Five-Spice Marinated Egg	Fried Egg with Olive Oil
		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	Roasted Sweet Potato V	Roasted Baby Carrots V	Steamed Sticky 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	Beef and Celery Congee M	West Lake Beef Soup M	Plain Congee V	Tomato & Egg Soup V	Corn Gruel V	
	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	Apple	Yogurt	Fragrant Pear	Yogurt	Mandarin Orange
Lunch 28 RMB	Western& Mediterranean	American-Style Baked Chicken Thigh with Egg Yolk M	German-Style Roasted Pork Chop with Sauerkraut M	Herb-Roasted Beef M	German-Style Roasted Pork Knuckle M	New Orleans-Style BBQ Chicken M
		Grilled Black Pepper Sausage with Pickled Cucumber M	Fish Fillet in Tomato Sauce S	American-Style Fried Chicken Nuggets M	Popcorn Chicken M	Fried Fish Steak S
		Spaghetti (Cream/Meat Sauce)	Penne Pasta(Tomato Sauce/Meat Sauce)	Fusilli Pasta (Black Truffle Cream/Meat Sauce)	Farfalle (Meat Sauce/Tomato Sauce)	Spaghetti (Basil Cream Sauce/Meat Sauce)M
		Salami Pizza (Pork/Veg) M/V	Chicken Slider Burger (Chicken/Veg)M/V	Beef Taco M/V	Chicken Sandwich (Chicken/Veg)M/V	Pesto Thin Crust Beef Pizza (Beef/Veg)M/V
		Roasted Cabbage V	Roasted 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	Mashed Potatoes V	Waffle-Cut Roasted Potatoes V	Buttery Roasted Potatoes with Garlic V
		Sautéed Pork with Fermented Black Beans M🔥	Spicy Chili Oil Saliva Chicken M🔥	Braised Pork Belly with plum M	Coconut Curry Beef M	Crispy Pork M
		Steamed Egg with Shrimp S	Sautéed Eggplant with Pork M	Steamed Fish Slices with Chopped Chili S🔥	Twice-Cooked Pork M🔥	Sichuan Boiled Spicy Fish Slices S🔥
		Stir-Fried Shanghai Greens V	Sautéed Spinach V	Sautéed Napa Cabbage V	Stir-Fried Shanghai Bok Choy V	Sautéed Amaranth Greens V
		Stir-Fried Noodles with Ham M	Korean-Style Plum Meat Bibimbap M	Stir-Fried Rice Noodles V	Steamed Rice with Chinese Sausage M	Japanese Udon Noodles V
	Noodles in soup	Chicken Noodle Soup M	Huainan Beef Vermicelli/Noodles M	Noodles with Minced Pork in Sour Soup/Rice Noodles M	Zhajianganian M	Noodles with Minced Pork/Rice Noodles M
	Spicy Level	With Greens, Pickled Bamboo Shoots				
	Soup/Rice	1 chili🔥 Mild      2 chilies🔥🔥 Medium      3 chilies🔥🔥🔥 Extra Spicy				
	Salad Bar	Seaweed Egg Drop Soup V	Cantonese-Style Duck Soup M	Pork Bone and Winter Melon Soup M	Double-Boiled Chicken with Cordyceps Militaris M	Oxtail and Daikon Soup M
		Borscht with Beef M	Green Pea Cream Soup V	Borscht V	French Pumpkin Soup V	French Tomato Bisque V
		Rice	Rice	Rice	Rice	Rice
		Wheatgrass Salad	Fruit Salad	Garden Salad	Fruit Salad	Wheatgrass Salad
		Com Juice	Red Dates Juice	Com Juice	Red Dates Juice	Com Juice
Salad Bar	Apple Juice	Coconut Water	Yuja Tea	Soda Water	Grape Juice	
	Lemonade	Lemonade	Lemonade	Lemonade	Lemonade	
	2 Types of Seasonal Fruit					

Authorized strength:

Audit:

Director of Operations:

International department:

G.A.O:

# CISH WEEKLY MENU

合肥加拿大外籍子女学校2026年5月份第3周食谱（5月18日—5月22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
		红油牛肉包 M	拇指煎包 M	锅贴饺 M	鲜肉饼 M	鲜肉水饺 M
		鸡蛋饼 V	葱油烤饼 V	韭菜盒子 V	土豆丝卷饼 V	奶香小馒头 V
	蛋肉	橄榄油煎鸡蛋	卤鸡蛋	橄榄油煎鸡蛋	五香卤鸡蛋	橄榄油煎鸡蛋
		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	清蒸糯玉米 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	牛肉芹菜粥 M	西湖牛肉羹 M	明火白粥 V	番茄鸡蛋汤 V	玉米糝粥 V
		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	苹果	酸奶	香梨	酸奶	小米蕉
午餐 28元	美式 地中海	美式蛋黄烤鸡腿肉 M	德式烤猪扒配酸菜 M	香草烤牛肉 M	德式烤猪肘 M	奥尔良烤鸡 M
		烤黑椒肠配酸黄瓜 M	茄汁鱼片 S	美式炸鸡块 M	鸡米花 M	炸鱼排 S
		意大利直面（奶汁/肉酱）	意大利斜管面（茄汁/肉酱）	意大利螺旋面（黑松露奶汁/肉酱）	意大利蝴蝶面（肉酱/茄汁）	意大利直面 M（罗勒奶汁/肉酱）
		萨拉米披萨 M（猪肉/素） M/V	手工鸡排汉堡（鸡肉/素） M/V	牛肉塔可 M/V	鸡肉三明治（鸡肉/素） M/V	青酱牛肉薄饼披萨（牛肉/素） M/V
		香烤包菜 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	香烤薯条 V	土豆泥 V	香烤薯格 V	蒜香黄油烤小土豆 V
	亚洲风味	豉豉小炒肉 M🔥	红油口水鸡 M🔥	话梅红烧肉 M	椰香咖喱牛肉 M	小酥肉 M
		虾仁蒸蛋 S	茄子炒肉 M	剁椒鱼片 S🔥	回锅肉 M🔥	水煮鱼片 S🔥
		清炒七宝青 V	清炒菠菜 V	清炒奶白菜 V	清炒上海青 V	清炒苋菜 V
		火腿炒面 M	韩式梅花肉拌饭 M	素炒河粉 V	腊肠焖饭 M	葱油乌冬面 V
	面条	鸡丝面 M	淮南牛肉粉丝/面 M	酸汤肉沫面/米线 M	杂酱面 M	臊子面/米线 M
	辣度	配：青菜/酸笋 一颗🔥微辣，两颗🔥🔥中辣，三颗🔥🔥🔥重辣				
	汤/饭	紫菜蛋花汤 V	广式老鸭汤 M	龙骨冬瓜汤 M	虫草花煲鸡 M	牛骨萝卜汤 M
		牛肉红菜汤 M	青豆奶汁汤 V	罗宋汤 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	
	苹果汁	椰子水	柚子茶	苏打水	葡萄汁	
	柠檬水	柠檬水	柠檬水	柠檬水	柠檬水	
时令水果2种						

编制：

审核：

运营总监：

国际部：

总务处：