

CISH WEEKLY MENU

合肥加拿大国际幼儿园2026年6月第1周菜谱6月1日-6月5日

Hefei Canadian International Kindergarten Weekly Menu Jun. 1-5, 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 V Oatmeal with Milk V 水煮鸡蛋 Boiled Egg 橄榄油拌西兰花 V Roasted Broccoli with Olive Oil V 奶香吐司 Milk Plain Toast 香煎猪肉小盘肠 M Pan-Fried Mini Sausage Platter M | 鸡汤青菜荞麦面 M Chicken Noodle Soup with Greens & Buckwheat Noodles M 美式炒鸡蛋 Scrambled Eggs 热拌七宝青 V Stir-Fried Mixed Greens V 脆皮面包 Crispy Crust Bread 软面猪肉饼 M Soft Dough Pork Patty M | 南瓜小米粥 V Pumpkin Millet Porridge V 五香鹌鹑蛋 (去壳) Marinated Shelled Quail Eggs(Peeled Egg) 热拌小白菜 V Stir-Fried Bok Choy V 乳酪包 Cheese Bun 牛肉蒸饺 M Steamed Beef Dumplings M | 筒爱酸奶 Yogurt 煎鸡蛋 Fried Egg 热拌油麦菜 V Warm Sautéed Celtuce V 椰丝面包 Coconut Bread 香煎鸡胸肉 M Pan-Fried Chicken Breast M | 骨汤馄饨 M Wonton in Bone Broth M 菠菜蒸鸡蛋 V Steamed Eggs with Spinach V 热拌苋菜 V Warmed Tossed Amaranth Greens V 全麦面包 Whole Wheat Bread 猪肉烧麦 M Steamed Pork Shaomai M |
| 课间餐 Morning Snack | 荔枝 Lychee 无籽西瓜 Seedless Watermelon | 香蕉 Banana 猕猴桃 Kiwi | 苹果 Apple 哈密瓜 Cantaloupe | 油桃 Nectarine 芒果 Mango | 圆密瓜 Melon 干禧果 Cherry Tomatoes |
| 午餐 Lunch | 叉烧烤鸡块 M Barbecued Chicken Pieces M 香煎鲷鱼 S Pan-Fried Sea Bream S 清炒娃娃菜 V Stir-Fried Baby Cabbage V 香烤彩椒西芹 V Roasted Bell Peppers and Celery V 紫菜蛋花汤 V Seaweed Egg Drop Soup V 香米饭 Rice 塔可 V Tacos V | 酸汤肥牛 M Sour Soup with Beef M 盐水虾仁 S Salt-Boiled Shrimp S 香烤茄条 V Roasted Eggplant Strips V 清炒西葫芦丝 V Stir-Fried Zucchini Julienne V 意大利蔬菜汤 V Italian Vegetable Soup V 香米饭 Rice 鸡肉卷 M Chicken Burrito M | 奥尔良烤鸡翅 M Orleans-Style Baked Chicken Wings M 金汤鱼片 S Fish Fillets in Golden Broth S 清炒鸡毛菜 V Stir-Fried Shanghai Greens V 香烤西兰花 V Roasted Broccoli V 山药老鸡汤 M Chicken Soup with Chinese Yam M 香米饭 Rice 三丝炒河粉 V Stir-Fried Rice Noodles with Three Shreds V | 韩式焖排骨 M Korean Braised Pork Ribs M 黄油柠汁虾仁 S Shrimp with Butter and Lemon Juice S 清炒奶白菜 V Stir-Fried Napa Cabbage V 香烤手指胡萝卜 V Roasted Baby Carrots V 牛骨海带冬瓜汤 M Beef Bone, Kelp & Winter Melon Soup M 香米饭 Rice 爆汁牛肉披萨 M Juicy Beef Pizza M | 勃艮第炖牛腩 M Beef Bourguignon M 意式番茄烤鲷鱼 S Italian-Style Baked Sea Bream with Tomato S 清炒小青菜 V Stir-Fried Greens V 香烤迷迭香小土豆 V Rosemary Roasted Baby Potatoes V 排骨蔬菜汤 M Pork Rib and Vegetable Soup M 香米饭 Rice 意大利千层面 M Lasagna M |
| 午点 Afternoon Snack | 蓝莓 Blueberry 原味玛芬蛋糕 Muffin Cake 纯牛奶 Milk 蒸玉米 Steamed Corn | 白心火龙果 White Dragon Fruit 蛋挞 Egg Tart 纯牛奶 Milk 烤紫薯 Roasted Purple Sweet Potato | 小香蕉 Mini Bananas 毛毛虫面包 Long Sweet Roll 纯牛奶 Milk 南瓜发糕 Pumpkin Steamed Cake | 红心火龙果 Red Dragon Fruit 酸奶面包 Yogurt Bread 纯牛奶 Milk 烤蜜薯 Roasted Sweet Potato | 荔枝 Lychee 紫薯派 Purple Sweet Potato Pie 纯牛奶 Milk 烤贝贝南瓜 Roasted Pumpkin |

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 (6.1-6.5)

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.

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|-----------------------|---|--|--|--|---|
| 早餐 Breakfast | 牛奶燕麦片 V Oatmeal with Milk V 香煎虾仁碎 S Pan-Seared Minced Shrimp S 奶香吐司 (去边) V Milk Plain Toast (with crust removed) V | 青菜蝴蝶面 V Farfalle with Greens V 软面蔬菜饼 V Soft Dough Vegetable Pancake V 水煮鸡蛋 Boiled Egg | 南瓜小米粥 V Pumpkin Millet Porridge V 土豆西葫芦饼 V Potato & Zucchini Pancake V 乳酪包 (零糖) Cheese Bun (0 Super) | 菠菜橄榄油小片面 V Spinach Noodles with Olive Oil V 虾仁胡萝卜 S Shrimp & Carrots S 青菜鸡蛋饼 V Greens & Egg Pancake V | 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 | 红心火龙果 Red Dragon Fruit | 荔枝 Lychee | 香蕉 Banana | 猕猴桃 Kiwi | 蓝莓 Blueberry |
| 午餐 Lunch | 番茄鸡肉拌饭 V Tomato & Chicken Rice Bowl V 橄榄油煎银鳕鱼 S Pan-Fried Cod with Olive Oil S 胡萝卜土豆丁 V Steamed Diced Carrot & Potato V 紫菜蛋花浓汤 V Seaweed Egg Drop Soup V | 蜜薯香米饭 V Sweet Potato Rice 番茄虾仁 S Steamed Tomato & Shrimp S 五彩蔬菜丁碎 V Mixed Minced Vegetable Dices V 意大利蔬菜浓汤 V Italian Vegetable Soup V | 香米饭 V Rice V 三文鱼芦笋碎 S Minced Salmon & Asparagus S 西兰花碎 V Minced Broccoli V 番茄鲈鱼浓汤 S Thick Tomato Perch Soup S | 番茄小面片 V Tomato Noodle Slices V 冬瓜炖软排 M Braised Soft Pork Ribs with Winter Melon M 清蒸西葫芦胡萝卜碎 V Steamed Minced Zucchini & Carrots V 奶油蘑菇浓汤 V Cream of Mushroom Soup V | 南瓜香米饭 V Pumpkin Rice V 牛肉蔬菜碎 M Minced Beef & Vegetables M 土豆泥 V Mashed Potato V 南瓜浓汤 V Cream of Pumpkin Soup V |
| 午点 Afternoon Snack | 贝贝南瓜 Steamed Kabocha Squash 干禧果 Cherry Tomatoes 安佳全脂牛奶 Whole Milk 原味玛芬蛋糕 Muffin Cake | 蒸蜜薯 Steamed Sweet Potato 白心火龙果 White Dragon Fruit 简爱0糖酸奶 Yogurt 蛋挞 Egg Tart | 土豆泥 Mashed Potato 芒果 Mango 安佳全脂牛奶 Whole Milk 南瓜发糕 V Pumpkin Steamed Cake V | 胡萝卜泥 Mashed Carrots 荔枝 Lychee 简爱0糖酸奶 Yogurt 酸奶面包 Yogurt Bread | 蒸紫薯 Steamed Purple Sweet Potato 小香蕉 Mini Bananas 安佳全脂牛奶 Whole Milk 紫薯派 Purple Sweet Potato Pie |