

CISH WEEKLY MENU

合肥加拿大外籍子女学校2026年6月份第1周食谱（6月1日—6月5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
		鲜肉蒸饺 M	软面鲜肉饼 M	牛肉蒸饺 M	鲜肉烧卖 M	紫菜虾皮小馄饨 M
	蛋肉	酱香饼 V	花卷 V	鸡蛋饼 V	杂粮小馒头 V	麻圆 V
		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
		鸡肉肠 M	牛肉肠 M	鸡肉肠 M	牛肉肠 M	鸡肉肠 M
	杂粮	煎火腿片 M	烤培根 M	煎火腿片 M	烤培根 M	煎火腿片 M
		清蒸甜玉米 V	烤沙地红薯 V	蓝莓铁棍山药 V	烤贝贝南瓜 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
		牛肉香芹粥 M	番茄蛋花汤 V	玉米糝粥 V	青菜肉沫粥 M	明火白粥 V
	咖啡/粥	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	小米蕉	酸奶	香梨	酸奶	苹果
午餐 28元	美式 地中海	香煎鸭胸肉 M	奥尔良烤鸡 M	香煎黄油猪扒 M	洋葱香草烤鸡腿肉 M	勃艮第炖牛肉 M
		香烤图林根肠 M	香煎鲷鱼 S	鸡米花 M	茄汁烩鱼片 S	炸鸡块 M
		意大利直面（黑松露奶汁/肉酱） M	意大利斜管（肉酱/茄汁） M/V	意大利螺旋面（奶汁/肉酱） M/V	意大利蝴蝶面（肉酱/茄汁） M/V	意大利直面（奶汁/肉酱） M/V
		黑松露萨拉米薄饼披萨（猪/素） M/V	墨西哥鸡肉卷 M/V	费城热狗 M/V	全麦鸡排三明治（鸡肉/素） M/V	芝士培根披萨（猪肉/素） M/V
		香烤黄油手指胡萝卜 V	蒸甜玉米 V	橄榄油烤时蔬 V	烤西葫芦 V	香烤西兰花 V
		椒盐烤小土豆 V	香烤薯格 V	土豆泥 V	蒜香烤土豆 V	蒜香黄油烤小土豆 V
	亚洲风味	土豆焖排骨 M	回锅肉 M	小炒肥牛 M	香烤梅花肉 M	泰式香猪颈肉 M
		酸菜鱼 S	清炒土豆丝 V	肉沫茄子 M	虾仁蒸蛋 S	贵州酸汤鱼片 S
		清炒上海青 V	肠汁西兰花 V	清炒苋菜 V	清炒菠菜 V	清炒奶白菜 V
		洋葱牛肉炒面 M	海苔肉松饭 M	葱油拌面 V	广式腊肠焖饭 M	鸡蛋炒河粉 M
	面条	藤椒鸡丝面/米线 M	淮南牛肉粉丝/面 M	杂酱面 M	红烧排骨面/粉丝 M	酸菜肉丝面/米线 M
		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	老鸭冬笋汤 M	龙骨玉米汤 M	虫草花鸡汤 M	牛骨萝卜汤 M
		匈牙利牛肉汤 M	松露奶汁蘑菇汤 V	意大利蔬菜汤 V	法式南瓜汤 V	番茄浓汤 V
		米饭	米饭	米饭	米饭	米饭
	沙拉吧	蔬菜沙拉	水果沙拉	冰草沙拉	水果沙拉	蔬菜沙拉
		玉米汁	红枣汁	玉米汁	红枣汁	玉米汁
		石榴汁	椰子水	柚子茶	苏打水	橙汁
		柠檬水	柠檬水	柠檬水	柠檬水	柠檬水
时令水果2种						

CISH WEEKLY MENU

Canadian International School Of Hefei Weekly Menu Jun.1-5,2026

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 Dumplings M	Soft Dough Meat Pancake M	Steamed Beef Dumplings M	Steamed Pork Shaomai M	Mini Wontons with Seaweed & Dried Shrimp M	
	Savoury Pan-Fried Pancake V	Steamed Scallion Rolls V	Egg Pancake V	Multigrain Steamed Bun V	Sesame Rice Balls V	
	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	
	Chicken Sausage M	Beef Sausage M	Chicken Sausage M	Beef Sausage M	Chicken Sausage M	
	Pan-Fried Ham Slices M	Baked Bacon M	Pan-Fried Ham Slices M	Baked Bacon M	Pan-Fried Ham Slices M	
	Grains	Steamed Sweet Corn V	Roasted Sweet Potato V	Chinese Yam with Blueberry Sauce V	Baked Kabocha Squash 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/Dri nks	Beef and Celery Congee M	Tomato Egg Drop Soup V	Corn Gruel V	Greens and Minced Pork Congee M	Plain Congee 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	Mini Banana	Yogurt	Fragrant Pear	Yogurt	Apple
Lunch 28 RMB	Western& Mediterrane an	Pan-Seared Duck Breast M	New Orleans-Style BBQ Chicken M	Pan-Seared Butter Pork Chop M	Herb & Onion Roasted Chicken Thigh M	Beef Burgundy M
		Roasted Thuringian Sausage M	Pan-Seared Sea Bream S	Popcorn Chicken M	Braised Fish Fillet in Tomato Sauce S	Chicken Nuggets M
		Spaghetti (Black Truffle Cream / Meat Sauce) M	Fusilli Pasta (Tomato Sauce/Meat Sauce) M/V	Fusilli Pasta (Cream Sauce/Meat Sauce) M/V	Farfalle (Meat Sauce/Tomato Sauce) M/V	Spaghetti (Cream Sauce/Meat Sauce) M/V
		Black Truffle Salami Flatbread Pizza (Pork/Veg) M/V	Chicken Burrito M/V	Philly-Style Hot Dog M/V	Whole Wheat Chicken Slider Sandwich (Chicken/Veg) M/V	Cheese & Bacon Pizza (Pork/Veg) M/V
		Roasted Butter Baby Carrots V	Roasted Corn V	Roasted Vegetables with Olive Oil V	Roasted Zucchini V	Roasted Green Cabbage V
	Asian Cuisine	Salt and Pepper Baby Potatoes V	Waffle-Cut Roasted Potatoes V	Mashed Potatoes V	Garlic Roasted Potatoes V	Buttery Roasted Potatoes with Garlic V
		Braised Pork Ribs with Potatoes M	Sichuan Twice-Cooked Pork M	Stir-Fried Beef M	Roasted Pork Shoulder Blade M	Thai Lemongrass Pork Neck M
		Poached Fish in Pickled Mustard Soup S	Stir-Fried Shredded Potatoes V	Stir-Fried Eggplant with Minced Pork M	Steamed Egg with Shrimp S	Fish Fillets in Guizhou-Style Sour Broth S
		Stir-Fried Shanghai Bok Choy V	Broccoli with Sausage Gravy M	Sautéed Amaranth Greens V	Sautéed Spinach V	Sautéed Napa Cabbage V
	Noodles in soup	Stir-Fried Noodles with Onion & Beef M	Seaweed & Chicken Floss Rice M	Noodles Tossed in Scallion Oil V	Cantonese Sausage Rice M	Egg Chow Ho Fun M
		Sichuan Pepper Shredded Chicken Noodles/Rice Noodles M	Huainan Beef Vermicelli/Noodles M	Zhajiangmian M	Braised Pork Rib Noodle Soup/Glass Noodles M	Noodles with Shredded Pork and Pickled Mustard Greens/Rice Noodles M
	Spicy Level	With Greens, Pickled Cucumber, Pickled Bamboo Shoots				
		1 chili Mild 2 chillies Medium 3 chillies Extra Spicy				
	Soup/Rice	Seaweed Egg Drop Soup V	Old Duck & Winter Bamboo Shoot Soup M	Pork Bone and Corn Soup M	Cordyceps Flower Chicken Soup M	Oxtail and Daikon Soup M
		Hungarian Beef Goulash M	Black Truffle Cream Mushroom Soup V	Italian Vegetable Soup V	French Pumpkin Soup V	Tomato Bisque V
Salad Bar	Rice	Rice	Rice	Rice	Rice	
	Garden Salad	Fruit Salad	Wheatgrass Salad	Fruit Salad	Garden Salad	
	Corn Juice	Red Dates Juice	Corn Juice	Red Dates Juice	Corn Juice	
	Pomegranate Juice	Coconut Water	Yuzu Tea	Soda Water	Orange Juice	
	Lemonade	Lemonade	Lemonade	Lemonade	Lemonade	

Authorized strength:

Audit:

Director of Operations:

International department:

G.A.O: