

CISH WEEKLY MENU

合肥加拿大国际幼儿园2026年6月第2周菜谱6月8日-6月12日
Hefei Canadian International Kindergarten Weekly Menu Jun. 8-12, 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 橄榄油煎鸡蛋 V Fried Egg with Olive Oil V 热拌苋菜 V Stir-Fried Amaranth V 香煎鸡肉肠 M Pan-Fried Chicken Sausage M 全麦吐司 Whole Wheat Toast	猪骨汤米线 M Rice Noodles in Pork Bone Broth M 水煮鸡蛋 V Boiled Egg V 热拌海裙菜 V Blanched Seaweed Salad V 糯米猪肉饼 M Glutinous Rice Pork Pie M 玉米沙拉面包 Corn Salad Bread	牛肉蔬菜粥 M Beef and Vegetable Porridge M 葱香炒鸡蛋 V Scrambled Eggs with Scallions V 热拌广东菜心 V Warm Tossed Chinese Broccoli V 猪肉小笼包 M Xiaolongbao (Pork) M 杂粮面包 Multigrain Bread	筒爱酸奶 V Yogurt V 五香鹌鹑蛋(去壳) V Marinated Shelled Quail Egg V 热拌小白菜 V Warm Tossed Bok Choy V 香煎鸡胸肉 M Pan-Seared Chicken Breast M 酸奶面包 V Yogurt Bread V	鸡汤青菜面 M Chicken Noodle Soup with Greens M 煎鸡蛋 V Fried Egg V 热拌菠菜 V Warm Tossed Spinach V 鲜猪肉蒸饺 M Steamed Pork Dumplings M 芝士面包 V Cheese Bread V
课间餐 Morning Snack	小香蕉 Banana 油桃 Nectarine	苹果 Apple 白心火龙果 White Dragon Fruit	猕猴桃 Kiwi 哈密瓜 Hami Malon	荔枝 Lychee 圆蜜瓜 Melon	芒果 Mango 苹果 Apple
午餐 Lunch	奥尔良烤鸡翅 M Orleans-Style Roasted Chicken Wings M 番茄烩鱼柳 S Braised Fish Fillet in Tomato Sauce S 蒜香烤茄子 V Grilled Eggplant with Garlic V 清炒土豆丝 V Stir-Fried Potato Strips V 紫菜蛋花汤 V Seaweed Egg Drop Soup V 香米饭 Rice 罗勒奶汁蝴蝶面 V Basil Sauce Farfalle V	鹿茸菇焖牛肉 M Braised Beef with Antler Mushrooms M 白灼大虾 S Blanched Shrimp S 烤香菇西兰花 V Roasted Shiitake and Broccoli V 清炒七宝青 V Stir-Fried Shanghai Greens V 娃娃菜鸡汤 M Baby Cabbage Chicken Soup M 香米饭 Rice 美式热狗 M Hot Dog M	BBQ烤鸡腿肉 M BBQ Grilled Chicken Thigh M 豉汁蒸鱼片 S Steamed Fish Fillet with Black Bean Sauce S 海盐烤平菇 V Sea Salt Grilled Oyster Mushroom V 清炒小青菜 V Stir-fried Shanghai Greens V 牛肉罗宋汤 M Beef Borscht M 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 黄油柠汁虾仁 S Shrimp with Butter and Lemon Juice S 欧芹烤土豆 V Roasted Potato with Parsley V 清炒油麦菜 V Stir-Fried Youmai Greens V 广式老鹅汤 M Guangdong-style Braised Goose Soup M 香米饭 Rice 芝士披萨 V Cheese Pizza V	意式番茄炖牛肉 M Italian Style Tomato Braised Beef M 香烤柠汁鲷鱼块 S Grilled Lemon Juice Snapper S 清炒小油菜 V Stir-Fried Bok Choy V 烤生瓜 V Roasted Zucchini V 法式南瓜汤 V French Pumpkin Soup V 香米饭 Rice 小番茄意大利面 V Pasta with Cherry Tomato Sauce V
午点 Afternoon Snack	蒸紫薯 V Steamed Purple Sweet Potato V 哈密瓜 Hami Melon 纯牛奶 Milk 法式薄片 French Crispbread	黄油烤玉米 V Roasted Corn with Butter V 无籽西瓜 Seedless Watermelon 纯牛奶 Milk 苹果派 Apple Pie	烤南瓜 V Baked Pumpkin V 凤梨 Pineapple 纯牛奶 Milk 蜂蜜蛋糕 Honey Sponge Cake	蔬菜三明治 V Vegetable Sandwich V 小香蕉 Banana 纯牛奶 Milk 香蕉松饼 Banana Pancake	烤蜜薯 V Roasted Sweet Potato V 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.

合肥加拿大国际幼儿园TT班菜单 (6.8-6.12)

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 Oatmeal with Milk 香煎虾仁碎 S Pan-Seared Minced Shrimp S 全麦吐司 (去边) Plain Toast (with crust removed)	青菜蝴蝶面 V Farfalle with Greens V 土豆丝蔬菜饼 V Shredded Potato Vegetable Pancake V 水煮鸡蛋 Boiled Egg	蜜薯小米粥 V Sweet Potato & Millet Congee V 时蔬虾仁饼 S Vegetable Shrimp Patties S 酸奶面包 Yogurt Bread (O 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 牛肉豆腐鸡蛋饼 V Beef Tofu & Egg Pancake V	香菇胡萝卜鸡肉粥 M Chicken Congee with Shiitake & Carrot M 菠菜蒸鸡蛋 V Steamed Eggs with Spinach V 芝士面包 V Cheese Bread V
课间餐 Morning Snack	小香蕉 Banana	白心火龙果 White Dragon Fruit	荔枝 Lychee	猕猴桃 Kiwi	蓝莓 Blueberry
午餐 Lunch	番茄拌饭 V Tomato Mixed Rice V 香菇银鳕鱼 S Silver Cod with Shiitake Mushrooms 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	菠菜鸡肉饭 M Spinach & Chicken Rice M 白灼虾仁 S Blanched Shrimps S 五彩蔬菜丁碎 V Mixed Minced Vegetable Dices V 鲫鱼娃娃菜浓汤 S Crucian Carp & Baby Bok Choy Cream Soup S	香米饭 V Rice V 黄油煎三文鱼 S Pan-Fried Salmon with Butter S 西红柿炒鸡蛋 V Scrambled Eggs with Tomatoes V 罗宋浓汤 V Borscht V	番茄小面片 V Tomato Noodle Slices V 南瓜蒸猪软排 M Steamed Pork Ribs with Pumpkin M 清蒸芦笋花菜碎 V Steamed Diced Asparagus & Cauliflower V 鲈鱼冬瓜浓汤 S Perch & Winter Melon Cream Soup S	香米饭 V Rice V 牛肉蔬菜碎 M Minced Beef & Vegetables M 土豆泥 V Mashed Potato V 番茄浓汤 V Tomato Bisque V
午点 Afternoon Snack	土豆泥 Mashed Potato 无籽西瓜 Seedless Watermelon 安佳全脂牛奶 Whole Milk 法式薄片 French Crispbread	蒸蜜薯 Steamed Sweet Potato 芒果 Mango 简爱0糖酸奶 Yogurt 苹果派 Apple Pie	贝贝南瓜 Steamed Kabocha Squash 蓝莓 Blueberry 安佳全脂牛奶 Whole Milk 蜂蜜蛋糕 Honey Sponge Cake	清蒸手指胡萝卜 V Steamed Baby Carrots V 白心火龙果 White Dragon Fruit 简爱0糖酸奶 Yogurt 香蕉松饼 Banana Pancake	蒸紫薯 Steamed Purple Potato 小香蕉 Mini Bananas 安佳全脂牛奶 Whole Milk 南瓜派 Pumpkin Pie