

CISH WEEKLY MENU

Canadian International School Of Hefei Weekly Menu Jun. 8-12, 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	
	Chinese & Western Pastries	Minced Meat Savory Pancake M	Sticky Rice and Pork Patty M	Xiaolongbao M	Steamed Bun with Braised Pork M	Pan-Fried Pork Dumplings M
	Eggs/Meat	Multigrain Steamed Bun V	Vegetable Dumplings V	Vegetable Pancake V	Scallion Pancake V	Steamed Bun with Meat & Vermicelli M
	Grains	Fried Egg with Olive Oil	Soy-Marinated Egg	Milk Scrambled Eggs V	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
	Vegetables	Pan-Fried Ham Slices M	Baked Bacon M	Pan-Fried Ham Slices M	Baked Bacon M	Pan-Fried Ham Slices M
		Baked Kabocha Squash V	Roasted Sweet Potato V	Roasted Baby Carrots V	Roasted Purple Sweet Potato V	Steamed Sweet Corn V
Porridge/Drinks	Saut茅ed Spinach V	Baby Bok Choy in Superior Broth M	Stir-Fried Shanghai Greens V	Bacon & Cabbage M	Scrambled Eggs with Tomatoes V	
	Beef and Celery Congee M	Eight-Treasure Porridge 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	
Break Snack	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	
	Yogurt/Fruit	Honey Tangerine	Yogurt	Baby Banana	Yogurt	Apple
Lunch 28 RMB	Western& Mediterranean	American-Style Baked Chicken Thigh with Egg Yolk M	Italian Braised Meatballs M	New Orleans-Style BBQ Chicken M	BBQ Grilled Pork Shoulder M	Thai Lemongrass Roasted Chicken Drumstick M
		Roasted Platter Sausage with Pickled Gherkins M	Pan-Fried Chicken Thigh M	Spanish Braised Seafood S	Crispy Salted Chicken Nuggets M	British-Style Fish with Tartar Sauce S
		Spaghetti (Black Truffle Cream/Meat Sauce) M/V	Fusilli Pasta (Tomato Sauce/Meat Sauce) M/V	Fusilli Pasta (Mushroom Cream Sauce/Meat Sauce) M/V	Farfalle (Meat Sauce/Tomato Sauce) M/V	Spaghetti (Cream/Meat Sauce) M/V
		Pesto Thin Crust Beef Pizza (Beef/Veg) M/V	Chicken Burrito M/V	Burger (Chicken/Veg) M/V	Whole Wheat Sandwich (Tuna/Veg) S/V	Cheese Pizza V
		Roasted Butter Baby Carrots V	Steamed Sweet Corn V	Roasted Vegetables with Olive Oil V	Roasted Zucchini V	Roasted Green Cabbage V
	Asian Cuisine	Garlic Roasted Potatoes V	Waffle-Cut Roasted Potatoes V	Mashed Potatoes V	Salt and Pepper Baby Potatoes V	Buttery Roasted Potatoes with Garlic V
		Braised Pork Belly with Plum M	Coconut Curry Diced Chicken M	Saut茅ed Beef with Soy Sauce M 茅	Steamed Chicken with Scallion Oil M	Crispy Roasted Pork Belly M
		Scrambled Eggs with Tomatoes V	Fish with Fresh Chilies S 茅	Peppery Salted Crispy Pork M	Steamed Fish Slices with Chopped Chili S 茅	Steamed Egg with Seafood S
		Stir-Fried Shanghai Bok Choy V	Saut茅ed Bok Choy V	Saut茅ed Amaranth Greens V	Saut茅ed Spinach V	Saut茅ed Napa Cabbage V
		Japanese Udon Noodles S	Korean Cabbage Stir-Fried Rice Cake V	Stir-Fried Pork Strips with Noodles M	Seaweed Meat Paste and Sushi M	Fried Rice with Salted Egg Yolk V
	Noodles in soup	Chicken Noodle Soup/Rice Noodles M	Huainan Beef Vermicelli/Noodles M	Minced Pork & Sour Cowpeas Noodles/Rice Noodles M	Zhajianganian M	Noodles with Shredded Pork and Pickled Mustard Greens M
		With Greens, Pickled Cucumber, Pickled Bamboo Shoots				
	Spicy Level	1 chili 茅 Mild2 chilies 茅茅 Medium3 chilies 茅茅茅 Extra Spicy				
	Soup/Rice	Seaweed Egg Drop Soup V	Pigeon Soup with Agrocybe Mushrooms M	Pork Bone and Corn Soup M	Shiitake Mushroom & Old Chicken Soup M	Three Fresh Ingredients Soup M/S
		Hungarian Beef Goulash M	Creamy Mushroom Soup V	Borscht V	French Pumpkin Soup V	Tomato Bisque V
Rice		Rice	Rice	Rice	Rice	
Salad Bar	Garden Salad	Fruit Salad	Wheatgrass Salad	Fruit Salad	Garden Salad	
	Corn Juice	Red Dates Juice	Corn Juice	Red Dates Juice	Corn Juice	
	Kumquat Lemon Juice	Coconut Water	Yuja Tea	Soda Water	Apple Juice	
	Lemonade	Lemonade	Lemonade	Lemonade	Lemonade	

Authorizedstrength:

Audit:

Director of Operations:

Internationaldepartment:

G.A.O:

合肥加拿大外籍子女学校2026年6月份第2周食谱（6月8日—6月12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
		肉沫酱香饼 M	糯米肉饼 M	小笼包 M	酱肉包 M	鲜肉煎饺 M
	蛋肉	杂粮小馒头 V	素饺 V	蔬菜煎饼 V	香葱薄饼 V	肉沫粉丝包 M
		橄榄油煎鸡蛋	卤鸡蛋	牛奶炒鸡蛋 V	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
		烤贝贝南瓜 V	烤沙地红薯 V	香烤手指胡萝卜 V	烤紫薯 V	清蒸甜玉米 V
	咖啡/粥	清炒菠菜 V	上汤娃娃菜 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	八宝粥 V	玉米糝粥 V	青菜肉沫粥 M	明火白粥 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
	课间餐	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
酸奶/水果	沃柑	酸奶	小米蕉	酸奶	苹果	
午餐 28元	美式地中海	美式蛋黄烤鸡腿肉 M	意式红烩肉丸 M	奥尔良烤鸡 M	BBQ烤猪梅花 M	泰式香茅烤鸡腿 M
		香烤大盘肠配酸黄瓜 M	香煎鸡腿肉 M	西班牙烩海鲜 S	盐酥鸡块 M	英式炸鱼柳配塔塔酱 S
		意大利直面（黑松露奶汁/肉酱） M/V	意大利斜管（茄汁/肉酱） 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
		青酱牛肉薄饼披萨（牛/素） M/V	墨西哥鸡肉卷 M/V	手工汉堡（鸡肉/素） M/V	全麦三明治（金枪鱼/素） S/V	芝士披萨 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
		蒜香烤土豆 V	香烤薯条 V	土豆泥 V	椒盐烤小土豆 V	蒜香黄油烤小土豆 V
	亚洲风味	话梅红烧肉 M	椰香咖喱鸡块 M	回锅牛肉 M🔥	葱油鸡 M	脆皮烤五花 M
		番茄炒鸡蛋 V	鲜椒溜鱼片 S🔥	椒盐小酥肉 M	剁椒鱼片 S🔥	海鲜蒸蛋 S
		清炒上海青 V	清炒小白菜 V	清炒苋菜 V	清炒菠菜 V	清炒奶白菜 V
		日式乌冬面 S	韩式白菜炒年糕 V	肉丝炒面 M	海苔肉松寿司卷 M	咸蛋黄炒饭 V
	面条	鸡丝面/米线 M	淮南牛肉粉丝/面	肉沫酸豆角面/米线 M	杂酱面 M	酸菜肉丝面/粉丝 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	茶树菇鸽子汤 M	龙骨玉米汤 M	香菇老鸡汤 M	三鲜汤 M/S
		匈牙利牛肉汤 M	奶汁蘑菇汤 V	罗宋汤 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
		金桔柠檬汁	椰子水	柚子茶	苏打水	苹果汁
		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：