CANADIAN INTERNATIONAL SCHOOL OF HEFEI
合肥加拿大外籍人员子女学校

CISH WEEKLY MENU

Kindergarten Meals Weekly Menu 幼儿园餐周菜谱

	Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五
Breakfast 早餐	Raisin bread 提子包 Chicken sausage 鸡肉早餐肠 M Hot mix spinach 热拌菠菜 Boiled egg 水煮鸡蛋 Oatmeal 燕麦粥	Steamed beef dumpling 蒸牛肉饺子 M waffles 华夫饼 Hot mix shredded lettuce 清炒莴笋丝 scrambled egg 炒鸡蛋 Pumpkin congee 南瓜粥	Oatmeal bread 燕麦面包 Fried chicken breast 香煎鸡肉 M Hot mix lettuce 热拌生菜 Poached egg 水波蛋 Millet congee 小米粥	chicken roll 鸡肉卷 M Chiffon cake 戚风蛋糕 Hot mix carrots 热拌胡萝卜丝 Fried egg 煎鸡蛋 Eight treasure congee 八宝粥	Grain toast 全麦吐司 Beef sausage 牛肉早餐肠 M Hot mix broccoli 热拌西兰花 Boiled egg 水煮鸡蛋 Corn congee 玉米渣粥
Fruits class interva 课间水果	watermelon 西瓜 Banana 香蕉	Hami Melon 哈密瓜 Pitaya 火龙果	Banana 香蕉 Grape 红提	Apple 苹果 Cherry tomato 千禧	watermelon 西瓜 Orange 橙子
Lunch 午餐	Stir fried beef with shiitake mushrooms 杏鲍菇炒牛肉 M Stewed sole fish 红烧龙利鱼柳 S Stir-fried chicken with cauliflower 花菜炒鸡肉 M Stir-fried amaranth 清炒小米菜 Rice 香米饭 pumpkin soup 南瓜羹	Steamed chicken with red dates 红枣蒸鸡肉 Braised prawn 焖烧大虾 S Fried slices duck with carrots 红萝卜炒鸭肉丝 M Stir-fried Broccoli 清炒西兰花 Spaghetti with tomato 番茄意大利面 Potato soup 土豆浓汤	Scrambled shrimp with celery 西芹炒虾仁 S Braised chicken wings 卤鸡翅 M Stir-fried lettuce and pork 莴笋炒肉 M Stir-fried bok choy 清炒小白菜 Seaweed rice 海苔米饭 Velutipes and towel gourd soup 金针菇丝瓜汤	American-style beef patty 美式牛肉饼 M Steamed fish fillets 白灼鱼片 S Stir-fried chicken with winter melon 冬瓜炒鸡肉 M Stir-fried lettuce 清炒生菜 Creamy macaroni 奶油通心粉 Minestrone soup 意大利蔬菜汤	Boiled prawn 白灼大虾 S Steamed minced pork 蒸肉饼 M Stir fried sweet corn and chicken 甜玉米鸡丁 M Stir-fried choysum 清炒广东菜心 Rice 香米饭 Bean curd and undaria 豆腐裙带菜汤
Afternoon cake 下午糕点	Muffins 玛芬 Steamed Corn 蒸玉米 Milk 纯牛奶 Hami Melon 哈密瓜	cookies 曲奇饼 Baked Sweet Potato 焗红薯 Milk 纯牛奶 Banana 香蕉	crossiant 牛角包 Steamed Beibei Pumpkin 蒸贝贝南瓜 Milk 纯牛奶 watermelon 西瓜	Margherita Pizza 玛格丽特披萨 Roasted mini potato 烤小土豆 Zero sugar yogurt O零糖酸奶 Grape 红提	Egg tarts 蛋挞 Roasted yam with butter 黄油烤红薯 Milk 纯牛奶 Pitaya 火龙果