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

CISH WEEKLY MENU

合肥加拿大外籍子女学校2026年1月份第1周食谱（1月5日—1月9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
		白菜猪肉蒸饺 M	拇指煎包 M	锅贴饺 M	鲜肉包 M	香菇肉丁烧卖 M
		酱香饼	泰式虾饼 S	红枣发糕	油条	南瓜饼
	蛋肉	煎鸡蛋	卤鸡蛋	煎鸡蛋	卤鸡蛋	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
		煎火腿片 M	烤培根 M	煎火腿片 M	烤培根 M	煎火腿片 M
	杂粮	蒸南瓜 V	清蒸玉米段 V	桂花山药 V	蒸南瓜 V	蒸红薯 V
	时蔬	清炒小白菜 V	清炒七宝菜 V	烤花菜 V	白灼西兰花 V	清炒小青菜 V
		烤什锦蔬菜 V	黄油炒胡萝卜 V	香草洋葱炒土豆 V	美式蔬菜蛋卷 V	培根蔬菜卷 M
	咖啡/粥	八宝粥	小米粥	生菜牛肉粥	胡辣汤	明火白粥
		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	蜜桔	酸奶	小米蕉	纸杯蛋糕	酸奶
午餐 28元	美式 地中海	美式乡村炸鸡 M	香煎鸭胸 M	奥尔良烤鸡 M	英式炸鱼配塔塔汁 S	香草烤鸡腿 M
		意大利罗勒芝士千层面	意大利蝴蝶面（茄汁/蘑菇奶油汁）	意大利面（茄汁/肉酱）	意大利斜管面（茄汁/蘑菇奶油汁）	意大利螺丝粉（茄汁/肉酱）
		披萨（牛肉/素）	汉堡（鸡肉/素）	费城热狗	披萨（鸡肉/素）M/V	迷你贝果披萨（吞拿鱼/素）
		素炒花菜 V	培根炒包菜 V	清炒奶白菜 V	橄榄油烤时蔬 V	上汤娃娃菜 V
		香草烤土豆 V	土豆泥 V	烤薯条 V	孜然烤土豆 V	卡真烤土豆 V
	亚洲风味	咖喱关东煮 M/S	东北锅包肉 M	孜然牛肉 M	飞鸿咕噜鸡 M	湘西小炒肉 M
		西芹炒虾仁 S	农家炒鸡 M	糖醋小酥肉 M	粉蒸肉 M	椒盐鱼柳 S
		黄瓜炒火腿 M	香菇菜心 V	木耳炒鸡蛋 V	黄油炒芥兰 V	香葱蒸蛋 V
		素炒花菜 V	培根炒包菜 M	清炒奶白菜 V	橄榄油烤时蔬 V	上汤娃娃菜 V
		台式卤肉饭 M	扬州炒饭 V	三丝炒面 M	广式腊肠焖饭 M	葱油拌面
	面条	红烧排骨面 M	红烧牛肉面 M	肉丝面 M	杂酱面 M	老鸡汤面 M
		配：青菜/脆瓜/酸笋				
	汤/饭	龙骨玉米汤 M	番茄蛋花汤 V	紫菜蛋花汤 V	冬瓜虾皮汤 S	西湖牛肉羹 M
		南瓜汤 V	奶油鸡蓉汤 M	意大利蔬菜汤 V	玉米羹 V	蘑菇奶油汤 V
		米饭	米饭	米饭	米饭	米饭
	沙拉吧	蔬菜沙拉	水果沙拉	蔬菜沙拉	水果沙拉	蔬菜沙拉
		大麦茶	玉米须茶	大麦茶	玉米须茶	大麦茶
		橙汁	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：

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

CISH WEEKLY MENU

Canadian International School Of Hefei Weekly Menu Jan.5-9,2026

	Categories	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 12 RMB	Chinese & Western Pastries	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 and Cabbage Dumplings M	Pan-Fried Thumb-Sized Buns M	Potstickers	Steamed Pork Bun M	Shiitake & Pork Siu Mai M
		Sauce-Flavored Scallion Pancake	Thai Shrimp Cakes S	Steamed Jujube Cake	Youtiao	Pumpkin Cake
	Eggs/Meat	Fried Eggs	Soy-Marinated Eggs	Fried Eggs	Soy-Marinated Eggs	Fried Eggs
		Boiled Eggs	Boiled Eggs	Boiled Eggs	Boiled Eggs	Boiled Eggs
		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 Pumpkin V	Steamed Corn on the Cob V	Steamed Yam with Osmanthus Sauce V	Steamed Kabocha Squash V	Steamed Sweet Potato V
	Vegetables	Sautéed Bok Choy V	Sautéed Shanghai Greens V	Roasted Cauliflower V	Blanched Broccoli V	Stir-Fried Greens V
		Assorted Roasted Vegetables V	Butter-Glazed Carrots V	Sautéed Potatoes with Herbs and Onions V	American Vegetable Omelette V	Bacon and Vegetable Roll M
	Porridge/Drinks	Eight-Treasure Porridge	Millet Congee	Beef and Greens Congee M	Spicy and Sour Pepper Soup	Plain Congee
		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	Mandarin Orange	Yogurt	Mini Banana	Cupcakes	Yogurt
Lunch 28 RMB	Western& Mediterranean	Southern Fried Chicken M	Pan-Fried Duck Breast M	Orleans-Style Roast Chicken M	British-Style Fish with Tartar Sauce S	Herb-Roasted Chicken Drumsticks M
		Italian Basil and Cheese Lasagna	Farfalle (Tomato/Mushroom Cream Sauce)	Spaghetti Tomato/Meat Sauce	Penne Pasta (Tomato Sauce/Meat Sauce)	Italian Fusilli Tomato/Meat Sauce
		Pizza Beef/Veg	Burger (Chicken/Vegetable)	Philly-Style Hot Dog M	Pizza Chicken/Veg	Mini Bagel Pizza Tuna/Veg
		Sautéed Cauliflower V	Stir-fried Cabbage with Bacon M	Sautéed Napa Cabbage V	Roasted Vegetables with Olive Oil V	Shanghai Greens in Superior Broth V
		Herb-Roasted Potatoes V	Mashed Potatoes V	Oven-Baked Fries V	Roasted Cumin Potatoes V	Cajun-Spiced Roasted Potatoes V
	Asian Cuisine	Curry Oden M/S	Crispy Sweet and Sour Pork M	Cumin Beef M	Sweet and Sour Chicken M	Hunan-Style Stir-Fried Pork M
		Sautéed Celery with Shrimp S	Farm-Style Stir-Fried Chicken M	Sweet & Sour Crispy Pork M	Steamed Pork with Rice Flour M	Salt and Pepper Fish Fillet S
		Stir-Fried Ham with Cucumbers M	Shiitake Mushrooms with Bok Choy V	Stir-fried Wood Ear Mushrooms with Eggs V	Butter Sautéed Kale V	Steamed Egg with Chives V
		Sautéed Cauliflower V	Stir-fried Cabbage with Bacon M	Sautéed Napa Cabbage V	Roasted Vegetables with Olive Oil V	Baby Cabbage in Superior Broth V
		Taiwanese Lu Rou Fan (Braised Pork Rice) M	Yangzhou Fried Rice V	Stir-Fried Noodles with Three Shreds M	Cantonese Sausage Rice M	Noodles Tossed in Scallion Oil
	Noodles in soup	Braised Pork Rib Noodle Soup M	Braised Beef Noodle Soup M	Shredded Pork Noodles M	Zhajiangmian M	Old Hen Soup Noodles M
		With Greens, Pickled Cucumber, Pickled Bamboo Shoots				
	Soup/Rice	Pork Bone and Corn Soup M	Tomato Egg Drop Soup V	Seaweed Egg Drop Soup V	Winter Melon Soup with Dried Shrimp S	West Lake Beef Soup M
		Pumpkin Soup V	Cream of Chicken Soup M	Italian Vegetable Soup V	Creamed Corn Soup V	Cream of Mushroom Soup V
		Rice	Rice	Rice	Rice	Rice
	Salad Bar	Garden Salad	Fruit Salad	Garden Salad	Garden Salad	Garden Salad
		Barley tea	Corn Silk Tea	Barley tea	Corn Silk Tea	Barley tea
		Orange Juice	Coconut Water	Yuja Tea	Soda Water	Apple Juice
		Lemonade	Lemonade	Lemonade	Lemonade	Lemonade
		2 Types of Seasonal Fruit				

Authorized strength: Audit: Director of Operations: International department: G.A.O: