

CISH WEEKLY MENU

合肥加拿大国际幼儿园2026年3月第1周菜谱3月2日-3月6日
Hefei Canadian International Kindergarten Weekly Menu Mar.2-6, 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 Oatmeal with Milk 水煮鸡蛋 Boiled Eggs 热拌裙带菜 V Warm Tossed Seaweed Salad V 香煎鸡肉肠 M Pan-Fried Chicken Sausage M 蔬菜三明治 V Vegetable Sandwich V	阳春面 Plain Noodle Soup 葱花炒鸡蛋 Scrambled Egg with Scallions 热拌油菜 V Stir-Fried Wucai Greens V 鲜肉蒸饺 M Steamed Pork Dumplings M 椰蓉面包 Coconut Bread	青菜瘦肉粥 M Lean Pork & Vegetable Congee M 水蒸鸡蛋 Steamed Egg 热拌广东菜心 V Warm Tossed Chinese Broccoli V 胡萝卜牛肉包 M Carrot and Beef Steamed Bun M 酥粒面包 Streusel Bread	简爱酸奶 Yogurt 五香鹌鹑蛋 Marinated Quail Eggs 热拌小白菜 V Stir-Fried Bok Choy V 香煎鸡胸肉 M Pan-Fried Chicken Breast M 乳酪包 Cheese Bun	骨汤小馄饨 M Wontons in Pork Bone Broth M 煎鸡蛋 Fried Eggs 热拌七宝青 V Stir-Fried Mixed Greens V 鲜肉包子 M Steamed Pork Buns M 蜂蜜面包 Honey Bread
课间餐 Morning Snack	苹果 Apple 橙子 Orange	砀山梨 Dangshan Fragrant Pear 白心火龙果 White Dragon Fruit	果冻橙 Jelly Orange 哈密瓜 Cantaloupe	雪梨 Snow Pear 香蕉 Banana	龙眼 Longan 砂糖桔 Mandarin Orange
午餐 Lunch	奥尔良烤鸡翅 M Orleans-Style Roasted Chicken Wings M 香煎柠檬虾仁 S Pan-Seared Shrimp with Lemon S 清炒奶白菜 V Stir-Fried Napa Cabbage V 香烤土豆胡萝卜 V Roasted Potatoes and Carrots V 平桥豆腐羹 S Pingqiao Tofu Soup S 香米饭 Rice 马德里黑松露南瓜蝴蝶面 V Madrid-Style Butternut Squash Farfalle with Black Truffle V	菌菇焖牛肉 M Braised Beef with Mushrooms M 照烧鱼柳 S Teriyaki Fish Fillet S 清炒娃娃菜 V Stir-Fried Baby Cabbage V 烤茄条 V Grilled Eggplant Strips V 番茄蛋花汤 V Tomato Egg Drop Soup V 香米饭 Rice 迷你鸡肉汉堡 M Mini Chicken Burgers M	盐焗鸡腿肉 M Salt-Baked Chicken Thigh M 白灼大虾 S Blanched Shrimp S 清炒油麦菜 V Stir-Fried Youmai Greens V 香烤菌菇 V Roasted Mushrooms V 龙骨玉米汤 M Pork Bone and Corn Soup M 香米饭 Rice 三丝素炒面 V Stir-Fried Noodles with Three Shredded Vegetables V	苹果焖猪排 M Braised Pork Chops with Apples M 葱油鱼片 S Steamed Fish Slices in Scallion Oil S 清炒菠菜 V Stir-Fried Spinach V 海盐烤双花 V Roasted Broccoli & Cauliflower with Sea Salt V 紫菜蛋花汤 V Seaweed Egg Drop Soup V 香米饭 Rice 香浓鸡肉披萨 M Rich & Savory Chicken Pizza M	红焖羊肉 M Braised Lamb M 黄油柠汁烤鲷鱼 S Roasted Sea Bream with Butter and Lemon Juice S 清炒小青菜 V Stir-Fried Shanghai Greens V 香煎包菜卷 V Pan-Fried Cabbage Roll V 虫草花老鸡汤 M Cordyceps Flower Chicken Soup M 香米饭 Rice 茄汁意大利面 V Pasta with Tomato Sauce V
午点 Afternoon Snack	黄油烤玉米 Roasted Corn with Butter 草莓 Strawberry 纯牛奶 Milk 古早蛋糕 Homestyle Cake	烤蜜薯 Roasted Sweet Potato 柑橘 Citrus Fruit 纯牛奶 Milk 香蕉派 Banana Pie	烤贝贝南瓜 Roasted Pumpkin 蜜桔 Mandarin Orange 纯牛奶 Milk 牛奶餐包 Milk Bun	蒸米糕 Steamed Rice Cake 红心火龙果 Red Dragon Fruit 纯牛奶 Milk 北海道戚风 Hokkaido Chiffon Cake	桂花蒸山药 Steamed Chinese Yam with Osmanthus 千禧果 Cherry Tomatoes 纯牛奶 Milk 紫薯派 Purple Sweet Potato 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.