

# CISH WEEKLY MENU

Canadian International School Of Hefei Weekly Menu Mar. 2-6, 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	
	Steamed Bun with Tofu and Minced Pork Filling M	Steamed Pork Dumplings M	Carrot and Beef Steamed Bun M	Steamed Rice Cake	Steamed Pork Buns M	
	Scallion Egg Pancake	Potato Pancake V	Savoury Pan-Fried Pancake	Three-Delight Dumplings M	Youtiao	
	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 Pumpkin V	Steamed Sweet Potato V
	Vegetables	Sautéed Bok Choy V	Sautéed Shanghai Greens V	Sautéed Choy Sum V	Stir-Fried Dark Leafy Greens V	Stir-Fried Greens V
		Sautéed Celtuce V	Sweet and Sour Cabbage V	Roasted Cauliflower V	Stir-Fried Baby Cabbage V	Sautéed Spinach V
	Porridge/Drinks	Eight-Treasure Porridge	Millet Congee	Spinach and Shrimp Congee S	Spicy and Sour Pepper Soup	Lean Pork & Vegetable Congee M
		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	Yogurt
Lunch 28 RMB	Western&Mediterranean	Orleans-Style Roasted Chicken M	Beef Burgundy M	American-Style Fried Chicken M	American-Style Roasted Pork ChopM	Turkish-Style Roasted Chicken Thigh M
		Farfalle (Tomato/Mushroom Cream Sauce)	Lasagna Bolognese M	Spaghetti (Tomato/Meat Sauce)	Penne Pasta(Tomato/Mushroom Cream Sauce)	Fusilli (Tomato/Meat Sauce)
		Pizza (Chicken/Veg)	Burger (Chicken/Veg)	Philly-Style Hot Dog M	Tuna and Corn Tartare S/V	Pizza (Mushroom & Chicken / Pesto) M/V
		Sautéed Napa Cabbage V	Shiitake Mushrooms with Bok Choy V	Butter-Fried Cauliflower and Broccoli V	Roasted Vegetables with Olive Oil V	Stir-Fried Bok Choy V
		Butter-Roasted Potatoes V	Oven-Baked Fries V	Mashed Potatoes V	Salt-Baked Potatoes V	Cajun-Spiced Roasted Potatoes V
	Asian Cuisine	Stir-Fried Shredded Pork with Scallions M	Sweet and Sour Chicken M	Southeast Asian-Style Bak Kut Teh M	Cumin Chicken Thigh M	Beef Rolls with Tomato and Enoki Mushrooms M
		Poached Fish Fillets in Pickled Mustard Soup S	Hunan-Style Stir-Fried Pork M	Fish with Fresh Chilies S	Steamed Fish Fillet with Black Bean Sauce S	Sautéed Celery with Shrimp S
		Mapo Tofu V	Shiitake Mushrooms with Bok Choy V	Stir-Fried Hand-Torn Cabbage V	Scrambled Eggs with Tomatoes V	Stir-Fried Onion and Wood Ear Mushrooms V
		Sautéed Napa Cabbage V	Sour and Spicy Shredded Potato V	Butter-Fried Cauliflower and Broccoli V	Roasted Vegetables with Olive Oil V	Stir-Fried Bok Choy V
	Noodles in soup	Chow Mein with Soy Sauce V	Egg Chow Ho Fun V	Stir-Fried Noodles with Three Shreds M	Cantonese Sausage Rice M	Noodles Tossed in Scallion Oil V
		Braised Pork Rib Noodle Soup M	Braised Beef Noodle Soup M	Noodles with Shredded Pork and Pickled Mustard Greens M	Zhajianganmian M	Three Delicacies Noodles M
		With Greens, Pickled Cucumber, Pickled Bamboo Shoots				
	Soup/Rice	Tomato Egg Drop Soup V	Pingqiao Tofu Soup S	Pork Bone and Corn Soup M	Seaweed Egg Drop Soup V	Winter Melon Soup with Dried Shrimp S
		Cream of Corn Soup V	French-Style Chicken Velouté M	Italian Vegetable Soup V	Cream of Pumpkin Soup V	Hungarian Beef Goulash M
		Rice	Rice	Rice	Rice	Rice
	Salad Bar	Garden Salad	Fruit Salad	Garden Salad	Fruit 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:

## 合肥加拿大外籍子女学校2026年3月份第1周食谱（3月2日—3月6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
		肉沫豆腐包 M	鲜肉蒸饺 M	胡萝卜牛肉包 M	蒸米糕	鲜肉包子 M
		小葱鸡蛋饼	土豆饼 V	酱香饼	三鲜蔬菜饺 M	油条
	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	清炒广东菜心 V	清炒乌菜 V	清炒小青菜 V
		清炒莴笋 V	醋溜大白菜 V	烤花菜 V	清炒娃娃菜 V	清炒菠菜 V
	咖啡/粥	八宝粥 V	小米粥 V	菠菜虾仁粥 S	胡辣汤 V	青菜瘦肉粥 M
		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	沙糖桔	酸奶	小米蕉	酸奶	千禧果
午餐 28元	美式 地中海	奥尔良烤鸡 M	勃艮第炖牛肉 M	美式炸鸡 M	美式烤猪扒 M	土耳其烤鸡腿肉 M
		意大利蝴蝶面（茄汁/蘑菇奶油汁）	意大利肉酱芝士千层面	意大利面（茄汁/肉酱）	意大利斜管面（茄汁/蘑菇奶油汁）	意大利螺旋粉（茄汁/肉酱）
		披萨（鸡肉/素）	汉堡（鸡肉/素）	费城热狗	金枪鱼玉米塔塔（金枪鱼/素）	披萨（蘑菇鸡肉/青酱）
		清炒奶白菜 V	香菇菜心 V	黄油炒双花 V	橄榄油烤时蔬 V	清炒小油菜 V
		黄油烤土豆 V	烤薯条 V	土豆泥 V	盐焗土豆 V	卡真烤土豆 V
	亚洲风味	葱爆肉丝 M	糖醋鸡块 M	南洋风味肉骨茶 M	孜然鸡腿肉 M	番茄金针菇肥牛卷 M
		酸菜鱼片 S	湘西小炒肉 M	鲜椒口味鱼 S	豉汁蒸鱼片 S	西芹炒虾仁 S
		麻婆豆腐 V	香菇菜心 V	手撕包菜 V	番茄炒鸡蛋 V	洋葱炒木耳 V
		清炒奶白菜 V	酸辣土豆丝 V	黄油炒双花 V	橄榄油烤时蔬 V	清炒小油菜 V
		豉油皇炒面 V	鸡蛋炒河粉 V	三丝炒面 M	广式腊肠焖饭 M	葱油拌面 V
	面条	红烧排骨面 M	红烧牛肉面 M	雪菜肉丝面 M	杂酱面 M	三鲜面 M
		配：青菜/脆瓜/酸笋				
	汤/饭	番茄蛋花汤 V	平桥豆腐羹 S	龙骨玉米汤 M	紫菜蛋花汤 V	冬瓜虾皮汤 S
		玉米羹 V	法式鸡肉浓汤 M	意大利蔬菜汤 V	奶油南瓜汤 V	匈牙利牛肉汤 M
		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：