

合肥加拿大国际幼儿园2026年4月第1周菜谱3月30日-4月3日

Hefei Canadian International Kindergarten Weekly Menu Mar. 30-Apr. 3, 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 Egg 热拌菠菜 V Warm Tossed Spinach V 香煎鸡肉肠 M Pan-fried Chicken Sausage M 全麦吐司 Whole Wheat Toast	鸡汤小馄饨 M Chicken Soup Wonton M 美式炒鸡蛋 Scrambled Eggs 热拌七宝青 V Stir-Fried Mixed Greens V 香菇肉丁烧卖 M Shiitake & Pork Siu Mai M 乳酪包 Cheese Bun	南瓜小米粥 Pumpkin Millet Porridge 蒸鸡蛋 Steamed Egg 热拌乌菜 V Stir-Fried Wucai Greens V 生煎包 M Pan-Fried Buns M 紫薯面包 Purple Sweet Potato Bread	简爱酸奶 Yogurt 五香鹌鹑蛋 Marinated Quail Eggs 黄油玉米圈 V Butter-Roasted Corn Wheels V 香煎鸡胸肉 M Pan-Seared Chicken Breast M 牛乳面包 Milk Bread	骨汤青菜面 M Noodles with Greens in Bone Broth M 煎鸡蛋 Fried Eggs 热拌西葫芦丝 V Warmed Tossed Shredded Zucchini V 鲜肉蒸饺 M Steamed Pork Dumplings M 蔬菜三明治 V Vegetable Sandwich V
课间餐 Morning Snack	苹果 Apple 龙眼 Longan	橙子 Orange 牛奶枣 Milk Date	蓝莓 Blueberry 凤梨 Pineapple	橙子 Orange 草莓 Strawberry	砀山梨 Snow Pear 红心火龙果 Red Dragon Fruit
午餐 Lunch	咖喱牛肉 M Beef Curry M 豉油蒸鱼片 S Steamed Fish Fillet with Black Bean Sauce S 西红柿炒鸡蛋 Scrambled Eggs with Tomatoes 清炒油麦菜 V Sautéed Youmai Greens V 山药鸽子汤 M Yam and Pigeon Soup M 香米饭 Rice 小番茄意大利面 V Pasta with Cherry Tomato Sauce V	香草烤肋排 M Herb Roasted Pork Ribs M 粉丝蒜香蒸虾仁 S Steamed Shrimp with Vermicelli and Garlic S 烤双花 V Roasted Broccoli & Cauliflower V 清炒奶白菜 V Sautéed Baby Bok Choy V 香米饭 Rice 意大利蔬菜汤 V Minestrone Soup V 鸡肉卷 M Chicken Burrito M	泰式香茅烤鸡腿 M Thai Lemongrass Roasted Chicken M 普罗旺斯烤鲷鱼 S Provençale-Style Roasted Sea Bream S 海盐烤杏鲍菇 V Sea Salt Roasted King Oyster Mushrooms V 清炒小青菜 V Stir-Fried Shanghai Greens V 冬瓜大骨汤 M Winter Melon and Pork Bone Soup M 香米饭 Rice 新加坡炒米粉 V Singapore-Style Fried Rice Vermicelli V	勃肯地炖牛肉 M Beef Bourguignon M 广式虾仁炒蛋 S Cantonese-Style Shrimp Scrambled Eggs S 烤生瓜 V Roasted Zucchini V 清炒鸡毛菜 V Stir-Fried Shanghai Greens V 香米饭 Rice 番茄蛋花汤 V Tomato Egg Drop Soup V 迷你鸡肉汉堡 M Mini Chicken Burgers M	奥尔良烤鸡翅 M Orleans-Style Baked Chicken Wings M 番茄烩鱼片 S Fish Fillet Simmered in Tomato Sauce S 烤杂蔬 V Roasted Mixed Vegetables V 蒜泥苋菜 V Sautéed Amaranth with Mashed Garlic V 萝卜老鹅汤 M Goose Soup with Radish M 香米饭 Rice 番茄蝴蝶面 V Farfalle with Tomato Sauce V
午点 Afternoon Snack	蛋挞 Egg Tart 香梨 Fragrant Pear 纯牛奶 Milk 香烤玉米 Roasted Corn	南瓜面包 Pumpkin Bread 哈密瓜 Mandarin Orange 纯牛奶 Milk 蒸红薯 Steamed Sweet Potato	北海道戚风 Hokkaido Chiffon Cake 白心火龙果 White Dragon Fruit 纯牛奶 Milk 黄油烤手指萝卜 Butter-Roasted Baby Carrots	红枣泥蛋糕 Red Date Puree Cake 小香蕉 Mini Bananas 纯牛奶 Milk 芝士条小面包 Cheese Breadsticks	凤梨派 Pineapple Pie 苹果 Apple 纯牛奶 Milk 烤贝贝南瓜 Roasted Pumpkin

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.