

CISH WEEKLY MENU

合肥加拿大国际幼儿园2026年4月第4周菜谱4月20日-4月24日
Hefei Canadian International Kindergarten Weekly Menu Apr.20-24, 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 美式炒鸡蛋 Scrambled Eggs 橄榄油拌西兰花 V Buttery Roasted Broccoli with Garlic V 香煎牛肉肠 M Beef Sausage M 奶香吐司 V Milk Plain Toast V	阳春面 V Plain Noodle Soup V 橄榄油煎鸡蛋 Fried Egg 热拌小油菜 V Warm Sautéed Bok Choy V 酱肉包 M Steamed Bun with Braised Pork M 热狗餐包 M Hot Dog M	南瓜小米粥 V Pumpkin Millet Porridge V 菠菜蒸鸡蛋 V Steamed Eggs with Spinach V 热拌油麦菜 V Warm Sautéed Celtuce V 鸡肉卷 M Steamed Bun with Braised Pork M 乳酪包 V Cheese Bun V	简爱酸奶 Yogurt 五香鹌鹑蛋(去壳) Marinated Shelled Quail Egg 热拌鸡毛菜 V Warm Tossed Shanghai Greens V 香煎鸡胸肉 M Pan-Seared Chicken Breast M 毛毛虫面包 V Long Sweet Roll V	骨汤小馄饨 M Wontons in Pork Bone Broth M 水煮鸡蛋 Boiled Egg 热拌菠菜 V Warm tossed spinach V 牛肉蒸饺 M Steamed Beef Dumplings M 紫薯面包 V Purple Sweet Potato Bread V
课间餐 Morning Snack	香蕉 Banana 苹果 Apple	牛奶枣 Milk Date 凤梨 Pineapple	雪梨 Snow Pear 白心火龙果 White Dragon Fruit	苹果 Apple 香梨 Fragrant Pear	千禧果 Cherry Tomatoes 猕猴桃 Kiwi
午餐 Lunch	米粉蒸牛肉 M Beef with Rice Noodles M 豉汁蒸鱼片 S Steamed Fish Fillet with Black Bean Sauce S 香烤黄油小土豆 V Buttery Roasted Potatoes V 平菇小青菜 V Stir-fried Greens with Mushrooms V 紫菜蛋花汤 V Seaweed Egg Drop Soup V 香米饭 Rice 小番茄意大利面 V Pasta with Cherry Tomato Sauce V	奥尔良烤鸡翅 M Orleans-Style Roasted Chicken Wings M 黄焖鱼柳 S Braised Fish Fillet S 香烤卷心菜 V Roasted Cabbage V 蒜泥苋菜 V Sautéed Amaranth with Mashed Garlic V 茶树菇鸭汤 M Camellia Sinensis Mushroom and Duck Soup M 香米饭 Rice 金枪鱼三明治塔塔 S Tuna Tartare Sandwich S	蒸排骨 M Steamed Pork Ribs M 香烤柠汁鲷鱼块 S Roasted Sea Bream with Lemon Sauce S 海盐烤芦笋 V Roasted Asparagus 清炒七宝菜 V Sautéed Shanghai Greens V 莲藕大骨汤 M Pork Bone and Lotus Root Soup M 香米饭 Rice 三丝炒面 V Stir-Fried Noodles with Three Shreds V	美式BBQ烤牛肉 M American-Style BBQ Roasted Beef M 黄油香煎虾仁 S Buttery Pan-Seared Shrimp S 香烤西兰花 V Roasted Broccoli V 清炒油麦菜 V Stir-Fried Youmai Greens V 法式南瓜汤 V French Pumpkin Soup V 香米饭 Rice 鸡肉汉堡包 M Chicken Burgers M	泰式香茅烤鸡腿 M Thai Lemongrass Roasted Chicken Drumstick M 酸汤鱼片 S Sour Fish Fillet S 烤西葫芦 V Roasted Zucchini V 清炒小青菜 V Stir-Fried Shanghai Greens V 牛骨萝卜汤 M Oxtail and Daikon Soup M 香米饭 Rice 茄汁意大利面 V Tomato Sauce Pasta V
午点 Afternoon Snack	烤蜜薯 Roasted Sweet Potato 芭乐 Guava 纯牛奶 Milk 海绵蛋糕 Sponge cake	黄油烤玉米 Roasted Corn with Butter 羊角蜜 Horned melon 纯牛奶 Milk 南瓜面包 Pumpkin Bread	蒸紫薯 Steamed Purple Sweet Potato 哈密瓜 Cantaloupe 纯牛奶 Milk 奶香松饼 Milk Pancake	苹果派 Apple Pie 凤梨 Pineapple 纯牛奶 Milk 椰蓉面包 Coconut Bread	烤贝贝南瓜 Roasted Pumpkin 红心火龙果 Red Dragon Fruit 纯牛奶 Milk 香蕉派 Banana 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.

CISH WEEKLY MENU

合肥加拿大国际幼儿园TT班菜单 (4.20-4.24)
Hefei Canadian International Kindergarten Menu

1-2岁EY烹饪的所有食物: 切小丁, 鱼去刺, 肉去筋, 水果去核。烹饪: 不加味精, 不加酱油, 基本不加盐, 煮软烂, 无刺激性食材。水果根据季节替换, 保证每天两种
For 1-2-year-olds: Cut all food into small pieces; debone fish, trim meat tendons, remove fruit pits. No MSG, no soy sauce, minimal salt. Cook soft, no strong flavors. Seasonal fruits, two kinds per day.

	星期一 Monday	星期二 Tuesday	星期三 Wednesday	星期四 Thursday	星期五 Friday
早餐 Breakfast	芹菜粥 V Celery Congee 清蒸虾仁碎 S Steamed Minced Shrimp S 奶香吐司 (去边) V Milk Plain Toast (with crust removed) V	青菜面 V Noodles with Greens V 奶香小馒头 V Steamed Milk Mantou V 水蒸蛋 V Steamed Egg Custard V	南瓜小米粥 V Pumpkin Millet Porridge V 清蒸牛肉沫 M Steamed Minced Beef M 奶香小面包 (零糖) V Milk Bread V	虾仁蔬菜粥 S Shrimp and Vegetable Porridge 花卷 V Steamed Scallion Rolls V 鲜肉饼 M Minced Pork Patty M	菠菜碎小面片 V Small Spinach and Minced Meat Noodles V 虾泥蛋羹 S Shrimp Paste Egg Custard S 红薯面包 (零糖) V Purple Sweet Potato Bread V
课间餐 Morning Snack	香蕉 Banana	苹果 Apple	雪梨 Snow Pear	耙耙柑 Chinese Honey Citrus	猕猴桃 Kiwi
午餐 Lunch	娃娃菜碎小面片 V Minced Baby Cabbage Noodles V 清蒸鳕鱼碎 S Steamed Minced Cod Fish S 菠菜碎 V Steamed Small Spinach V 紫菜蛋花汤 Seaweed Egg Drop Soup	鲜肉米饭 M Steamed Pork Rice M 虾仁碎 S Steamed Minced Shrimp S 西兰花碎 V Minced Broccoli V 老鸭汤 M Duck Soup M	虾仁西兰花米饭 S Soft Rice with Shrimp and Broccoli S 鳕鱼蔬菜碎 S Minced Cod with Vegetables S 五彩蔬菜丁碎 V Mixed Minced Vegetable Dices V 莲藕汤 V Lotus Root Soup V	牛肉土豆泥拌饭 M Beef and Mashed Potato Rice M 清蒸虾碎 S Steamed Minced Shrimp S 茄子丁 V Steamed Minced Eggplant V 鲈鱼汤 S Perch Soup S	紫菜虾仁小馄饨 S Seaweed Shrimp Wonton S 牛肉碎 M Minced Beef M 土豆泥 V Mashed Potato V 番茄蛋花汤 V Tomato and Egg Drop Soup V
午点 Afternoon Snack	土豆泥 Mashed Potato 红心火龙果 Red Dragon Fruit 安佳全脂牛奶 Whole Milk	蜜薯泥 V Mashed Sweet Potato V 羊角蜜 Horned melon 简爱0糖酸奶 Yogurt	贝贝南瓜泥 V Baby Pumpkin Puree V 哈密瓜 Cantaloupe 安佳全脂牛奶 Whole Milk	玉米泥 V Mashed Corn V 青提 Green Grapes 简爱0糖酸奶 Yogurt	紫薯泥 V Mashed Purple Sweet Potato V 蓝莓 Blueberry 安佳全脂牛奶 Whole Milk