

合肥加拿大国际幼儿园2026年5月第1周菜谱5月5日-5月8日
Hefei Canadian International Kindergarten Weekly Menu May. 5-8, 2026

| | 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 橄榄油煎鸡蛋 V Fried Egg with Olive Oil V 黄油烤玉米 V Buttery Roasted Corn V 香煎小盘肠 M Fried Mini Sausage Platter M 奶香吐司片 Buttered Toast Slices | 三鲜汤面 (大骨, 平菇, 蛋皮) M Three Fresh Ingredients Noodle Soup (Beef Bones, Mushroom, Egg Crepe) M 五香鹌鹑蛋 Marinated Quail Egg 热拌小白菜 V Stir-Fried Bok Choy V 奶香馒头 V Steamed Milk Bun V 热狗餐包 M Hot Dog Buns M | 香菇鸡肉粥 M Chicken and Shiitake Mushroom Congee M 葱香炒鸡蛋 Scrambled Eggs with Scallion 热拌莴笋 V Stir-Fried Celtnce V 叉烧肉包 M Char Siu Pork Bun M 墨西哥面包 Mexican Bun | 简爱酸奶 Yogurt 煎鸡蛋 Fried Eggs 热拌苋菜 V Warmed Tossed Amaranth Greens V 香煎鸡胸肉 M Pan-Fried Chicken Breast M 全麦面包 Whole Wheat Bread |
| 课间餐 Morning Snack | 无籽西瓜 Seedless Watermelon 香蕉 Banana | 雪梨 Snow Pear 樱桃 cherry | 苹果 Apple 猕猴桃 Kiwi | 哈密瓜 Cantaloupe 油桃 Nectarine |
| 午餐 Lunch | 美式蛋黄烤鸡腿肉 M American-Style Baked Chicken Thigh with Egg Yolk M 香煎蒜香黄油虾 S Butter-Roasted Garlic Prawns S 清炒油麦菜 Sautéed Youmai Greens 烤双花 V Roasted Broccoli & Cauliflower V 老鸭汤 M Duck Soup M 香米饭 Rice 墨西哥鸡肉卷 M Chicken Burrito M | 匈牙利慢炖牛肉 M Hungarian Goulash M 日式照烧汁烤鱼 S Teriyaki Grilled Fish S 西红柿炒鸡蛋 Scrambled Eggs with Tomatoes 清炒奶白菜 V Sautéed Napa Cabbage V 牛肉罗宋汤 M Beef Borscht M 香米饭 Rice 鸡排汉堡 M Chicken Slider Burger M | 奥尔良烤鸡翅 M Orleans-Style Baked Chicken Wings M 避风塘炒虾仁 S Typhoon Shelter Style Fried Shrimps S 清炒苋菜 V Sautéed Amaranth Greens V 香烤蟹味菇 V Roasted Brown Beech Mushrooms V 蔬菜牛尾骨汤 M Vegetable Oxtail Soup M 香米饭 Rice 奶汁菌菇意大利面 V Spaghetti with Creamy Mushroom Sauce V | 话梅排骨 M Plum Braised Pork Ribs M 番茄鱼片 S Tomato Fish Fillet S 烤生瓜 V Roasted Zucchini V 轻烤芥兰 V Lightly Roasted Chinese Broccoli V 虫草花鸡汤 M Cordyceps flower chicken soup M 香米饭 Rice 牛肉塔可 M Beef Taco M |
| 午点 Afternoon Snack | 牛奶枣 Milk Date 纯牛奶 Milk 蒸蜜薯 Steamed Sweet Potato 红枣泥蛋糕 Red Date Puree Cake | 羊角蜜 Horned melon 纯牛奶 Milk 烤紫薯 Roasted Purple Sweet Potato 芝士条面包 Cheese Breadstick | 凤梨 Pineapple 纯牛奶 Milk 烤贝贝南瓜 Roasted Pumpkin 华夫饼 Waffle | 圆蜜瓜 Melon 纯牛奶 Milk 黄油烤玉米 Buttery Roasted Corn 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.

CISH WEEKLY MENU

合肥加拿大国际幼儿园TT班菜单 (5.5-5.8) 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.

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|--------------------------|---|---|---|---|
| 早餐 Breakfast | 小米南瓜粥 V Millet Pumpkin Congee V 蒸虾仁碎 S Steamed Minced Shrimp S 奶香吐司 (去边) V Milk Plain Toast (with crust removed) V | 青菜清汤面 V Clear Noodle Soup with Greens V 土豆饼 V Potato Pancake V 水煮蛋 V Boiled Egg V | 菠菜虾泥小馄饨 S Spinach & Shrimp Wontons S 蒸牛肉沫 M Steamed Minced Beef M 紫薯面包 (零糖) V Purple Sweet Potato Bread V | 橄榄油小面片 V Olive Oil Minced Noodles V 牛奶炒鸡蛋 Milk Scrambled Eggs 全麦吐司 (去边) V Whole Wheat Toast (with crust removed) V |
| 课间餐 Morning Snack | 香蕉 Banana | 圆密瓜 Melon | 雪梨 Snow Pear | 羊角蜜 Horned Melon |
| 午餐 Lunch | 紫菜菠菜小面片 V Small Spinach and Seaweed Noodles V 蒸菠菜鳕鱼碎 S Steamed Spinach and Minced Cod Fish S 西兰花碎 V Minced Broccoli V 老鸭浓汤 M Duck Soup M | 香米饭 V Rice V 蒸口蘑牛肉碎 S Steamed Minced Beef with Button Mushroom M 西红柿炒鸡蛋 V Scrambled Eggs with Tomatoes V 意大利蔬菜浓汤 V Italian Segetable Soup V | 虾仁蟹味菇米饭 S Shrimp & Brown Beech Mushroom Rice S 蒸芦笋三文鱼碎 S Steamed Minced Tuna & Asparagus S 清蒸青菜豆腐碎 V Steamed Minced Greens with Tofu V 奶油蘑菇浓汤 V Cream of Mushroom 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 芥兰胡萝卜碎 V Steamed Minced Chinese Broccoli and Carrots 鲫鱼豆腐浓汤 S Crucian Carp & Tofu Thick Soup S |
| 午点 Afternoon Snack | 山药泥 V Mashed Chinese Yam V 牛奶枣 Milk Date 红枣泥蛋糕 Red Date Puree Cake 安佳全脂牛奶 Whole Milk | 沙地蜜薯泥 V Mashed Sweet Potato V 凤梨 Pineapple 芝士条面包 Cheese Breadstick 简爱0糖酸奶 Yogurt | 金瓜泥 V Mashed Pumpkin V 哈密瓜 Cantaloupe 华夫饼 Waffle 安佳全脂牛奶 Whole Milk | 土豆泥 V Mashed Potatoes V 蓝莓 Blueberry 紫薯派 Purple Sweet Potato Pie 简爱0糖酸奶 Yogurt |