

CISH WEEKLY MENU

Canadian International School Of Hefei Weekly Menu May.5-8,2026

	Categories	Tuesday	Wednesday	Thursday	Friday
Break fast 12 RMB	Chinese & Western Pastries	Plain Toast	Plain Toast	Plain Toast	Plain 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
		Pan-Fried Buns M	Steamed Pork Dumplings M	Char Siu Pork Bun M	Seaweed & Dried Shrimp Wontons M
	Eggs/Meat	Vegetable Pancake V	Sticky Rice and Pork Patty M	Potato Pancake V	Multigrain Steamed Bun V
		Fried Eggs	Soy-Marinated Egg	Fried Eggs	Chinese Five-Spice Marinated Egg
		Boiled Eggs	Boiled Eggs	Boiled Eggs	Boiled Eggs
		Beef Sausage M	Mini Sausage Platter M	Beef Sausage M	Mini Sausage Platter M
	Grains	Pan-Fried Ham Slices M	Baked Bacon M	Pan-Fried Ham Slices M	Baked Bacon M
		Roasted Sweet Corn V	Roasted Purple Sweet Potato V	Steamed Chestnut V	Steamed Pumpkin V
	Vegetables	Sautéed Spinach V	Baby Bok Choy in Superior Broth V	Buttery Roasted Broccoli V	Scrambled Eggs with Tomatoes V
	Porridge/Drinks	Plain Congee V	Spicy Pepper Soup M	Celery & Beef Congee M	West Lake Beef Soup M
		Hot Milk	Hot Milk	Hot Milk	Hot Milk
		Coffee	Coffee	Coffee	Coffee
		Milk	Milk	Milk	Milk
	Break Snack	Oatmeal	Oatmeal	Oatmeal	Oatmeal
Yogurt/Fruit		Milk Date	Yogurt	Mini Bananas	Yogurt
Western& Mediterranean		American-Style Baked Chicken Thigh with Egg Yolk M	German-Style Roasted Pork Chop with Sauerkraut M	Orleans-Style Roast Chicken M	American-Style BBQ Roasted Beef M
		German Style Grilled Sausage M	Popcorn Chicken M	British-Style Fish with Tartar Sauce S	American-Style Fried Chicken Nuggets M
	Spaghetti (Cream/Meat Sauce)	Farfalle (Meat Sauce/Tomato Sauce)	Penne Pasta (Cream/Meat Sauce) M	Spaghetti (Meat Sauce/Tomato Sauce)	
	Beef Pizza V/M	Burger (Beef/Veg) M/V	Chicken Burrito M/V	Whole Wheat Sandwich (Chicken/Veg) M/V	
	Roasted Broccoli V	Buttery Roasted Corn V	Roasted Vegetables with Olive Oil V	Roasted Zucchini V	
Asian Cuisine	Rosemary Roasted Potatoes V	Roasted Potato Wedges V	Buttery Roasted Potatoes V	Mashed Potatoes V	
	Curry Chicken Cubes M	Sichuan Boiled Spicy Pork Slices M	Typhoon Shelter Style Fried Chicken M	Peppery Crispy Pork M	
	Poached Fish Fillets in Pickled Mustard Soup S	Sour and Spicy Shredded Potato V	Stir-Fried Rice Cake with Ham M	Fish with Fresh Chilies S	
	Sautéed Shanghai Greens V	Sautéed Bok Choy V	Sautéed Spinach V	Sautéed Napa Cabbage V	
	Stir-Fried Noodles with Three Shreds V	Taiwanese Lu Rou Fan M (Braised Pork Rice) M	Stir-Fried Rice Noodles with Egg V	Seaweed & Chicken Floss Rice M	
Noodles in soup	Braised Pork Rib Noodle Soup M	Noodles with Shredded Pork and Pickled Mustard Greens M	Braised Beef Noodles M	Zhajianguan M	
	With Greens, Pickled Cucumber, Pickled Bamboo Shoots				
Spicy Level	1 chili Mild 2 chilies Medium 3 chilies Extra Spicy				
Soup/Rice	Seaweed Egg Drop Soup M	Stewed Chicken with Shiitake Mushrooms M	Pork Bone and Lotus Root Soup M	Three Fresh Ingredients Soup M	
	Mushroom Cream Soup V	French Tomato Bisque V	Italian Vegetable Soup V	French Pumpkin Soup V	
Salad Bar	Rice	Rice	Rice	Rice	
	Garden Salad	Fruit Salad	Garden Salad	Fruit Salad	
	Corn Juice	Red Dates Juice	Corn Juice	Red Dates Juice	
	Apple Juice	Coconut Water	Yuzu Tea	Soda Water	
	Lemonade	Lemonade	Lemonade	Lemonade	

Authorized strength:

Audit:

Director of Operations:

International department:

G.A.O:

合肥加拿大外籍子女学校2026年5月份第1周食谱（5月5日—5月8日）

类别	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
		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
		生煎包 M	鲜肉蒸饺 M	叉烧肉包 M	紫菜虾皮小混沌 M
		蔬菜饼 V	糯米肉饼 M	土豆饼 V	杂粮小馒头 V
	蛋肉	煎鸡蛋	卤鸡蛋	煎鸡蛋	五香卤鸡蛋
		水煮鸡蛋	水煮鸡蛋	水煮鸡蛋	水煮鸡蛋
		牛肉肠 M	小盘肠 M	牛肉肠 M	小盘肠 M
		煎火腿片 M	烤培根 M	煎火腿片 M	烤培根 M
	杂粮	香烤甜玉米 V	烤紫薯 V	蒸马蹄 V	蒸南瓜 V
	时蔬	清炒菠菜 V	上汤娃娃菜 V	黄油西兰花 V	西红柿炒鸡蛋 V
	咖啡/粥	明火白粥 V	胡辣汤 M	香芹牛肉粥 M	西湖牛肉羹 M
		热牛奶	热牛奶	热牛奶	热牛奶
		咖啡	咖啡	咖啡	咖啡
		牛奶	牛奶	牛奶	牛奶
燕麦片		燕麦片	燕麦片	燕麦片	
课间餐	酸奶/水果	牛奶枣	酸奶	小香蕉	酸奶
午餐 28元	美式地中海	美式蛋黄烤鸡腿肉 M	德式烤猪扒配酸菜 M	奥尔良烤鸡 M	美式BBQ烤牛肉 M
		德式烤香肠 M	鸡米花 M	英式炸鱼配塔塔汁 S	美式炸鸡块 M
		意大利直面（奶汁/肉酱）	意大利蝴蝶面（肉酱/茄汁）	意大利斜管（奶汁/肉酱）	意大利直面（肉酱/茄汁）
		牛肉披萨 V/M	手工汉堡（牛肉/素）M/V	鸡肉卷 M/V	全麦三明治（鸡肉/素）M/V
		香烤西兰花 V	香烤黄油玉米 V	橄榄油烤时蔬 V	烤西葫芦 V
		迷迭香烤土豆 V	烤薯条 V	香烤黄油小土豆 V	土豆泥 V
	亚洲风味	咖喱鸡块 M	水煮肉片 M🔥	避风塘炒鸡肉 M	胡椒小酥肉 M
		酸菜鱼片 S	酸辣土豆丝 V	火腿炒年糕 M	鲜椒溜鱼片 S🔥
		清炒七宝青 V	清炒小白菜 V	清炒菠菜 V	清炒奶白菜 V
		三丝炒面 V	台式卤肉饭 M	鸡蛋炒河粉 V	海苔肉松饭 M
	面条	红烧排骨面 M	酸菜肉丝面 M	红烧牛肉面 M	杂酱面 M
		配：青菜/脆瓜/酸笋			
	一颗🔥微辣，两颗🔥🔥中辣，三颗🔥🔥🔥重辣				
	汤/饭	紫菜蛋花汤 M	香菇炖老鸡 M	莲藕大骨汤 V	三鲜汤 M
		奶油汁蘑菇汤 V	法式番茄浓汤 V	意大利蔬菜汤 M	法式南瓜汤 V
		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
		玉米汁	红枣汁	玉米汁	红枣汁
		苹果汁	椰子水	柚子茶	苏打水
		柠檬水	柠檬水	柠檬水	柠檬水
时令水果2种					