

CISH WEEKLY MENU

合肥加拿大国际幼儿园TT班菜单 (6.15-6.18) 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 |
|-----------------------------------|--|---|--|---|
| 早餐 Breakfast | 牛奶燕麦片 V Oatmeal with Milk V 炒鸡蛋 V Scrambled Eggs V 鲜奶吐司 (去边) V Milk Toast (with crust removed) V | 番茄小面片 V Small Tomato Noodles V 土豆丝蔬菜饼 V Shredded Potato Vegetable Pancake V 香烤虾仁碎 S Roasted Minced Shrimp S | 南瓜蔬菜粥 V Pumpkin Vegetable Congee V 虾仁鸡蛋饼 S Shrimp & Egg Pancake S 玉米沙拉面包 V Corn Salad Bread V | 菠菜橄榄油小片面 V Spinach Olive Oil Flat Noodles V 虾仁西兰花 S Shrimp with Broccoli S 香芹丝瓜烙 V Celery & Loofah Pancake V |
| 课间餐 Morning Snack | 无籽西瓜 Seedless Watermelon | 猕猴桃 Kiwi | 青提 Green Grapes | 芒果 Mango |
| 午餐 Lunch | 牛肉拌饭 M Beef Mixed Rice M 香烤三文鱼配番茄 S Roasted Salmon with Tomatoes S 胡萝卜土豆丁 V Diced Carrot & Potato V 鲫鱼豆腐浓汤 S Crucian Carp & Tofu Thick Soup S | 香米饭 V Rice V 香菇牛肉碎 M Minced Beef with Shiitake Mushrooms M 清蒸西葫芦胡萝卜碎 V Steamed Shredded Zucchini & Carrot V 紫菜蛋花浓汤 V Seaweed Egg Drop Soup V | 香米饭 V Rice V 橄榄油煎银鳕鱼 S Pan-Fried Silver Cod with Olive Oil S 西红柿炒鸡蛋 V Scrambled Eggs with Tomato V 鲈鱼浓汤 S Sea Bass Thick Soup S | 青菜小面片 V Green Vegetable Noodles V 清炖软排(猪) M Braised Tender Spare Pork Ribs M 平菇青菜碎 V Oyster Mushroom & Minced Greens V 奶汁南瓜汤 V Cream of Pumpkin Soup V |
| 午点 Afternoon Snack | 蒸蜜薯 V Steamed Sweet Potato V 芒果 Mango 安佳全脂牛奶 Whole Milk 蛋挞 Egg Tart | 鹰嘴豆泥 V Hummus V 蓝莓 Blueberry 简爱0糖酸奶 Yogurt 华夫饼 Waffle | 土豆泥 V Mashed Potato V 红心火龙果 Red Dragon Fruit 安佳全脂牛奶 Whole Milk 脆皮面包 Crispy Crust Bread | 胡萝卜小馒头 V Mini Carrot Buns V 荔枝 Lychee 简爱0糖酸奶 Yogurt 紫薯派 Purple Sweet Potato Pie |

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合肥加拿大国际幼儿园2026年6月第3周菜谱6月15日-6月18日
Hefei Canadian International Kindergarten Weekly Menu Jun.15-18,2026

| | 星期一 Monday | 星期二 Tuesday | 星期三 Wednesday | 星期四 Thursday |
|-------------------------------|--|---|--|--|
| 早餐 Breakfast | 牛奶燕麦片 V Oatmeal with Milk V 水煮鸡蛋 Boiled Egg 橄榄油拌西兰花 V Roasted Broccoli with Olive Oil V 鲜奶吐司 V Milk Toast V 香煎猪肉小盘肠 M Pan-Fried Mini Pork Sausage Platter M | 排骨汤面(猪) M Pork Bone Noodle Soup M 美式炒鸡蛋 Scrambled Eggs 热拌七宝青 V Stir-Fried Mixed Greens V 椰蓉面包 V Coconut Bread V 牛肉包 M Beef Bun M | 南瓜小米粥 V Pumpkin Millet Porridge V 五香鹌鹑蛋 (去壳) Marinated Shelled Quail Eggs(Peeled Egg) 热拌小白菜 V Stir-Fried Bok Choy V 玉米沙拉面包 V Corn Salad Bread V 猪肉蒸饺 M Steamed Pork Dumplings M | 简爱酸奶 Yogurt 煎鸡蛋 Fried Egg 热拌油麦菜 V Warm Sautéed Celtuce V 三明治 V Sandwich V 煎鸡胸肉 M Pan-Fried Chicken Breast M |
| 课间餐 Morning Snack | 羊角蜜 Horned Melon 无籽西瓜 Seedless Watermelon | 苹果 Apple 猕猴桃 Kiwi | 青提 Green Grapes 哈密瓜 Cantaloupe | 桃子 Peach 蓝莓 Blueberry |
| 午餐 Lunch | 苹果蜜汁烤鸡棒腿 M Honey Apple Roasted Chicken Drumsticks M 香煎鲷鱼 S Pan-Fried Sea Bream S 清炒娃娃菜 V Stir-Fried Baby Cabbage V 香烤彩椒西芹 V Roasted Bell Peppers and Celery V 匈牙利牛肉汤 M Hungarian Beef Goulash M 香米饭 Rice 小番茄意大利面 V Pasta with Cherry Tomato Sauce V | 番茄炖牛肉 M Tomato Braised Beef M 盐水虾仁 S Salt-Boiled Shrimp S 清炒西葫芦丝 V Stir-Fried Zucchini Julienne V 香烤茄条 V Roasted Eggplant Strips V 紫菜蛋花汤 V Seaweed Egg Drop Soup V 香米饭 Rice 金枪鱼塔可 S Tuna Tacos S | 奥尔良烤鸡翅 M Orleans-Style Baked Chicken Wings M 金汤鱼片 S Fish Fillets in Golden Broth S 西红柿炒鸡蛋 V Scrambled Eggs with Tomatoes V 香烤西兰花 V Roasted Broccoli V 虫草花煲鸡汤 M Double-Boiled Chicken with Cordyceps Militaris M 香米饭 Rice 鸡肉卷 M Chicken Burrito M | 苹果烤猪肋排 M Apple Roasted Pork Ribs M 黄油柠汁虾仁 S Shrimp with Butter and Lemon Juice S 清炒奶白菜 V Stir-Fried Napa Cabbage V 香烤黄油小土豆 V Buttery Roasted Potatoes V 奶汁南瓜汤 V Cream of Pumpkin Soup V 香米饭 Rice 意式青酱薄底牛肉披萨 M Italian Pesto Thin Crust Beef Pizza M |
| 午点 Afternoon Snack | 小香蕉 Mini Bananas 蛋挞 Egg Tart 纯牛奶 Milk 烤蜜薯 V Roasted Sweet Potato V | 荔枝 Lychee 华夫饼 Waffle 纯牛奶 Milk 蒸玉米 V Steamed Corn V | 红心火龙果 Red Dragon Fruit 脆皮面包 Crispy Crust Bread 纯牛奶 Milk 烤紫薯 V Roasted Purple Sweet Potato V | 芒果 Mango 紫薯派 Purple Sweet Potato Pie 纯牛奶 Milk 全麦三明治 V Whole Wheat Sandwich V |

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.