

CISH WEEKLY MENU

合肥加拿大外籍子女学校2026年6月份第3周食谱 (6月15日—6月18日)

类别	星期一	星期二	星期三	星期四	
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
		锅贴饺 M	牛肉包 M	鲜肉蒸饺 M	紫菜虾皮小馄饨 S
		奶香小馒头 V	酱香饼 V	手抓饼 V	香葱鸡蛋饼 V
	蛋肉	煎鸡蛋	卤鸡蛋	煎鸡蛋	煎鸡蛋
		水煮鸡蛋	水煮鸡蛋	水煮鸡蛋	水煮鸡蛋
		小盘肠 M	牛肉肠 M	小盘肠 M	鸡肉肠 M
		煎火腿片 M	烤培根 M	煎火腿片 M	煎火腿片 M
	杂粮	烤贝贝南瓜 V	烤沙地红薯 V	香烤手指萝卜 V	烤南瓜 V
	时蔬	清炒菠菜 V	火腿娃娃菜 M	清炒鸡毛菜 V	番茄炒鸡蛋 V
	咖啡/粥	牛肉青菜粥 M	营养沙汤 M	香菇青菜肉沫粥 M	明火白粥 V
		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	苹果	酸奶	香梨	小米蕉
午餐 28元	美式地中海	奥尔良烤鸡 M	烤伊比利亚猪排 M	香煎鸭胸 M	美式香烤牛肋排 M
		德式烤罗勒肠配酸黄瓜 M	辣北非蛋配法棍 V	美式炸鸡块 M	英式炸鱼柳配塔塔汁 S
		意大利直面 (奶汁/肉酱) M/V	意大利斜管 (肉酱/茄汁) M/V	意大利螺旋面 (黑松露奶汁/肉酱) M/V	青酱薄底牛肉披萨 (牛/海鲜) M/S
		黑松露薄底鸡肉披萨 (鸡肉/素) M/V	手工汉堡 (鸡肉/素) M/V	费城热狗 M/V	意大利千层面 M
		香烤黄油手指胡萝卜 V	蒸甜玉米 V	橄榄油烤时蔬 V	香烤西兰花 V
		黄油烤小土豆 V	香烤薯格 V	椒盐土豆 V	土豆泥 V
	亚洲风味	水煮肉片 M🔥	豆豉小炒肉 M🔥	香辣孜然鱿鱼须 S🔥	小炒肥牛卷 M
		虾仁蒸蛋 S	番茄烩鱼片 S	京酱肉丝 M	肉沫茄子 M
		清炒上海青 V	清炒小油菜 V	清炒奶白菜 V	清炒苋菜 V
		海苔肉松饭 M/S	火腿鸡蛋炒年糕 M	台式卤肉饭 M	炒河粉 V
	面条	藤椒鸡丝面 M	淮南牛肉粉丝/面 M	酸菜肉丝面/米线 M	臊子面 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 V	虫草花煲鸡 M	三鲜汤 M	龙骨玉米汤 M
		匈牙利牛肉汤 M	豌豆浓汤 V	法式番茄浓汤 V	法式南瓜浓汤 V
		米饭	米饭	米饭	米饭
	沙拉吧	冰草沙拉	蔬菜沙拉	冰草沙拉	蔬菜沙拉
		玉米汁	红枣汁	玉米汁	红枣汁
		金桔柠檬汁	椰子水	柚子茶	苹果汁
柠檬水		柠檬水	柠檬水	柠檬水	
时令水果2种					

编制:

审核:

运营总监:

国际部:

总务处:

CISH WEEKLY MENU

Canadian International School Of Hefei Weekly Menu Jun.15-18,2026

Categories	Monday	Tuesday	Wednesday	Thursday		
Breakfast 12 RMB	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		
	Potstickers M	Beef Bun M	Steamed Pork Dumplings M	Mini Wontons with Seaweed & Shrimp S		
	Steamed Milk Buns V	Savoury Pan-Fried Pancake V	Flaky Scallion Pancake V	Scallion Egg Pancake V		
	Fried Egg	Soy-Marinated Egg	Fried Egg	Fried Egg		
	Boiled Egg	Boiled Egg	Boiled Egg	Boiled Egg		
	Mini Sausage Platter M	Beef Sausage M	Mini Sausage Platter M	Chicken Sausage M		
	Pan-Fried Ham Slices M	Baked Bacon M	Pan-Fried Ham Slices M	Pan-Fried Ham Slices M		
	Grains	Baked Kabocha Squash V	Roasted Sweet Potato V	Roasted Baby Carrots V	Roasted Pumpkin V	
	Vegetables	Sautéed Spinach V	Baby Bok Choy with Ham M	Stir-Fried Shanghai Greens V	Scrambled Eggs with Tomatoes V	
	Porridge/Drinks	Beef & Green Vegetable Congee M	Nutritious Egg Soup M	Shiitake Mushroom Greens and Minced Pork Congee M	Plain Congee V	
		Hot Milk	Hot Milk	Hot Milk	Hot Milk	
		Coffee	Coffee	Coffee	Coffee	
		Milk	Milk	Milk	Milk	
		Oatmeal	Oatmeal	Oatmeal	Oatmeal	
	Break Snack	Yogurt/Fruit	Apple	Yogurt	Fragrant Pear	Baby Banana
	Lunch 28 RMB	Western& Mediterranean	New Orleans-Style BBQ Chicken M	Roasted Iberian Pork Chop M	Pan-Fried Duck Breast M	American-Style Roasted Beef Ribs M
Grilled German Basil Sausage with Pickled Gherkins M			Spicy Shakshuka with Baguette V	American-Style Fried Chicken Nuggets M	British-Style Fish with Tartar Sauce S	
Spaghetti (Cream/Meat Sauce)M/V			Fusilli Pasta (Tomato Sauce/Meat Sauce)M/V	Fusilli Pasta (Black Truffle Cream/Meat Sauce)M/V	Italian Pesto Thin Crust Beef Pizza (Beef/Sea) M/S	
Thin Crust Pizza with Black Truffle (Chicken/Veg)M/V			Burger (Chicken/Veg) M/V	Philly-Style Hot Dog M/V	Lasagna M	
Roasted Butter Baby Carrots V			Roasted Corn V	Roasted Vegetables with Olive Oil V	Roasted Green Cabbage V	
Asian Cuisine		Buttery Roasted Potatoes V	Waffle-Cut Roasted Potatoes V	Salt and Pepper Potatoes V	Mashed Potatoes V	
		Sichuan Boiled Spicy Pork Slices M🔥	Sautéed Pork with Fermented Black Beans M🔥	Spicy Cumin Squid Tentacles S🔥	Stir-Fried Beef M	
		Steamed Egg with Shrimp S	Braised Fish Fillet with Tomato S	Shredded Pork in Beijing Sauce M	Stir-Fried Eggplant with Minced Pork M	
		Stir-Fried Shanghai Bok Choy V	Stir-Fried Bok Choy V	Sautéed Napa Cabbage V	Sautéed Amaranth Greens V	
		Seaweed & Chicken Floss Rice M/S	Stir-Fried Rice Cake with Ham & Egg M	Taiwanese Lu Rou Fan(Braised Pork Rice) M	Fried Rice Noodles V	
Noodles in soup		Rattan Pepper Shredded Chicken Noodles M	Huainan Beef Vermicelli/Noodles M	Pickled Mustard Green & Shredded Pork Noodles/Rice Noodles M	Noodles with Minced Pork M	
Spicy Level		With Greens, Pickled Cucumber, Pickled Bamboo Shoots				
Soup/Rice		Seaweed Egg Drop Soup V	Double-Boiled Chicken with Cordyceps Militaris M	Three Fresh Ingredients Soup M	Pork Bone and Corn Soup M	
		Hungarian Beef Goulash M	Pea bisque V	French Tomato Bisque V	French Pumpkin Soup V	
		Rice	Rice	Rice	Rice	
Salad Bar		Wheatgrass Salad	Garden Salad	Wheatgrass Salad	Garden Salad	
		Corn Juice	Red Dates Juice	Corn Juice	Red Dates Juice	
		Kumquat Lemon Juice	Coconut Water	Yuja Tea	Apple Juice	
		Lemonade	Lemonade	Lemonade	Lemonade	

Authorized strength:

Audit:

Director of Operations:

International department:

G.A.O: