

NIS 2018: EARLY CHILDHOOD CENTER – SEPTEMBER MENU

WEEK	DATE	BREAKFAST AT 8:00 AM	MORNING BREAK: SNACK AT 9:30 AM	LUNCH AT 11:30 AM	AFTERNOON BREAK: SNACK AT 2:15 PM
1	3	<ul style="list-style-type: none"> o Fish Porridge o Scrambled Eggs o Carrot 	Fruit + Milk	<i>Spaghetti Bolognaise [Chicken]</i>	Banana + Milk
	4	<ul style="list-style-type: none"> o Ham+cheese Sandwich o Scrambled Eggs o Cucumber/ Tomato 	Fruit + Milk	<i>Red pork + Rice + Soup</i>	Dried Fish String + Milk
	5	<ul style="list-style-type: none"> o Cereal o Scrambled Eggs o Banana/ Raisin 	Fruit + Milk	<i>Fried Fish +Rice +Soup</i>	Milk Bun + Milk
	6	<ul style="list-style-type: none"> o Meat Dumplings o Scrambled Eggs o Cucumber 	Fruit + Milk	<i>Pineapple Fried Rice +Soup</i>	Yoghurt + Milk
	7	<ul style="list-style-type: none"> o Dorayaki o Scrambled Eggs o Cucumber/ Carrot 	Fruit + Milk	<i>Roast Pork</i> <i>Sticky Rice</i> <i>Papaya Salad</i>	Ice cream + Milk
2	10	<ul style="list-style-type: none"> o Cereal o Scrambled Eggs o Banana/ Raisin 	Fruit + Milk	<i>Steamed Chicken</i> <i>Rice + Soup</i>	Fruit + Milk
	11	<ul style="list-style-type: none"> o Fish Porridge o Scrambled Eggs o Carrot 	Fruit + Milk	<i>5 Spice Egg with Pork + Rice</i>	Eclair + Milk
	12	<ul style="list-style-type: none"> o Chicken Wonton Soup o Scrambled Eggs o Bog Choy 	Fruit + Milk	<i>Tempura + Rice +Soup</i>	Chocolate Sticks + Milk
	13	<ul style="list-style-type: none"> o Pork Porridge o Scrambled Eggs o Carrot 	Fruit + Milk	<i>Udon with Roast Pork</i>	Yoghurt + Milk
	14	<ul style="list-style-type: none"> o Ham+cheese Sandwich o Scrambled Eggs o Cucumber/ Carrot 	Fruit + Milk	<i>Roast Chicken</i> <i>Sticky Rice</i> <i>Papaya Salad</i>	French Fries + Milk

Note :

Breakfast includes milk. Lunch includes a plate of fresh vegetables and fruits for the children to share.

If your child cannot eat a food scheduled for a certain day, please inform us 1 day in advance and we will make other arrangements. You are always welcome to send your child with her/his own lunch if you wish.

NIS 2018: EARLY CHILDHOOD CENTER – SEPTEMBER MENU

WEEK	DATE	BREAKFAST AT 8:00 AM	MORNING BREAK: SNACK AT 9:30 AM	LUNCH AT 11:30 AM	AFTERNOON BREAK: SNACK AT 2:15 PM
3	17	<ul style="list-style-type: none"> ○ Cereal ○ Scrambled Eggs ○ Banana/ Raisin 	Fruit + Milk	<i>Penne with prawn</i>	Butter Corn + Milk
	18	<ul style="list-style-type: none"> ○ Chicken Porridge ○ Scrambled Eggs ○ Carrot 	Fruit + Milk	<i>Cheese Macaroni</i>	Brownie + Milk
	19	<ul style="list-style-type: none"> ○ French Toast ○ Scrambled Eggs ○ Cucumber/ Broccoli 	Fruit + Milk	<i>Fish Burger</i>	Fruit shaped Bean + Milk
	20	<ul style="list-style-type: none"> ○ Toasted Cheese ○ Scrambled Eggs ○ Cucumber/ Tomato 	Fruit + Milk	<i>Stewed Pork + Rice +Soup</i>	Raisin + Nut/ Milk
	21	<ul style="list-style-type: none"> ○ Steamed Gyoza ○ Scrambled Eggs ○ Bog Choy 	Fruit + Milk	<i>Pizza</i>	Ice cream+ Milk
4	24	<ul style="list-style-type: none"> ○ Cereal ○ Scrambled Eggs ○ Banana/ Raisin 	Fruit + Milk	<i>Steamed Eggs with Minced Pork Rice</i>	Ham+cheese Sandwich Milk
	25	<ul style="list-style-type: none"> ○ Fish Porridge ○ Scrambled Eggs ○ Carrot 	Fruit + Milk	<i>Quesadilla with Chicken and Cheese</i>	Fruit + Milk
	26	<ul style="list-style-type: none"> ○ Pancake ○ Scrambled Eggs ○ Nut/ Raisin 	Fruit + Milk	<i>Noodle Soup with Fried Fish</i>	Thai Dessert + Milk
	27	<ul style="list-style-type: none"> ○ Dorayaki ○ Scrambled Eggs ○ Cucumber/ Tomato 	Fruit + Milk	<i>Spaghetti Carbonara</i>	Yoghurt + Milk
	28	<ul style="list-style-type: none"> ○ Waffle + Sausage ○ Scrambled Eggs ○ Cucumber 	Fruit + Milk	<i>Roast Chicken Sticky Rice Papaya Salad</i>	Ice cream+ Milk

Note :

Breakfast includes milk. Lunch includes a plate of fresh vegetables and fruits for the children to share.

If your child cannot eat a food scheduled for a certain day, please inform us 1 day in advance and we will make other arrangements. You are always welcome to send your child with her/his own lunch if you wish.