

## NIS 2018: EARLY CHILDHOOD CENTER – OCTOBER MENU

WEEK	DATE	BREAKFAST AT 8:00 AM	MORNING BREAK: SNACK AT 9:45 AM	LUNCH AT 11:30 AM	AFTERNOON BREAK: SNACK AT 2:15 PM
1	1	<ul style="list-style-type: none"> <li>o Cereal</li> <li>o Scrambled Eggs</li> <li>o Banana/ Raisin</li> </ul>	Fruit + Milk	Steamed Eggs with Minced Chicken Rice+Soup	Ham+cheese Sandwich Milk
	2	<ul style="list-style-type: none"> <li>o Pork Congee</li> <li>o Scrambled Eggs</li> <li>o Carrot</li> </ul>	Fruit + Milk	Yellow Noodles Soup with Red pork	Popcorn + Milk
	3	<ul style="list-style-type: none"> <li>o Croissant</li> <li>o Hard Boiled Eggs</li> <li>o Cucumber/ Tomato</li> </ul>	Fruit + Milk	5 Spice Egg with Pork + Rice	Orange Swiss Roll + Milk
	4	<ul style="list-style-type: none"> <li>o Toast + Peanut Butter</li> <li>o Scrambled Eggs</li> <li>o Cucumber</li> </ul>	Fruit + Milk	Fried Fish + French Fries	Yoghurt + Milk + Cereal
	5	<ul style="list-style-type: none"> <li>o Waffle + Sausage</li> <li>o Scrambled Eggs</li> <li>o Cucumber</li> </ul>	Fruit + Milk	Roast Chicken Sticky Rice Papaya Salad	Ice cream + Milk
2	8	<ul style="list-style-type: none"> <li>o Fish Porridge</li> <li>o Scrambled Eggs</li> <li>o Carrot</li> </ul>	Fruit + Milk	Pineapple Fried Rice +Soup	Chocolate Milk Bun + Milk
	9	<ul style="list-style-type: none"> <li>o Chicken Wonton Soup</li> <li>o Hard Boiled Eggs</li> <li>o Bog Choy</li> </ul>	Fruit + Milk	Spaghetti Bolognese [Tuna]	Muffin + Milk
	10	<ul style="list-style-type: none"> <li>o French Toast</li> <li>o Hard Boiled Eggs</li> <li>o Cucumber/ Broccoli</li> </ul>	Fruit + Milk	Fish Burger	Crispy Coconut Crepe + Milk
	11	<ul style="list-style-type: none"> <li>o Pork Congee</li> <li>o Scrambled Eggs</li> <li>o Carrot</li> </ul>	Fruit + Milk	Pork Cutlet Tonkatsu + Rice + Miso soup	Fruit + Milk
	12	<ul style="list-style-type: none"> <li>o Meat Dumplings</li> <li>o Scrambled Eggs</li> <li>o Cucumber/ Carrot</li> </ul>	Fruit + Milk	Roast Pork Sticky Rice Papaya Salad	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.*

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WEEK	DATE	BREAKFAST AT 8:00 AM	MORNING BREAK: SNACK AT 9:45 AM	LUNCH AT 11:30 AM	AFTERNOON BREAK: SNACK AT 2:15 PM
3	15	School Closed	-	<i>King Bhumipol Memorial Day</i>	-
	16	<ul style="list-style-type: none"> <li>○ Cereal</li> <li>○ Scrambled Eggs</li> <li>○ Banana/ Raisin</li> </ul>	Fruit + Milk	<i>Tempura + Rice +Soup</i>	Banana + Milk
	17	<ul style="list-style-type: none"> <li>○ Ham+cheese Sandwich</li> <li>○ Hard Boiled Eggs</li> <li>○ Cucumber/ Tomato</li> </ul>	Fruit + Milk	<i>Stewed Pork + Rice +Soup</i>	Eclair + Milk
	18	<ul style="list-style-type: none"> <li>○ Steamed Gyoza</li> <li>○ Scrambled Eggs</li> <li>○ Corn</li> </ul>	Fruit + Milk	<i>Noodle Soup with Fish Line</i>	Chocolate Sticks + Milk
	19	No Classes	-	<i>Parent &amp; Teacher Conferences</i>	-
4	29	<ul style="list-style-type: none"> <li>○ Cereal</li> <li>○ Scrambled Eggs</li> <li>○ Banana/ Raisin</li> </ul>	Fruit + Milk	<i>Omelet with minced Pork Rice + Soup</i>	Rice Cracker + Milk
	30	<ul style="list-style-type: none"> <li>○ Egg Sandwich</li> <li>○ Scrambled Eggs</li> <li>○ Carrot/ Cucumber</li> </ul>	Fruit + Milk	<i>Quesadilla with Chicken and Cheese</i>	Banana Muffin + Milk
	31	<ul style="list-style-type: none"> <li>○ Chicken Porridge</li> <li>○ Hard Boiled Eggs</li> <li>○ Carrot</li> </ul>	Fruit + Milk	<i>Stewed Chicken Soup + Rice</i>	Raisin&Nut + Milk
	1	<ul style="list-style-type: none"> <li>○ Shredded Pork Bun</li> <li>○ Scrambled Eggs</li> <li>○ Cucumber/ Carrot</li> </ul>	Fruit + Milk	<i>Steamed Chicken + Rice +Soup</i>	Yoghurt + Milk + Cereal
	2	<ul style="list-style-type: none"> <li>○ Pancake</li> <li>○ Scrambled Eggs</li> <li>○ Banana/ Raisin</li> </ul>	Fruit + Milk	<i>Pizza</i>	Ice cream+ Milk

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