

NIS 2018: EARLY CHILDHOOD CENTER – NOVEMBER 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	5	<ul style="list-style-type: none"> o Cereal o Scrambled Eggs o Banana/ Raisin 	Fruit + Milk	<i>Spaghetti Carbonara</i>	Banana + Milk
	6	<ul style="list-style-type: none"> o Tuna Sandwich o Scrambled Eggs o Cucumber/ Tomato 	Fruit + Milk	<i>Red pork + Rice + Soup</i>	Dried Fish String + Milk
	7	<ul style="list-style-type: none"> o Pork Porridge o Scrambled Eggs o Carrot 	Fruit + Milk	<i>Fried Fish +Rice +Soup</i>	Milk Bun + Milk
	8	<ul style="list-style-type: none"> o Meat Dumplings o Scrambled Eggs o Cucumber 	Fruit + Milk	<i>Pineapple Fried Rice +Soup</i>	Yoghurt + Milk + Cereal
	9	<ul style="list-style-type: none"> o Dorayaki o Scrambled Eggs o Nut/ Raisin 	Fruit + Milk	<ul style="list-style-type: none"> <i>Roast Pork</i> <i>Sticky Rice</i> <i>Papaya Salad</i> 	Ice cream + Milk
2	12	<ul style="list-style-type: none"> o Porridge [Oatmeal] o Scrambled Eggs o Banana/ Raisin/ Honey 	Fruit + Milk	<i>Steamed Eggs with Minced Chicken Rice</i>	Fruit + Milk
	13	<ul style="list-style-type: none"> o Fish Porridge o Scrambled Eggs o Steamed Corn 	Fruit + Milk	<i>5 Spice Egg with Pork + Rice</i>	Orange Roll + Milk
	14	<ul style="list-style-type: none"> o Chicken Wonton Soup o Scrambled Eggs o Bog Choy 	Fruit + Milk	<i>Tempura + Rice +Soup</i>	Red Bean Bun + Milk
	15	<ul style="list-style-type: none"> o Pork Porridge o Scrambled Eggs o Carrot 	Fruit + Milk	<i>Yellow Noodle Soup with red pork</i>	Banana Muffin + Milk
	16	<ul style="list-style-type: none"> o Waffle + Sausage o Scrambled Eggs o Cucumber/ Carrot 	Fruit + Milk	<ul style="list-style-type: none"> <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.

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3	19	<ul style="list-style-type: none"> ○ Cereal ○ Scrambled Eggs ○ Banana/ Raisin 	Fruit + Milk	<i>American Fried Rice+Soup</i>	Butter Corn + Milk
	20	<ul style="list-style-type: none"> ○ Chicken Porridge ○ Scrambled Eggs ○ Carrot 	Fruit + Milk	<i>Cheese Macaroni</i>	Brownie + Milk
	21	<ul style="list-style-type: none"> ○ French Toast ○ Scrambled Eggs ○ Cucumber/ Broccoli 	Fruit + Milk	<i>Fish Burger</i>	Rice Cracker + Milk
	22	<ul style="list-style-type: none"> ○ Toasted Cheese ○ Scrambled Eggs ○ Cucumber/ Tomato 	Fruit + Milk	<i>Noodle Soup with minced pork</i>	Fruit Jelly / Milk
	23	<ul style="list-style-type: none"> ○ Steamed Gyoza ○ Scrambled Eggs ○ Bog Choy 	Fruit + Milk	<i>Pizza</i>	Ice cream+ Milk
4	26	<ul style="list-style-type: none"> ○ Cereal ○ Scrambled Eggs ○ Banana/ Raisin 	Fruit + Milk	<i>Quesadilla with Chicken and Cheese</i>	Crispy Coconut Crepe Milk
	27	<ul style="list-style-type: none"> ○ Pork Porridge ○ Scrambled Eggs ○ Carrot 	Fruit + Milk	<i>Stewd pork + Rice + Soup</i>	Steamed Corn + Milk
	28	<ul style="list-style-type: none"> ○ Toast/ Peanut Butter ○ Scrambled Eggs ○ Nut/ Raisin 	Fruit + Milk	<i>Fried Macaroni with Pork</i>	Oreo Cookies + Milk
	29	<ul style="list-style-type: none"> ○ Croissant ○ Scrambled Eggs ○ Cucumber/ Raisin 	Fruit + Milk	<i>Spaghetti Bolognese [Tuna]</i>	Yoghurt + Milk + Cereal
	30	<ul style="list-style-type: none"> ○ Waffle + Sausage ○ Scrambled Eggs ○ Cucumber 	Fruit + Milk	<i>Roast Chicken Sticky Rice Papaya Salad</i>	Ice cream+ Milk

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