

NIS 2018: EARLY CHILDHOOD CENTER – DECEMBER 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 Cereal o Scrambled Eggs o Banana/ Raisin | Fruit + Milk | <i>Steamed Eggs with Minced Pork Rice</i> | Milk Bun + Milk |
| | 4 | <ul style="list-style-type: none"> o Fish Porridge o Scrambled Eggs o Carrot | Fruit + Milk | <i>Quesadilla with Chicken and Cheese</i> | Popcorn + Milk |
| | 5 | School Closed | Father's Day | - | - |
| | 6 | <ul style="list-style-type: none"> o Meat Dumplings o Scrambled Eggs o Cucumber | Fruit + Milk | <i>Fish Burger</i> | Yoghurt + Milk + Cereal |
| | 7 | <ul style="list-style-type: none"> o Waffle + Sausage o Scrambled Eggs o Cucumber/ Carrot | Fruit + Milk | <i>Roast Chicken Sticky Rice Papaya Salad</i> | Frenchfries + Milk |
| 2 | 10 | School Closed | Constitution Day | - | - |
| | 11 | <ul style="list-style-type: none"> o Pork Porridge o Scrambled Eggs o Carrot | Fruit + Milk | <i>Spaghetti Bolognese [Tuna]</i> | Coconut Bun + Milk |
| | 12 | <ul style="list-style-type: none"> o Chicken Wonton Soup o Scrambled Eggs o Bog Choy | Fruit + Milk | <i>Steamed Chicken+ Rice Soup</i> | Oreo Cookies + Milk |
| | 13 | <ul style="list-style-type: none"> o French Toast o Scrambled Eggs o Cucumber/ Broccoli | Fruit + Milk | <i>Roast Pork + Rice Soup</i> | Banana Muffin + Milk |
| | 14 | No Classes | Winter Break | - | - |

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.