

NIS 2018: EARLY CHILDHOOD CENTER – JANUARY 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	7	<ul style="list-style-type: none"> ○ Cereal ○ Scrambled Eggs ○ Banana/ Raisin 	Fruit + Milk	<i>Pineapple Fried Rice+Soup</i>	Fruit + Milk
	8	<ul style="list-style-type: none"> ○ Pork Porridge ○ Scrambled Eggs ○ Carrot 	Fruit + Milk	<i>Stir-Fried pork with Basil +Rice+Soup</i>	Coconut Bun + Milk
	9	<ul style="list-style-type: none"> ○ French Toast ○ Scrambled Eggs ○ Cucumber/ Broccoli 	Fruit + Milk	<i>Fish Burger</i>	Seaweed + Milk
	10	<ul style="list-style-type: none"> ○ Fish Porridge ○ Scrambled Eggs ○ Carrot 	Fruit + Milk	<i>Spaghetti Carbonara</i>	Orange Roll + Milk
	11	<ul style="list-style-type: none"> ○ Waffle + Sausage ○ Scrambled Eggs ○ Cucumber/ Carrot 	Fruit + Milk	<i>Roast Pork Sticky Rice Papaya Salad</i>	Crispy Pies + Milk
2	14	<ul style="list-style-type: none"> ○ Cereal ○ Scrambled Eggs ○ Banana/ Raisin 	Fruit + Milk	<i>Steamed Chicken+ Rice+Soup</i>	Banana + Milk
	15	<ul style="list-style-type: none"> ○ Pork Porridge ○ Scrambled Eggs ○ Carrot 	Fruit + Milk	<i>Quesadilla with Chicken and Cheese</i>	Fruit + Milk
	16	<ul style="list-style-type: none"> ○ Toasted Cheese ○ Scrambled Eggs ○ Cucumber/ Tomato 	Fruit + Milk	<i>Spaghetti Bolognese [Tuna]</i>	Raisin + Nuts
	17	<ul style="list-style-type: none"> ○ Fish Porridge ○ Scrambled Eggs ○ Carrot 	Fruit + Milk	<i>Tempura + Rice +Soup</i>	Yoghurt + Milk + Cereal
	18	<ul style="list-style-type: none"> ○ Meat Dumplings ○ Scrambled Eggs ○ Cucumber 	Fruit + Milk	<i>Roast Pork Sticky Rice Papaya Salad</i>	Ham+Cheese Sandwich 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	21	<ul style="list-style-type: none"> ○ Cereal ○ Scrambled Eggs ○ Banana/ Raisin 	Fruit + Milk	<i>Yellow Noodle Soup with red pork</i>	Banana Muffin + Milk
	22	<ul style="list-style-type: none"> ○ Chicken Wonton Soup ○ Scrambled Eggs ○ Bog Choy 	Fruit + Milk	<i>Cheese Macaroni</i>	Rice Cracker + Milk
	23	<ul style="list-style-type: none"> ○ Croissant ○ Scrambled Eggs ○ Cucumber/ Raisin 	Fruit + Milk	<i>5 Spice Egg with Pork + Rice</i>	Dried Fish String + Milk
	24	<ul style="list-style-type: none"> ○ Chicken Porridge ○ Scrambled Eggs ○ Carrot 	Fruit + Milk	<i>Pad Thai</i>	Thai Dessert + Milk
	25	<ul style="list-style-type: none"> ○ Waffle + Sausage ○ Scrambled Eggs ○ Cucumber/ Carrot 	Fruit + Milk	<i>Pizza</i>	Breadsticks + Milk
4	28	<ul style="list-style-type: none"> ○ Cereal ○ Scrambled Eggs ○ Banana/ Raisin 	Fruit + Milk	<i>Salmon Fried Rice+Soup</i>	Milk Bun + Milk
	29	<ul style="list-style-type: none"> ○ Pork Porridge ○ Scrambled Eggs ○ Carrot 	Fruit + Milk	<i>Stewd pork + Rice + Soup</i>	Butter Corn + Milk
	30	<ul style="list-style-type: none"> ○ Tuna Sandwich ○ Scrambled Eggs ○ Cucumber/ Lettuce 	Fruit + Milk	<i>Steamed Eggs with Minced Chicken Rice</i>	Fruit + Milk
	31	<ul style="list-style-type: none"> ○ Chicken Porridge ○ Scrambled Eggs ○ Carrot 	Fruit + Milk	<i>Noodle Soup with Fish Ball</i>	Yoghurt + Milk + Cereal
	1	<ul style="list-style-type: none"> ○ Pancake ○ Scrambled Eggs ○ Cashew Nut + Raisin 	Fruit + Milk	<i>Roast Chicken Sticky Rice Papaya Salad</i>	Ice cream+ Milk

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