

## NIS 2019: EARLY CHILDHOOD CENTER – FEBRUARY 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	4	<ul style="list-style-type: none"> <li>○ Fish Porridge</li> <li>○ Scrambled Eggs</li> <li>○ Carrot</li> </ul>	Fruit + Milk	<i>Spaghetti Bolognaise [Chicken]</i>	Dried Fish String + Milk
	5	<ul style="list-style-type: none"> <li>○ Ham+Cheese Sandwich</li> <li>○ Scrambled Eggs</li> <li>○ Cucumber/ Tomato</li> </ul>	Fruit + Milk	<i>Red pork + Rice + Soup</i>	Cream Dumplings + Milk
	6	<ul style="list-style-type: none"> <li>○ Pork Porridge</li> <li>○ Scrambled Eggs</li> <li>○ Carrot</li> </ul>	Fruit + Milk	<i>Fish Burger</i>	Muffin + Milk
	7	<ul style="list-style-type: none"> <li>○ Croissant</li> <li>○ Scrambled Eggs</li> <li>○ Cucumber/ Tomato</li> </ul>	Fruit + Milk	<i>Tonkatsu Pork + Rice + Soup</i>	Butter Cake + Milk
	8	<ul style="list-style-type: none"> <li>○ Meat Dumplings</li> <li>○ Scrambled Eggs</li> <li>○ Cucumber</li> </ul>	Fruit + Milk	<i>Pizza</i>	Crispy Pie + Milk
2	11	<ul style="list-style-type: none"> <li>○ Cereal</li> <li>○ Scrambled Eggs</li> <li>○ Banana/ Raisin</li> </ul>	Fruit + Milk	<i>Hainanese Chicken Rice+ Soup</i>	Watermelon + Milk
	12	<ul style="list-style-type: none"> <li>○ Fish Porridge</li> <li>○ Scrambled Eggs</li> <li>○ Carrot</li> </ul>	Fruit + Milk	<i>5 Spice Egg with Pork + Rice</i>	Chocolate Sticks + Milk
	13	<ul style="list-style-type: none"> <li>○ Croissant</li> <li>○ Scrambled Eggs</li> <li>○ Cucumber/ Tomato</li> </ul>	Fruit + Milk	<i>Tempura + Rice +Soup</i>	Thai Dessert + Milk
	14	<ul style="list-style-type: none"> <li>○ Chicken Congee</li> <li>○ Scrambled Eggs</li> <li>○ Carrot/ Cucumber</li> </ul>	Fruit + Milk	<i>Padthai with Prawn</i>	Yoghurt + Milk
	15	<ul style="list-style-type: none"> <li>○ Waffle + Sausage</li> <li>○ Scrambled Eggs</li> <li>○ Cucumber/ Carrot</li> </ul>	Fruit + Milk	<i>Roast Chicken Sticky Rice 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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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	18	<ul style="list-style-type: none"> <li>○ Cereal</li> <li>○ Scrambled Eggs</li> <li>○ Banana/ Raisin</li> </ul>	Fruit + Milk	<i>Spaghetti Carbonara</i>	Steamed Corn + Milk
	19	-	Makha Bucha Day	<i>National Holiday</i>	-
	20	<ul style="list-style-type: none"> <li>○ Pork Porridge</li> <li>○ Scrambled Eggs</li> <li>○ Carrot</li> </ul>	Fruit + Milk	<i>Quesadilla with Chicken and Cheese</i>	Banana Muffin + Milk
	21	<ul style="list-style-type: none"> <li>○ French Toast</li> <li>○ Scrambled Eggs</li> <li>○ Cucumber/ Broccoli</li> </ul>	Fruit + Milk	<i>Stew Pork + Rice +Soup</i>	Orange Roll + Milk
	22	<ul style="list-style-type: none"> <li>○ Waffle + Sausage</li> <li>○ Scrambled Eggs</li> <li>○ Cucumber</li> </ul>	Fruit + Milk	<i>Fried Pork Sticky Rice Papaya Salad</i>	Ice cream+ Milk
4	25	<ul style="list-style-type: none"> <li>○ Cereal</li> <li>○ Scrambled Eggs</li> <li>○ Banana/ Raisin</li> </ul>	Fruit + Milk	<i>Stir-Fried Chicken with Basil Rice+Soup</i>	Banana + Milk
	26	<ul style="list-style-type: none"> <li>○ Fish Porridge</li> <li>○ Scrambled Eggs</li> <li>○ Carrot</li> </ul>	Fruit + Milk	<i>Spaghetti Bolognese [Tuna]</i>	Milk Bun + Milk
	27	<ul style="list-style-type: none"> <li>○ Chicken Wonton Soup</li> <li>○ Scrambled Eggs</li> <li>○ Bog Choy</li> </ul>	Fruit + Milk	<i>Steamed Eggs with Minced Pork Rice</i>	Brownie + Milk
	28	<ul style="list-style-type: none"> <li>○ Toasted Cheese</li> <li>○ Scrambled Eggs</li> <li>○ Cucumber/ Carrot</li> </ul>	Fruit + Milk	<i>Noodles Soup with Pork</i>	Yoghurt + Milk
	1	<ul style="list-style-type: none"> <li>○ Pork Congee</li> <li>○ Scrambled Eggs</li> <li>○ Carrot</li> </ul>	Fruit + Milk	<i>Roast Chicken Sticky Rice Papaya Salad</i>	Ice cream+ Milk

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