

NIS 2019: EARLY CHILDHOOD CENTER – AUGUST 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	12	- ○ ○ ○	-	-	-
	13	○ First Day Of School ○ ○	-	<i>Student Orientation</i>	-
	14	○ Cereal ○ Scrambled Eggs ○ Banana/ Raisin	Fruit + Milk	<i>Steamed Eggs with Minced Pork+ Rice</i>	Butter Cake + Milk
	15	○ Banana Samosa ○ Scrambled Eggs ○ Carrot	Fruit + Milk	<i>Pineapple Fried Rice+ Soup</i>	Yoghurt + Milk
	16	○ Waffle + Sausage ○ Scrambled Eggs ○ Cucumber, Carrot	Fruit + Milk	<i>Pizza</i>	Ice Cream + Milk
2	19	○ Cereal ○ Scrambled Eggs ○ Banana/ Raisin	Fruit + Milk	<i>Fried Macaroni with Chicken</i>	Brownie + Milk
	20	○ Chicken Wonton Soup ○ Scrambled Eggs ○ Bog Choy	Fruit + Milk	<i>Spaghetti Carbonara</i>	Dried Fish String + Milk
	21	○ Pork Porridge ○ Scrambled Eggs ○ Carrot	Fruit + Milk	<i>Fish and Chips</i>	Banana + Milk
	22	○ Pork Dumplings ○ Scrambled Eggs ○ Carrot/ Cucumber	Fruit + Milk	<i>Udon with Roast Pork [Soup]</i>	Popcorn + Milk
	23	○ Cheese Croissant ○ Scrambled Eggs ○ Cucumber/ Tomato	Fruit + Milk	<i>Roast Chicken Sticky Rice Papaya Salad</i>	Ice cream + Milk

Note :
Breakfast includes milk and boiled eggs. 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	26	<ul style="list-style-type: none"> ○ Cereal ○ Scrambled Eggs ○ Banana/ Raisin 	Fruit + Milk	<i>Spaghetti Bolognese [Tuna]</i>	Orange Roll + Milk
	27	<ul style="list-style-type: none"> ○ Tuna Sandwich ○ Scrambled Eggs ○ Corn 	Fruit + Milk	<i>Stew Pork + Rice</i>	Banana Muffin + Milk
	28	<ul style="list-style-type: none"> ○ Pork Porridge ○ Scrambled Eggs ○ Carrot 	Fruit + Milk	<i>Steamed Chicken + Rice +Soup</i>	Shrimp Cracker + Milk
	29	<ul style="list-style-type: none"> ○ Toasted Cheese ○ Scrambled Eggs ○ Cucumber 	Fruit + Milk	<i>Omelet with pork + Rice +Soup</i>	Cream Dumplings + Milk
	30	<ul style="list-style-type: none"> ○ Waffle + Pancake ○ Scrambled Eggs ○ Cucumber, Carrot 	Fruit + Milk	<i>Roast Chicken</i> <i>Sticky Rice</i> <i>Papaya Salad</i>	Ice cream+ Milk

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