

NIS 2019: EARLY CHILDHOOD CENTER – OCTOBER MENU

WEEK	DATE	BREAKFAST AT 8:00 AM	MORNING BREAK: SNACK AT 9:45 AM	LUNCH AT 11:30 AM	AFTERNOON BREAK: SNACK AT 2:15 PM
1	30	<ul style="list-style-type: none"> o Cereal o Scrambled Eggs o Banana/ Raisin 	Fruit + Milk	<i>Noodles Soup [Pork]</i>	Red Bean Bun + Milk
	1	<ul style="list-style-type: none"> o Pork Porridge o Scrambled Eggs o Carrot 	Fruit + Milk	<i>Penne with Prawn</i>	Crispy Seaweed + Milk
	2	<ul style="list-style-type: none"> o Cheese Croissant o Scrambled Eggs o Cucumber/ Tomato 	Fruit + Milk	<i>5 Spice Egg with Pork+ Rice</i>	Popcorn + Milk
	3	<ul style="list-style-type: none"> o Meat Dumplings o Scrambled Eggs o Cucumber 	Fruit + Milk	<i>Spaghetti Carbonara</i>	Yoghurt+Cereal & Milk
	4	<ul style="list-style-type: none"> o Waffle + Sausage o Scrambled Eggs o Cucumber/ Carrot 	Fruit + Milk	<i>Roast Chicken</i> <i>Sticky Rice</i> <i>Papaya Salad</i>	Ice cream + Milk
2	7	<ul style="list-style-type: none"> o Cereal o Scrambled Eggs o Banana/ Raisin 	Fruit + Milk	<i>Pineapple Fried-Rice + Soup</i>	Ham&Cheese Sandwich + Milk
	8	<ul style="list-style-type: none"> o Fish Porridge o Scrambled Eggs o Carrot 	Fruit + Milk	<i>Pork Omelet + Rice + Soup</i>	French Fries + Milk
	9	<ul style="list-style-type: none"> o French Toast o Scrambled Eggs o Cucumber/ Tomato 	Fruit + Milk	<i>Spaghetti Bolognese , Tuna ,</i>	Brownies + Milk
	10	<ul style="list-style-type: none"> o Pork Porridge o Scrambled Eggs o Carrot 	Fruit + Milk	<i>Stir-Fried Noodles [Pad Mee Korat]</i>	Cream Dumplings + Milk
	11	<ul style="list-style-type: none"> o Dim Sum o Scrambled Eggs o Cucumber/ Carrot 	Fruit + Milk	<i>Pizza</i>	Shrimp rice cracker + Milk

Note:

Breakfast includes milk and boiled egg. 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	14	King Bhumibol Memorial Day	Substitution Day	School Closed	-
	15	<ul style="list-style-type: none"> ○ Cereal ○ Scrambled Eggs ○ Banana/ Raisin 	Fruit + Milk	<i>Udon with Chicken [Soup]</i>	Chocolate Sticks + Milk
	16	<ul style="list-style-type: none"> ○ Chicken Porridge ○ Scrambled Eggs ○ Carrot 	Fruit + Milk	<i>Fried Fish + Rice + Soup</i>	Orange Roll + Milk
	17	<ul style="list-style-type: none"> ○ Pancake ○ Scrambled Eggs ○ Banana/ Raisin 	Fruit + Milk	<i>Cheese Macaroni</i>	Yoghurt + Cereal & Milk
	18	<ul style="list-style-type: none"> ○ Waffle + Sausage ○ Scrambled Eggs ○ Cucumber/ Carrot 	Fruit + Milk	<i>Deep-Fried Pork Sticky Rice Papaya Salad</i>	Ice Cream + Milk
4	28	<ul style="list-style-type: none"> ○ Cereal ○ Scrambled Eggs ○ Banana/ Raisin 	Fruit + Milk	<i>Quesadilla with Chicken and Cheese</i>	Banana + Milk
	29	<ul style="list-style-type: none"> ○ Pancake ○ Scrambled Eggs ○ Banana/ Raisin 	Fruit + Milk	<i>Fish Burger</i>	Thai Dessert + Milk
	30	<ul style="list-style-type: none"> ○ Chicken Wonton Soup ○ Scrambled Eggs ○ Bog Choy 	Fruit + Milk	<i>Yellow noodles with red pork + Soup</i>	Cheese Cracker + Milk
	31	<ul style="list-style-type: none"> ○ Toasted Cheese ○ Scrambled Eggs ○ Cucumber/ Carrot 	Fruit + Milk	<i>Padthai with Pork</i>	Coconut Wafers + Milk
	1	<ul style="list-style-type: none"> ○ Ham & Cheese Croissant ○ Scrambled Eggs ○ Cucumber/ Tomato 	Fruit + Milk	<i>Stew Pork + Rice + Soup</i>	Banana Muffin + Milk

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