

NIS 2019: EARLY CHILDHOOD CENTER – SEPTEMBER 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	2	<ul style="list-style-type: none"> ○ Cereal ○ Scrambled Eggs ○ Banana/ Raisin 	Fruit + Milk	<i>American Fried Rice + Soup</i>	Cream Dumplings + Milk
	3	<ul style="list-style-type: none"> ○ Chicken Porridge ○ Scrambled Eggs ○ Carrot 	Fruit + Milk	<i>Spaghetti Bolognese / Tuna /</i>	Crispy Pie + Milk
	4	<ul style="list-style-type: none"> ○ Cheese Croissant ○ Scrambled Eggs ○ Cucumber/ Tomato 	Fruit + Milk	<i>Fish Burger</i>	Yoghurt + Milk
	5	<ul style="list-style-type: none"> ○ Pancake ○ Scrambled Eggs ○ Banana/ Raisin 	Fruit + Milk	<i>Stir-fried noodles with gravy sauce /Pork/</i>	Dried Fish String + Milk
	6	<ul style="list-style-type: none"> ○ Waffle + Sausage ○ Scrambled Eggs ○ Cucumber/ Carrot 	Fruit + Milk	<i>Roast Chicken Sticky Rice Papaya Salad</i>	Ice cream + Milk
2	9	<ul style="list-style-type: none"> ○ Cereal ○ Scrambled Eggs ○ Banana/ Raisin 	Fruit + Milk	<i>Roast Pork +Rice + Soup</i>	Watermelon + Milk
	10	<ul style="list-style-type: none"> ○ Dim Sum ○ Scrambled Eggs ○ Carrot 	Fruit + Milk	<i>Tuna Omelet + Rice + Soup</i>	Ham&Cheese Sandwich + Milk
	11	<ul style="list-style-type: none"> ○ Fish Porridge ○ Scrambled Eggs ○ Cucumber/ Tomato 	Fruit + Milk	<i>Quesadilla with Chicken and Cheese</i>	Grapes + Milk
	12	<ul style="list-style-type: none"> ○ French Toast ○ Scrambled Eggs ○ Carrot/ Cucumber 	Fruit + Milk	<i>Cheese Macaroni</i>	Chicken Puff + Milk
	13	<ul style="list-style-type: none"> ○ Toast + Sausage ○ Scrambled Eggs ○ Cucumber/ Carrot 	Fruit + Milk	<i>Roast Chicken Sticky Rice Papaya Salad</i>	Banana Muffin + 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	16	<ul style="list-style-type: none"> ○ Cereal ○ Scrambled Eggs ○ Banana/ Raisin 	Fruit + Milk	<i>PadThai</i>	Shrimp rice cracker + Milk
	17	<ul style="list-style-type: none"> ○ Meat Dumplings ○ Scrambled Eggs ○ Cucumber 	Fruit + Milk	<i>5 Spice Egg with Pork+Rice</i>	Pineapple + Milk
	18	<ul style="list-style-type: none"> ○ Pancake ○ Scrambled Eggs ○ Banana/ Raisin 	Fruit + Milk	<i>Steamed Egg with chicken +Rice</i>	Popcorn + Milk
	19	<ul style="list-style-type: none"> ○ Pork Porridge ○ Scrambled Eggs ○ Carrot 	Fruit + Milk	<i>Spaghetti Carbonara</i>	Yoghurt+ Milk
	20	<ul style="list-style-type: none"> ○ Tuna Sandwich ○ Scrambled Eggs ○ Cucumber/ Tomato 	Fruit + Milk	<i>Pizza</i>	French Fries + Milk
4	23	<ul style="list-style-type: none"> ○ Cereal ○ Scrambled Eggs ○ Banana/ Raisin 	Fruit + Milk	<i>Fried Fish + Rice + Soup</i>	Cheese cracker + Milk
	24	<ul style="list-style-type: none"> ○ Chicken Wonton Soup ○ Scrambled Eggs ○ Bog Choy 	Fruit + Milk	<i>Penne with Prawn</i>	Thai Dessert + Milk
	25	<ul style="list-style-type: none"> ○ Pork Porridge ○ Scrambled Eggs ○ Carrot 	Fruit + Milk	<i>Stew Pork + Rice + Soup</i>	Thai Sponge Cake + Milk
	26	<ul style="list-style-type: none"> ○ Toasted Cheese ○ Scrambled Eggs ○ Cucumber/ Carrot 	Fruit + Milk	<i>Udon with Chicken (Soup)</i>	Orange Roll + Milk
	27	<ul style="list-style-type: none"> ○ Dorayaki +Sausage ○ Scrambled Eggs ○ Chicken Wonton Soup 	Fruit + Milk	<i>Roast Pork Sticky Rice Papaya Salad</i>	Ice cream+ Milk

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