

NIS 2019: EARLY CHILDHOOD CENTER – NOVEMBER 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	4	<ul style="list-style-type: none"> ○ Cereal ○ Scrambled Eggs ○ Banana/ Raisin 	Fruit + Milk	<i>Fried Fish + Rice + Soup</i>	Cheese Cracker + Milk
	5	<ul style="list-style-type: none"> ○ Chicken Wonton Soup ○ Scrambled Eggs ○ Bog Choy 	Fruit + Milk	<i>Spaghetti Bolognese / Tuna /</i>	Thai Dessert + Milk
	6	<ul style="list-style-type: none"> ○ Pork Porridge ○ Scrambled Eggs ○ Carrot 	Fruit + Milk	<i>Pork Noodles Soup</i>	Oreo cookies + Milk
	7	<ul style="list-style-type: none"> ○ Toasted Cheese ○ Scrambled Eggs ○ Carrot/ Cucumber 	Fruit + Milk	<i>Udon with Chicken [Soup]</i>	Orange Roll + Milk
	8	<ul style="list-style-type: none"> ○ Dorayaki + Sausage ○ Scrambled Eggs ○ Coleslaw 	Fruit + Milk	<i>Fried Chicken Sticky Rice Papaya Salad</i>	Ice cream + Milk
2	11	<ul style="list-style-type: none"> ○ Cereal ○ Scrambled Eggs ○ Banana/ Raisin 	Fruit + Milk	<i>Pineapple Fried-Rice + Soup</i>	Cream Dumplings + Milk
	12	<ul style="list-style-type: none"> ○ Pork Porridge ○ Scrambled Eggs ○ Carrot 	Fruit + Milk	<i>Penne with Prawn</i>	Crispy Pie + Milk
	13	<ul style="list-style-type: none"> ○ Cheese Croissant ○ Scrambled Eggs ○ Cucumber/ Carrot 	Fruit + Milk	<i>Fish Burger</i>	Dried Fish String + Milk
	14	<ul style="list-style-type: none"> ○ Pancake ○ Scrambled Eggs ○ Banana/ Raisin 	Fruit + Milk	<i>Stir-fried water spinach with pork Rice + Soup</i>	Yoghurt + Cereal + Milk
	15	<ul style="list-style-type: none"> ○ Waffle + Sausage ○ Scrambled Eggs ○ Coleslaw 	Fruit + Milk	<i>Roast Pork Sticky Rice Papaya Salad</i>	Ice cream + 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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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
3	18	<ul style="list-style-type: none"> ○ Cereal ○ Scrambled Eggs ○ Banana/ Raisin 	Fruit + Milk	<i>Red Pork + Rice + Soup</i>	Pineapple Puff + Milk
	19	<ul style="list-style-type: none"> ○ Dim Sum ○ Scrambled Eggs ○ Cucumber/ Carrot 	Fruit + Milk	<i>Omelet with ground pork +Rice+ Soup</i>	Ham&Cheese Sandwich + Milk
	20	<ul style="list-style-type: none"> ○ Fish Porridge ○ Scrambled Eggs ○ Carrot 	Fruit + Milk	<i>Quesadilla with Chicken and Cheese</i>	Grapes + Milk
	21	<ul style="list-style-type: none"> ○ French Toast ○ Scrambled Eggs ○ Tomato/ Cucumber 	Fruit + Milk	<i>Cheese Macaroni</i>	Yoghurt + Milk
	22	<ul style="list-style-type: none"> ○ Toast + Sausage ○ Scrambled Eggs ○ Coleslaw 	Fruit + Milk	<i>Fried Chinese Sausage Sticky Rice Papaya Salad</i>	Muffin + Milk
4	25	<ul style="list-style-type: none"> ○ Cereal ○ Scrambled Eggs ○ Banana/ Raisin 	Fruit + Milk	<i>Stir-Fried Noodles [Pad Thai]</i>	Shrimp rice cracker + Milk
	26	<ul style="list-style-type: none"> ○ Meat Dumplings ○ Scrambled Eggs ○ Carrot/ Cucumber 	Fruit + Milk	<i>5 Spice Egg with Pork+ Rice</i>	Chinese Pear + Milk
	27	<ul style="list-style-type: none"> ○ Pancake ○ Scrambled Eggs ○ Banana/ Raisin 	Fruit + Milk	<i>Steamed Egg with Chicken +Rice + Soup</i>	Popcorn + Milk
	28	<ul style="list-style-type: none"> ○ Pork Porridge ○ Scrambled Eggs ○ Carrot 	Fruit + Milk	<i>Spaghetti Carbonara</i>	French Fries + Milk
	29	<ul style="list-style-type: none"> ○ Tuna Sandwich ○ Scrambled Eggs ○ Coleslaw 	Fruit + Milk	<i>Pizza</i>	Crunchy Waffle + Milk

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