

NIS 2019: EARLY CHILDHOOD CENTER – DECEMBER 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"> ○ Pork Porridge ○ Scrambled Eggs ○ Carrot 	Fruit + Milk	<i>American Fried-Rice + Soup</i>	Grapes + Milk
	3	<ul style="list-style-type: none"> ○ Chicken Congee ○ Scrambled Eggs ○ Carrot 	Fruit + Milk	<i>Spaghetti Bolognese / Tuna /</i>	Cheese Cracker + Milk
	4	<ul style="list-style-type: none"> ○ Cheese Croissant ○ Scrambled Eggs ○ Cucumber/ Carrot 	Fruit + Milk	<i>Fish Burger</i>	Yoghurt + Milk
	5		School Closed	<i>Father's Day</i>	
	6	<ul style="list-style-type: none"> ○ Waffle + Sausage ○ Scrambled Eggs ○ Coleslaw 	Fruit + Milk	<i>Roast Pork Sticky Rice Papaya Salad</i>	Biscuit ABC Shapes + Milk
2	9	<ul style="list-style-type: none"> ○ Pork Porridge ○ Scrambled Eggs ○ Carrot 	Fruit + Milk	<i>Fried-Fish + Rice + Soup</i>	Watermelon + Milk
	10	<ul style="list-style-type: none"> ○ Dim Sum ○ Scrambled Eggs ○ Carrot 	Fruit + Milk	<i>Quesadilla with Chicken and Cheese</i>	Roast Mealball + Milk
	11	<ul style="list-style-type: none"> ○ Fish Porridge ○ Scrambled Eggs ○ Carrot 	Fruit + Milk	<i>Stew Pork + Rice + Soup</i>	Whole wheat Biscuit + Milk
	12	<ul style="list-style-type: none"> ○ French Toast ○ Scrambled Eggs ○ Cucumber/ Carrot 	Fruit + Milk	<i>Stir-Fried noodles with pork and kale in gravy sauce</i>	Cookies + Milk
	13	<ul style="list-style-type: none"> ○ Chicken Wanton Soup ○ Scrambled Eggs ○ Bog Choy 	Fruit + Milk	<i>Deep Fried 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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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	16	<ul style="list-style-type: none"> ○ Pork Porridge ○ Scrambled Eggs ○ Carrot 	Fruit + Milk	<i>Stir-Fried Noodles [Pad Thai]</i>	Yoghurt + Milk
	17	<ul style="list-style-type: none"> ○ Meat Dumplings ○ Scrambled Eggs ○ Cucumber/ Carrot 	Fruit + Milk	<i>5 Spice Egg with Pork+ Rice</i>	Pineapple Tart+Milk
	18	<ul style="list-style-type: none"> ○ Pancake ○ Scrambled Eggs ○ Banana/ Raisin 	Fruit + Milk	<i>Steamed Egg with Chicken +Rice + Soup</i>	Thai Dessert +Milk
	19	<ul style="list-style-type: none"> ○ Waffle +Sausage ○ Scrambled Eggs ○ Coleslaw 	Fruit + Milk	<i>Spaghetti Carbonara</i>	
				No classes	<i>20 Dec 2019 – 12 Jan 2020</i>

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