

## NIS 2019: EARLY CHILDHOOD CENTER – JANUARY 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	13	<ul style="list-style-type: none"> <li>○ Pork Porridge</li> <li>○ Scrambled Eggs</li> <li>○ Carrot</li> </ul>	Fruit + Milk	<i>Fried-Fish +Rice+ Soup</i>	Aclair+ Milk
	14	<ul style="list-style-type: none"> <li>○ Meat Dumplings</li> <li>○ Scrambled Eggs</li> <li>○ Carrot</li> </ul>	Fruit + Milk	<i>Spaghetti Bolognese / Tuna /</i>	Orange roll + Milk
	15	<ul style="list-style-type: none"> <li>○ Chicken Congee</li> <li>○ Scrambled Eggs</li> <li>○ Carrot</li> </ul>	Fruit + Milk	<i>Pork Noodles Soup</i>	Brownie + Milk
	16	<ul style="list-style-type: none"> <li>○ Toasted Cheese</li> <li>○ Scrambled Eggs</li> <li>○ Carrot, cucumber</li> </ul>	Fruit + Milk	<i>Udon with Chicken [Soup]</i>	Thai Dessert + Milk
	17	<ul style="list-style-type: none"> <li>○ Redbean Bread</li> <li>○ Scrambled Eggs</li> <li>○ Carrot, cucumber</li> </ul>	Fruit + Milk	<i>Deep-Fried Chicken Sticky Rice Papaya Salad</i>	Whole wheat Biscuit + Milk
2	20	<ul style="list-style-type: none"> <li>○ Pork Porridge</li> <li>○ Scrambled Eggs</li> <li>○ Carrot</li> </ul>	Fruit + Milk	<i>Pineapple Fried- Rice + Soup</i>	Cream Dumplings + Milk
	21	<ul style="list-style-type: none"> <li>○ Chicken Wanton Soup</li> <li>○ Scrambled Eggs</li> <li>○ Bog Choy</li> </ul>	Fruit + Milk	<i>Fish Burger</i>	Coconut Jelly + Milk
	22	<ul style="list-style-type: none"> <li>○ Cheese croissant</li> <li>○ Scrambled Eggs</li> <li>○ Cucumber, carrot</li> </ul>	Fruit + Milk	<i>Penne with Chicken</i>	Fish String + Milk
	23	<ul style="list-style-type: none"> <li>○ Pancake</li> <li>○ Scrambled Eggs</li> <li>○ Banana/ Raisin</li> </ul>	Fruit + Milk	<i>Pizza</i>	Yoghurt + Milk
	24	<ul style="list-style-type: none"> <li>○ Waffle + Sausage</li> <li>○ Scrambled Eggs</li> <li>○ Coleslaw</li> </ul>	Fruit + Milk	<i>Roast Pork Sticky Rice Papaya Salad</i>	French Fries + Milk

**Note:**

*Breakfast includes milk and boiled egg. Lunch includes a plate of vegetables salad with Italian sauce 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	27	<ul style="list-style-type: none"> <li>○ Cereal</li> <li>○ Scrambled Eggs</li> <li>○ Banana/ Raisin</li> </ul>	Fruit + Milk	<i>Tuna sandwich+ Caesar salad</i>	Grapes + Milk
	28	<ul style="list-style-type: none"> <li>○ Dim Sum</li> <li>○ Scrambled Eggs</li> <li>○ Cucumber/ Carrot</li> </ul>	Fruit + Milk	<i>Quesadilla with Chicken and Cheese</i>	Ham+Cheese sandwich + Milk
	29	<ul style="list-style-type: none"> <li>○ Fish Porridge</li> <li>○ Scrambled Eggs</li> <li>○ Carrot</li> </ul>	Fruit + Milk	<i>Stew Pork + Rice + Soup</i>	Yoghurt + Milk
	30	<ul style="list-style-type: none"> <li>○ French Toast</li> <li>○ Scrambled Eggs</li> <li>○ Tomato/ Cucumber</li> </ul>	Fruit + Milk	<i>Spaghetti Carbonara</i>	Pineapple Tart + Milk
	31	<ul style="list-style-type: none"> <li>○ Waffle + Sausage</li> <li>○ Scrambled Eggs</li> <li>○ Coleslaw</li> </ul>	Fruit + Milk	<i>Roast Chicken Sticky Rice Papaya Salad</i>	Banana Muffin + Milk

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