

## NIS 2020: EARLY CHILDHOOD CENTER – AUGUST MENU

| WEEK | DATE | BREAKFAST<br>AT 8:00 AM   | MORNING BREAK:<br>SNACK AT 9:45 AM | LUNCH<br>AT 11:30 AM                                  | AFTERNOON BREAK:<br>SNACK AT 2:15 PM |
|------|------|---|------------------------------------|---|--------------------------------------|
| 1    | 10   | -   | -                                  | -   | -                                    |
|      | 11   | <ul style="list-style-type: none"> <li>○ Cheese croissant</li> <li>○ Scrambled Eggs</li> <li>○ Mixed Veggies</li> </ul>         | Fruit + Milk                       | <i>Pork Noodles Soup</i>                              | Yoghurt + Cereal + Milk              |
|      | 12   | -   | School Closed                      | <i>Holiday</i>  | -                                    |
|      | 13   | <ul style="list-style-type: none"> <li>○ Pancake</li> <li>○ Scrambled Eggs</li> <li>○ Banana/ Raisin</li> </ul>                 | Fruit + Milk                       | <i>Stir-fried noodles with gravy sauce<br/>[Pork]</i> | Grapes + Milk                        |
|      | 14   | <ul style="list-style-type: none"> <li>○ Waffle + Sausage</li> <li>○ Scrambled Eggs</li> <li>○ Carrot</li> </ul>                | Fruit + Milk                       | <i>Deep-Fried Chicken<br/>Sticky Rice</i>             | Cheese Ball + Milk                   |
| 2    | 17   | <ul style="list-style-type: none"> <li>○ Cereal</li> <li>○ Scrambled Eggs</li> <li>○ Banana/ Raisin</li> </ul>                  | Fruit + Milk                       | <i>Steamed Egg with pork + Rice</i>                   | Fish String + Milk                   |
|      | 18   | <ul style="list-style-type: none"> <li>○ Dim Sum</li> <li>○ Scrambled Eggs</li> <li>○ Carrot</li> </ul>                         | Fruit + Milk                       | <i>Pizza</i>  | Chicken Puff + Milk                  |
|      | 19   | <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 + Cereal + Milk              |
|      | 20   | <ul style="list-style-type: none"> <li>○ Chicken Wanton Soup</li> <li>○ Scrambled Eggs</li> <li>○ Bog Choy</li> </ul>           | Fruit + Milk                       | <i>Udon with Chicken Soup</i>                         | Cheese Cracker + Milk                |
|      | 21   | <ul style="list-style-type: none"> <li>○ Toasted Cheese + Sausage</li> <li>○ Peanut Butter</li> <li>○ Scrambled Eggs</li> </ul> | Fruit + Milk                       | <i>Quesadilla with Chicken<br/>and Cheese</i>         | Ice Cream + Milk                     |

**Note:**

*Breakfast includes milk and boiled egg. Lunch includes a plate of cooked vegetables and fresh 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    | 24   | <ul style="list-style-type: none"> <li>○ Cereal</li> <li>○ Scrambled Eggs</li> <li>○ Banana/ Raisin</li> </ul>           | Fruit + Milk                       | <i>Stir-Fried Noodles<br/>[ Pad Mee Korat]</i>        | Shrimp Cracker + Milk                |
|      | 25   | <ul style="list-style-type: none"> <li>○ Chicken Porridge</li> <li>○ Scrambled Eggs</li> <li>○ Carrot</li> </ul>         | Fruit + Milk                       | <i>5 Spice Egg with Pork+ Rice</i>                    | Orange Roll + Milk                   |
|      | 26   | <ul style="list-style-type: none"> <li>○ Baked Frenchtoast</li> <li>○ Scrambled Eggs</li> <li>○ Mixed Veggies</li> </ul> | Fruit + Milk                       | <i>Fried-Fish + Rice+ Soup</i>                        | Steamed Corn + Milk                  |
|      | 27   | <ul style="list-style-type: none"> <li>○ Meat Dumplings</li> <li>○ Scrambled Eggs</li> <li>○ Carrot</li> </ul>           | Fruit + Milk                       | <i>Spaghetti Carbonara<br/>[Chicken]</i>              | Yoghurt + Cereal + Milk              |
|      | 28   | <ul style="list-style-type: none"> <li>○ Omelet with vegetables</li> <li>○ Toast</li> <li>○ Peanut Butter</li> </ul>     | Fruit + Milk                       | <i>Roast Chicken<br/>Sticky Rice<br/>Papaya Salad</i> | Ham+Cheese Sandwich<br>+ Milk        |
|      |      |  |                                    |   |                                      |
|      |      |  |                                    |   |                                      |

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