

## NIS 2020: EARLY CHILDHOOD CENTER – SEPTEMBER 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    | 31   | <ul style="list-style-type: none"> <li>○ Chicken Porridge</li> <li>○ Scrambled Eggs</li> <li>○ Carrot</li> </ul>           | Fruit + Milk                       | <i>Spaghetti Bolognese   Chicken  </i>        | Apple+Peanut Butter + Milk           |
|      | 1    | <ul style="list-style-type: none"> <li>○ Cereal</li> <li>○ Scrambled Eggs</li> <li>○ Banana/ Raisin</li> </ul>             | Fruit + Milk                       | <i>Yellow Noodles Soup [Pork]</i>             | Cripny Seaweed + Milk                |
|      | 2    | <ul style="list-style-type: none"> <li>○ Pork Porridge</li> <li>○ Scrambled Eggs</li> <li>○ Carrot</li> </ul>              | Fruit + Milk                       | <i>Fried Rice with Salmon+ Soup</i>           | Egg muffin + Milk                    |
|      | 3    | <ul style="list-style-type: none"> <li>○ Meat Dumplings</li> <li>○ Scrambled Eggs</li> <li>○ Cucumber</li> </ul>           | Fruit + Milk                       | <i>Spaghetti Carbonara   Chicken  </i>        | Yoghurt+Cereal & Milk                |
|      | 4    | <ul style="list-style-type: none"> <li>○ Waffle + Sausage</li> <li>○ Scrambled Eggs</li> <li>○ Cucumber/ Carrot</li> </ul> | Fruit + Milk                       | <i>Pizza</i>                                  | Ice cream + Milk                     |
| 2    | 7    | <ul style="list-style-type: none"> <li>○ Cereal</li> <li>○ Scrambled Eggs</li> <li>○ Banana/ Raisin</li> </ul>             | Fruit + Milk                       | <i>Pineapple Fried-Rice + Soup</i>            | Ham&Cheese Sandwich + Milk           |
|      | 8    | <ul style="list-style-type: none"> <li>○ Fish Porridge</li> <li>○ Scrambled Eggs</li> <li>○ Carrot</li> </ul>              | Fruit + Milk                       | <i>Pork Omelet + Rice + Soup</i>              | Aclair + Milk                        |
|      | 9    | <ul style="list-style-type: none"> <li>○ French Toast</li> <li>○ Scrambled Eggs</li> <li>○ Cucumber/ Tomato</li> </ul>     | Fruit + Milk                       | <i>Quesadilla with Chicken<br/>and Cheese</i> | Popcorn + Milk                       |
|      | 10   | <ul style="list-style-type: none"> <li>○ Waffle</li> <li>○ Scrambled Eggs</li> <li>○ Raisin</li> </ul>                     | Fruit + Milk                       | <i>Stir-Fried Noodles [Pork]</i>              | Cream Dumplings + Milk               |
|      | 11   | <ul style="list-style-type: none"> <li>○ Dim Sum</li> <li>○ Scrambled Eggs</li> <li>○ Carrot</li> </ul>                    | Fruit + Milk                       | <i>Roast Chicken<br/>Sticky Rice</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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|------|------|--|------------------------------------|--|--------------------------------------|
| 3    | 14   | <ul style="list-style-type: none"> <li>○ Cereal</li> <li>○ Scrambled Eggs</li> <li>○ Banana/ Raisin</li> </ul>             | Fruit + Milk                       | <i>Stir-Fried Pea with Chicken<br/>Rice + Soup</i> | Banana + Milk                        |
|      | 15   | <ul style="list-style-type: none"> <li>○ Egg Sandwich</li> <li>○ Scrambled Eggs</li> <li>○ Cucumber/Tomato</li> </ul>      | Fruit + Milk                       | <i>Udon with Pork [Soup]</i>                       | Bread@Jelly + Milk                   |
|      | 16   | <ul style="list-style-type: none"> <li>○ Chicken Porridge</li> <li>○ Scrambled Eggs</li> <li>○ Carrot</li> </ul>           | Fruit + Milk                       | <i>Fried Fish + Rice + Soup</i>                    | Orange Roll + Milk                   |
|      | 17   | <ul style="list-style-type: none"> <li>○ Cheese Croissant</li> <li>○ Scrambled Eggs</li> <li>○ Steamed Corn</li> </ul>     | Fruit + Milk                       | <i>Cheese Macaroni</i>                             | Yoghurt+Cereal & Milk                |
|      | 18   | <ul style="list-style-type: none"> <li>○ Waffle + Sausage</li> <li>○ Scrambled Eggs</li> <li>○ Cucumber/ Carrot</li> </ul> | Fruit + Milk                       | <i>Deep-Fried Pork<br/>Sticky Rice</i>             | Cheese Ball + Milk                   |
| 4    | 21   | <ul style="list-style-type: none"> <li>○ Cereal</li> <li>○ Scrambled Eggs</li> <li>○ Banana/ Raisin</li> </ul>             | Fruit + Milk                       | <i>Quesadilla with Chicken<br/>and Cheese</i>      | Grapes + Milk                        |
|      | 22   | <ul style="list-style-type: none"> <li>○ Pancake</li> <li>○ Scrambled Eggs</li> <li>○ Banana/ Raisin</li> </ul>            | Fruit + Milk                       | <i>Fish Burger</i>                                 | Strawberry sticks + Milk             |
|      | 23   | <ul style="list-style-type: none"> <li>○ Chicken Wonton Soup</li> <li>○ Scrambled Eggs</li> <li>○ Bog Choy</li> </ul>      | Fruit + Milk                       | <i>Chinese roll noodle soup [Pork]</i>             | Cheese Cracker + Milk                |
|      | 24   | <ul style="list-style-type: none"> <li>○ Toast</li> <li>○ Veggies Omelet</li> <li>○ Peanut Butter</li> </ul>               | Fruit + Milk                       | <i>Steamed egg with pork + Rice</i>                | Veggies@Cheese + Milk                |
|      | 25   | <ul style="list-style-type: none"> <li>○ Toasted Cheese</li> <li>○ Scrambled Eggs</li> <li>○ Cucumber/ Carrot</li> </ul>   | Fruit + Milk                       | <i>Roast Chicken<br/>Sticky Rice</i>               | French Fries + Milk                  |

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