

NIS 2020: EARLY CHILDHOOD CENTER – OCTOBER 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	28	<ul style="list-style-type: none"> ○ Cereal ○ Scrambled Eggs ○ Banana/ Raisin 	Fruit + Milk	<i>Potato&Carrot soup [chicken]+ Rice</i>	Corn + Milk
	29	<ul style="list-style-type: none"> ○ Cheese Croissant ○ Scrambled Eggs ○ Cucumber/ Tomato 	Fruit + Milk	<i>Stew Pork + Rice + Soup</i>	Muffin + Milk
	30	<ul style="list-style-type: none"> ○ Chicken Porridge ○ Scrambled Eggs ○ Carrot 	Fruit + Milk	<i>Stir-fried noodles with gravy sauce [Pork chop]</i>	Shrimp rice cracker + Milk
	1	<ul style="list-style-type: none"> ○ Fish Porridge ○ Scrambled Eggs ○ Carrot 	Fruit + Milk	<i>Stir Fried Peas with Chicken+Rice + Soup</i>	Eclair & Milk
	2	<ul style="list-style-type: none"> ○ Toasted Cheese ○ Scrambled Eggs ○ Broccoli 	Fruit + Milk	<i>Quesadilla with Chicken and Cheese</i>	Thai rice cracker + Milk
2	5	<ul style="list-style-type: none"> ○ Cereal ○ Scrambled Eggs ○ Banana/ Raisin 	Fruit + Milk	<i>Yellow noodles with pork + Soup</i>	Banana Muffin + Milk
	6	<ul style="list-style-type: none"> ○ Pork Porridge ○ Scrambled Eggs ○ Corn 	Fruit + Milk	<i>Pineapple Fried-Rice + Soup</i>	Egg Muffin + Milk
	7	<ul style="list-style-type: none"> ○ Cheese croissant ○ Scrambled Eggs ○ Cucumber/ Broccoli 	Fruit + Milk	<i>5 Spice Egg with Pork+ Rice</i>	Popcorn + Milk
	8	<ul style="list-style-type: none"> ○ Meat Dumplings ○ Scrambled Eggs ○ Cucumber 	Fruit + Milk	<i>Fish Burger</i>	Yoghurt+Cereal & Milk
	9	<ul style="list-style-type: none"> ○ Waffle + Sausage ○ Scrambled Eggs ○ Cucumber/ Carrot 	Fruit + Milk	<i>Pizza</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	12	<ul style="list-style-type: none"> ○ Cereal ○ Scrambled Eggs ○ Banana/Raisin 	Fruit + Milk	<i>Spaghetti Carbonara [Chicken]</i>	Ham&Cheese Sandwich + Milk
	13	King Bhumibol Memorial Day	-	<i>School Closed</i>	<i>School Closed</i>
	14	<ul style="list-style-type: none"> ○ Tuna sandwich ○ Scrambled Eggs ○ Tomato/Cucumber 	Fruit + Milk	<i>Quesadilla with Chicken and Cheese</i>	Brownies + Milk
	15	<ul style="list-style-type: none"> ○ Chicken Porridge ○ Scrambled Eggs ○ Carrot 	Fruit + Milk	<i>Stew Pork + Rice + Soup</i>	Cream Dumplings + Milk
	16	<ul style="list-style-type: none"> ○ Dim Sum ○ Scrambled Eggs ○ Carrot 	Fruit + Milk	<i>Roast Chicken Sticky Rice</i>	Cheese Ball + Milk
4	26	<ul style="list-style-type: none"> ○ Cereal ○ Scrambled Eggs ○ Banana/Raisin 	Fruit + Milk	<i>Pork Omelet + Rice + Soup</i>	Banana + Milk
	27	<ul style="list-style-type: none"> ○ Ham+Chesse Croissant ○ Scrambled Eggs ○ Cucumber/ Carrot 	Fruit + Milk	<i>Fried Rice with Chinese sausage + Soup</i>	Chicken Puff + Milk
	28	<ul style="list-style-type: none"> ○ Chicken Wonton Soup ○ Scrambled Eggs ○ Bog Choy 	Fruit + Milk	<i>Fried Fish + Rice + Soup</i>	Orange Roll + Milk
	29	<ul style="list-style-type: none"> ○ Pancake ○ Scrambled Eggs ○ Banana/Raisin 	Fruit + Milk	<i>Spaghetti Bolognese [Chicken]</i>	Yoghurt+Cereal & Milk
	30	<ul style="list-style-type: none"> ○ Waffle/ Sausage ○ Scrambled Eggs ○ Cucumber/ Carrot 	Fruit + Milk	<i>Deep Fried Pork Sticky Rice</i>	Ice cream + Milk

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