

## NIS 2020: EARLY CHILDHOOD CENTER – NOVEMBER 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"> <li>○ Cereal</li> <li>○ Scrambled Eggs</li> <li>○ Banana/ Raisin</li> </ul>	Fruit + Milk	<i>Stir-fried noodles with gravy sauce [Chicken Chop]</i>	Banana + Milk
	3	<ul style="list-style-type: none"> <li>○ Chicken Wonton Soup</li> <li>○ Scrambled Eggs</li> <li>○ Bog Choy</li> </ul>	Fruit + Milk	<i>Fish Burger</i>	Cream Dumplings + Milk
	4	<ul style="list-style-type: none"> <li>○ Fish Porridge</li> <li>○ Scrambled Eggs</li> <li>○ Carrot</li> </ul>	Fruit + Milk	<i>Chinese roll noodle soup [Pork]</i>	Rolled Wafer + Milk
	5	<ul style="list-style-type: none"> <li>○ Toasted Cheese</li> <li>○ Scrambled Eggs</li> <li>○ Cucumber</li> </ul>	Fruit + Milk	<i>Quesadilla with Chicken and Cheese</i>	Cheese Cracker & Milk
	6	<ul style="list-style-type: none"> <li>○ Waffle+ Sausage</li> <li>○ Scrambled Eggs</li> <li>○ Cucumber</li> </ul>	Fruit + Milk	<i>Pizza + Caesar Salad</i>	Ice Cream + Milk
2	9	<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>	Brownies + Milk
	10	<ul style="list-style-type: none"> <li>○ Red bean Bun</li> <li>○ Scrambled Eggs</li> <li>○ Banana/Raisin</li> </ul>	Fruit + Milk	<i>Spaghetti Bolognese [Chicken]</i>	Fish String + Milk
	11	<ul style="list-style-type: none"> <li>○ Cheese croissant</li> <li>○ Scrambled Eggs</li> <li>○ Broccoli</li> </ul>	Fruit + Milk	<i>Fish Noodles Soup</i>	Steam sweet potato + Milk
	12	<ul style="list-style-type: none"> <li>○ Pork Porridge</li> <li>○ Scrambled Eggs</li> <li>○ Carrot</li> </ul>	Fruit + Milk	<i>Stir-Fried broccoli&amp;carrot with Chicken + Rice + Soup</i>	Yoghurt+Cereal & Milk
	13	<ul style="list-style-type: none"> <li>○ Egg sandwich</li> <li>○ Scrambled Eggs</li> <li>○ Coleslaw</li> </ul>	Fruit + Milk	<i>Roast Pork Sticky Rice</i>	Shrimp Rice Cracker + 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"> <li>○ Cereal</li> <li>○ Scrambled Eggs</li> <li>○ Banana/ Raisin</li> </ul>	Fruit + Milk	<i>Braised Pork + Rice + Soup</i>	Duck Jelly + Milk
	17	<ul style="list-style-type: none"> <li>○ Dim Sum</li> <li>○ Scrambled Eggs</li> <li>○ Cucumber</li> </ul>	Fruit + Milk	<i>Pork Omelet + Rice + Soup</i>	Ham&Cheese Sandwich + Milk
	18	<ul style="list-style-type: none"> <li>○ Pork Porridge</li> <li>○ Scrambled Eggs</li> <li>○ Carrot</li> </ul>	Fruit + Milk	<i>Quesadilla with Chicken and Cheese</i>	Strawberry Roll + Milk
	19	<ul style="list-style-type: none"> <li>○ French Toast</li> <li>○ Scrambled Eggs</li> <li>○ Tomato</li> </ul>	Fruit + Milk	<i>Fried Fish + Rice + Soup</i>	Yoghurt+Cereal + Milk
	20	<ul style="list-style-type: none"> <li>○ Waffle+ Sausage</li> <li>○ Scrambled Eggs</li> <li>○ Cucumber</li> </ul>	Fruit + Milk	<i>Chinese Sausage Sticky Rice</i>	Ice Cream + Milk
4	23	<ul style="list-style-type: none"> <li>○ Cereal</li> <li>○ Scrambled Eggs</li> <li>○ Banana/ Raisin</li> </ul>	Fruit + Milk	<i>Egg Sandwich + Caesar salad</i>	Watermelon + Milk
	24	<ul style="list-style-type: none"> <li>○ Meat Dumplings</li> <li>○ Scrambled Eggs</li> <li>○ Cucumber</li> </ul>	Fruit + Milk	<i>Stir Fried Peas with Ham + Rice + Soup</i>	Banana Muffin + 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>	Popcorn + Milk
	26	<ul style="list-style-type: none"> <li>○ Pancake</li> <li>○ Scrambled Eggs</li> <li>○ Banana/ Raisin</li> </ul>	Fruit + Milk	<i>Spaghetti Carbonara [Chicken+Mushroom]</i>	Strawberry Sticks & Milk
	27	<ul style="list-style-type: none"> <li>○ Tuna Sandwich</li> <li>○ Scrambled Eggs</li> <li>○ Coleslaw</li> </ul>	Fruit + Milk	<i>Roast Chicken Sticky Rice</i>	French fries + Milk

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