

NIS 2021: EARLY CHILDHOOD CENTER – FEBRUARY 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 | 1 | <ul style="list-style-type: none"> ○ Cereal ○ Scrambled Eggs ○ Banana/ Raisin | Fruit + Milk | <i>Hainanese Chicken Rice + Soup</i> | Milkcream Bun + Milk |
| | 2 | <ul style="list-style-type: none"> ○ Ham-cheese croissant ○ Scrambled Eggs ○ Broccoli | Fruit + Milk | <i>Sweet Pork Rice + Soup</i> | Banana Muffin + Milk |
| | 3 | <ul style="list-style-type: none"> ○ Chicken Congee ○ Scrambled Eggs ○ Carrot | Fruit + Milk | <i>Fried Fish + French fries</i> | Steamed Soybean + Milk |
| | 4 | <ul style="list-style-type: none"> ○ Meat Dumplings ○ Scrambled Eggs ○ Cucumber | Fruit + Milk | <i>Quesadilla with Chicken and Cheese</i> | Crispy Waffle + Milk |
| | 5 | <ul style="list-style-type: none"> ○ Waffle+ Sausage ○ Scrambled Eggs ○ Broccoli | Fruit + Milk | <i>Roast Pork Sticky Rice</i> | Yoghurt+Cereal + Milk |
| 2 | 8 | <ul style="list-style-type: none"> ○ Cereal ○ Scrambled Eggs ○ Banana/ Raisin | Fruit + Milk | <i>Chicken Teriyaki with rice Miso Soup</i> | Dried shredded pork bun Milk |
| | 9 | <ul style="list-style-type: none"> ○ Toasted Cheese ○ Scrambled Eggs ○ Raisin | Fruit + Milk | <i>Stir-fried noodles with gravy sauce [Pork Chop]</i> | Strawberry Rolls + Milk |
| | 10 | <ul style="list-style-type: none"> ○ Prawn Porridge ○ Scrambled Eggs ○ Carrot | Fruit + Milk | <i>Stew pork + Rice</i> | Thai Crispy Rolls + Milk |
| | 11 | <ul style="list-style-type: none"> ○ Crabsticks sandwich ○ Scrambled Eggs ○ Lettuce | Fruit + Milk | <i>Spaghetti Carbonara [Ham+Mushroom]</i> | Wholegrain Biscuits & Milk |
| | 12 | <ul style="list-style-type: none"> ○ Taro Bun ○ Scrambled Eggs ○ Cucumber | Fruit + Milk | <i>Pizza</i> | Fried Tofu + sauce & 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 | 15 | <ul style="list-style-type: none"> ○ Chicken Porridge ○ Scrambled Eggs ○ Carrot | Fruit + Milk | <i>Fish Burger</i> | Cheese Cracker + Milk |
| | 16 | <ul style="list-style-type: none"> ○ Pancake ○ Scrambled Eggs ○ Banana/ Raisin | Fruit + Milk | <i>Chinese roll noodle soup [Pork]</i> | Butter Biscuit + Milk |
| | 17 | <ul style="list-style-type: none"> ○ Cheese Croissant ○ Scrambled Eggs ○ Tomato | Fruit + Milk | <i>Pork Omelet + Rice + Soup</i> | Ice-Cream cookies + Milk |
| | 18 | <ul style="list-style-type: none"> ○ Pork Congee ○ Scrambled Eggs ○ Tomato | Fruit + Milk | <i>Egg Sandwich + Corn soup</i> | Yoghurt+Cereal + Milk |
| | 19 | <ul style="list-style-type: none"> ○ Waffle+ Sausage ○ Scrambled Eggs ○ Cucumber | Fruit + Milk | <i>Roast Pork Sticky Rice</i> | Popcorn + Milk |
| 4 | 22 | <ul style="list-style-type: none"> ○ Cereal ○ Scrambled Eggs ○ Banana/ Raisin | Fruit + Milk | <i>Spaghetti Bolognese [Chicken]</i> | Steamed sweet Potato +Milk |
| | 23 | <ul style="list-style-type: none"> ○ Dim Sum ○ Scrambled Eggs ○ Cucumber | Fruit + Milk | <i>Chicken soup with potato& carrot Rice</i> | Hash Brown + Milk |
| | 24 | <ul style="list-style-type: none"> ○ Pork Porridge ○ Scrambled Eggs ○ Carrot | Fruit + Milk | <i>Tempura + Rice + Soup</i> | Cheese ball+Milk |
| | 25 | <ul style="list-style-type: none"> ○ Chicken Wonton Soup ○ Scrambled Eggs ○ Bog Choy | Fruit + Milk | <i>Quesadilla with Chicken and Cheese]</i> | Cream Dumplings & Milk |
| | 26 | <ul style="list-style-type: none"> ○ French Toast ○ Scrambled Eggs ○ Cucumber | Fruit + Milk | <i>Macaroni Salad with Chicken</i> | Salted Mixed Nuts |
| <p>Note: <i>Breakfast includes milk and boiled egg. Lunch includes a plate of fresh vegetables and fruits for the children to share.</i> <i>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.</i></p> | | | | | |