

NIS 2021: EARLY CHILDHOOD CENTER JANUARY 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
4	25	<ul style="list-style-type: none"> ○ Cereal ○ Scrambled Eggs ○ Banana/Raisin 	Fruit + Milk	<i>Cheese Macaroni</i>	Rice Cracker+ Milk
	26	<ul style="list-style-type: none"> ○ Pork Porridge ○ Scrambled Eggs ○ Carrot 	Fruit + Milk	<i>5 Spice Egg with Pork+ Rice</i>	Orange Roll + Milk
	27	<ul style="list-style-type: none"> ○ French Toast ○ Scrambled Eggs ○ Cucumber 	Fruit + Milk	<i>Fried Fish + Rice + Soup</i>	Egg Cake + Milk
	28	<ul style="list-style-type: none"> ○ Dumplings ○ Scrambled Eggs ○ Carrot 	Fruit + Milk	<i>Spaghetti Carbonara (Ham + Mushroom)</i>	Yoghurt+Cereal & Milk
	29	<ul style="list-style-type: none"> ○ Toast + Peanut Butter ○ Veggies Omelet ○ Cucumber 	Fruit + Milk	<i>Pizza</i>	Popcorn + Milk
End of January					
<p><u>Note:</u> <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>					