

NIS 2021: EARLY CHILDHOOD CENTER – APRIL 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	29	<ul style="list-style-type: none"> ○ Cereal ○ Scrambled Eggs ○ Banana/ Raisin 	Fruit + Milk	<i>Chicken Stew + Rice</i>	Cheese Cracker + Milk
	30	<ul style="list-style-type: none"> ○ Chicken Congee ○ Scrambled Eggs ○ Carrot 	Fruit + Milk	<i>Tempura + Rice + Soup</i>	Cream Dumplings + Milk
	31	<ul style="list-style-type: none"> ○ French Toast ○ Scrambled Eggs ○ Cucumber 	Fruit + Milk	<i>Quesadilla with Chicken and Cheese</i>	Pineapple Baguette + Milk
	1	<ul style="list-style-type: none"> ○ Cheese croissant ○ Scrambled Eggs ○ Broccoli 	Fruit + Milk	<i>Stir Fried Peas with Ham Rice + Soup</i>	Yoghurt + Cereal & Milk
	2	<ul style="list-style-type: none"> ○ Pancake ○ Scrambled Eggs ○ Banana/ Raisin 	Fruit + Milk	<i>Pizza</i>	Thai Rice Cracker + Milk
2	5	<ul style="list-style-type: none"> ○ Cereal ○ Scrambled Eggs ○ Banana/ Raisin 	Fruit + Milk	<i>Fish and Chips</i>	Strawberry Sticks + Milk
	6	<ul style="list-style-type: none"> ○ Chicken Wonton Soup ○ Scrambled Eggs ○ Bog Choy 	Fruit + Milk	<i>Sweet Pork Rice + Soup</i>	Crispy waffle + Milk
	7	<ul style="list-style-type: none"> ○ Gyoza ○ Scrambled Eggs ○ Broccoli 	Fruit + Milk	<i>5 Spice Egg with pork + Rice</i>	Rich Tea biscuit + Milk
	8	<ul style="list-style-type: none"> ○ Fish Porridge ○ Scrambled Eggs ○ Carrot 	Fruit + Milk	<i>Chicken Teriyaki + Rice + Miso soup</i>	Vanilla cake & Milk
	9	<ul style="list-style-type: none"> ○ Waffle + Sausage ○ Scrambled Eggs ○ Lettuce 	Fruit + Milk	<i>Deep fried chicken 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	19	<ul style="list-style-type: none"> ○ Cereal ○ Scrambled Eggs ○ Banana/ Raisin 	Fruit + Milk	<i>Spaghetti Bolognaise [Chicken]</i>	Pork Dumplings + Milk
	20	<ul style="list-style-type: none"> ○ Red bean bun ○ Scrambled Eggs ○ Banana/ Raisin 	Fruit + Milk	<i>Chinese roll noodle soup [Pork]</i>	Sweet potato Puff + Milk
	21	<ul style="list-style-type: none"> ○ Cheese croissant ○ Scrambled Eggs ○ Broccoli 	Fruit + Milk	<i>Hainanese Chicken Rice + Soup</i>	Chocolate baguette +Milk
	22	<ul style="list-style-type: none"> ○ Pork congee ○ Scrambled Eggs ○ Carrot 	Fruit + Milk	<i>Fish Burger</i>	Yoghurt+Cereal + Milk
	23	<ul style="list-style-type: none"> ○ Egg sandwich ○ Scrambled Eggs ○ Cucumber 	Fruit + Milk	<i>Roast chicken Sticky Rice</i>	Fish Rice cracker + Milk
4	26	<ul style="list-style-type: none"> ○ Cereal ○ Scrambled Eggs ○ Banana/ Raisin 	Fruit + Milk	<i>Stir Fried broccoli & carrot with chicken Rice + Soup</i>	Wholegrain biscuit +Milk
	27	<ul style="list-style-type: none"> ○ Meat Dumplings ○ Scrambled Eggs ○ Corn 	Fruit + Milk	<i>Pork Omelet + Rice + Soup</i>	Ham&Cheese sandwich + Milk
	28	<ul style="list-style-type: none"> ○ Pork Porridge ○ Scrambled Eggs ○ Carrot 	Fruit + Milk	<i>Quesadilla with Chicken and Cheese</i>	Orange flavour roll +Milk
	29	<ul style="list-style-type: none"> ○ French toast ○ Scrambled Eggs ○ Tomato 	Fruit + Milk	<i>Fried fish + Rice + Soup</i>	Yoghurt+Cereal + Milk
	30	<ul style="list-style-type: none"> ○ Waffle+Sausage ○ Scrambled Eggs ○ Cucumber 	Fruit + Milk	<i>Leg pork stew + Rice</i>	Popcorn + Milk

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