

## NIS 2021: EARLY CHILDHOOD CENTER – MARCH 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"> <li>○ Cereal</li> <li>○ Scrambled Eggs</li> <li>○ Banana/Raisin</li> </ul>	Fruit + Milk	<i>American Fried Rice + Soup</i>	Dried shredded pork bun Milk
	2	<ul style="list-style-type: none"> <li>○ Dim Sum</li> <li>○ Scrambled Eggs</li> <li>○ Cucumber</li> </ul>	Fruit + Milk	<i>Egg with tamarind sauce + Rice</i>	Crispy Waffle + Milk
	3	<ul style="list-style-type: none"> <li>○ Pork Porridge</li> <li>○ Scrambled Eggs</li> <li>○ Carrot</li> </ul>	Fruit + Milk	<i>Hainanese Chicken Rice + Soup</i>	Popcorn + Milk
	4	<ul style="list-style-type: none"> <li>○ Toasted Cheese</li> <li>○ Scrambled Eggs</li> <li>○ Broccoli</li> </ul>	Fruit + Milk	<i>Stir-Fried spaghetti with Ham</i>	Yoghurt+Cereal + Milk
	5	<ul style="list-style-type: none"> <li>○ Waffle + Sausage</li> <li>○ Scrambled Eggs</li> <li>○ Cucumber/ Carrot</li> </ul>	Fruit + Milk	<i>Roast Chicken Sticky Rice</i>	<i>French Fries + Milk</i>
2	8	<ul style="list-style-type: none"> <li>○ Cereal</li> <li>○ Scrambled Eggs</li> <li>○ Banana/Raisin</li> </ul>	Fruit + Milk	<i>Yellow noodles soup [ Chicken]</i>	Crispy butter bread + Milk
	9	<ul style="list-style-type: none"> <li>○ Chicken Wonton Soup</li> <li>○ Scrambled Eggs</li> <li>○ Bog Choy</li> </ul>	Fruit + Milk	<i>Pork Omelet + Rice + Soup</i>	Wholegrain Biscuit + Milk
	10	<ul style="list-style-type: none"> <li>○ Pork Porridge</li> <li>○ Scrambled Eggs</li> <li>○ Cucumber</li> </ul>	Fruit + Milk	<i>Pizza</i>	Mini cookies + Milk
	11	<ul style="list-style-type: none"> <li>○ Taro Bun</li> <li>○ Scrambled Eggs</li> <li>○ Cucumber</li> </ul>	Fruit + Milk	<i>Chinese roll noodle soup [Pork]</i>	Butter coconut Biscuit + Milk
	12	<ul style="list-style-type: none"> <li>○ Meat Dumplings</li> <li>○ Scrambled Eggs</li> <li>○ Carrot</li> </ul>	Fruit + Milk	<i>Fried Fish + French Fries</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.

## NIS 2021: EARLY CHILDHOOD CENTER – MARCH 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
3	15	<ul style="list-style-type: none"> <li>○ Cereal</li> <li>○ Scrambled Eggs</li> <li>○ Banana/ Raisin</li> </ul>	Fruit + Milk	<i>Sweet Pork Rice + Soup</i>	Milkcream Bun+Milk
	16	<ul style="list-style-type: none"> <li>○ Oatmeal Porridge [Berries]</li> <li>○ Scrambled Eggs</li> <li>○ Carrot</li> </ul>	Fruit + Milk	<i>Quesadilla with Chicken and Cheese</i>	Banana Muffin + Milk
	17	<ul style="list-style-type: none"> <li>○ Cheese Croissant</li> <li>○ Scrambled Eggs</li> <li>○ Steamed Corn</li> </ul>	Fruit + Milk	<i>Fried Rice with pork</i>	Hash Brown + Milk
	18	<ul style="list-style-type: none"> <li>○ Pancake</li> <li>○ Scrambled Eggs</li> <li>○ Banana/Raisin</li> </ul>	Fruit + Milk	<i>Stir-Fried Macaroni with Chicken</i>	Yoghurt+Cereal + Milk
	19	<ul style="list-style-type: none"> <li>○ Waffle + Sausage</li> <li>○ Scrambled Eggs</li> <li>○ Cucumber/ Carrot</li> </ul>	Fruit + Milk	<i>Deep fried Pork Sticky Rice</i>	Cheese Baguette + Milk
4	22	<ul style="list-style-type: none"> <li>○ Cereal</li> <li>○ Scrambled Eggs</li> <li>○ Banana/ Raisin</li> </ul>	Fruit + Milk	<i>Stir Fried Broccoli &amp; carrot with chicken Rice + Soup</i>	Sour cream Rice cracker Milk
	23	<ul style="list-style-type: none"> <li>○ Toasted Cheese</li> <li>○ Scrambled Eggs</li> <li>○ Broccoli</li> </ul>	Fruit + Milk	<i>Chicken Teriyaki with rice Miso Soup</i>	Thai Crispy Rolls + Milk
	24	<ul style="list-style-type: none"> <li>○ Pork Porridge</li> <li>○ Scrambled Eggs</li> <li>○ Carrot</li> </ul>	Fruit + Milk	<i>Fish Burger</i>	Steamed Sweet Potato Milk
	25	<ul style="list-style-type: none"> <li>○ Tuna sandwich</li> <li>○ Scrambled Eggs</li> <li>○ Steamed Corn</li> </ul>	Fruit + Milk	<i>Stew pork + Rice</i>	Strawberry Tart + Milk
	26	<ul style="list-style-type: none"> <li>○ Steam Gyoza</li> <li>○ Scrambled Eggs</li> <li>○ Cucumber</li> </ul>	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.*