

NIS 2021: EARLY CHILDHOOD CENTER – JUNE 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>Tempura + Rice + Soup</i>	Crispy Waffle + Milk
	2	<ul style="list-style-type: none"> ○ Pork Porridge ○ Scrambled Eggs ○ Carrot 	Fruit + Milk	<i>Chicken Teriyaki with rice Miso Soup</i>	Strawberry sticks + Milk
	3	-	School Closed	<i>National Holiday</i>	-
	4	<ul style="list-style-type: none"> ○ Waffle + Sausage ○ Scrambled Eggs ○ Cucumber/ Carrot 	Fruit + Milk	<i>Deep Fried Pork Sticky Rice</i>	Ice cream + Milk
2	7	<ul style="list-style-type: none"> ○ Cereal ○ Scrambled Eggs ○ Banana/Raisin 	Fruit + Milk	<i>Stir-Fried spaghetti with Ham</i>	Fish Rice Cracker + Milk
	8	<ul style="list-style-type: none"> ○ Chicken Wonton Soup ○ Scrambled Eggs ○ Bog Choy 	Fruit + Milk	<i>Quesadilla with Chicken and Cheese</i>	Orange Roll + Milk
	9	<ul style="list-style-type: none"> ○ Cheese croissant ○ Scrambled Eggs ○ Broccoli 	Fruit + Milk	<i>Chicken Soup with potato & carrot Rice</i>	Vanilla Cake + Milk
	10	<ul style="list-style-type: none"> ○ Pork Porridge ○ Scrambled Eggs ○ Carrot 	Fruit + Milk	<i>Fish and Chips</i>	Yoghurt+Cereal + Milk
	11	<ul style="list-style-type: none"> ○ French Toast ○ Scrambled Eggs ○ Tomato 	Fruit + Milk	<i>Sweet Pork Rice + Soup</i>	Popcorn + Milk
<p><i>Note:</i> 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.</p>					