

NIS 2021: EARLY CHILDHOOD CENTER – NOVEMBER MENU

WEEK	DATE	MORNING BREAK: SNACK AT 9:30 AM	LUNCH AT 11:30 AM	AFTERNOON BREAK: SNACK AT 3:00 PM
1	1	Fruit + Milk	Hainanese chicken rice + Soup	Soft baguette + Milk
	2	Fruit + Milk	<i>Fish Burger</i>	Cream Dumplings + Milk
	3	Fruit + Milk	<i>Chinese roll noodle soup [Pork]</i>	Waffle + Milk
	4	Fruit + Milk	<i>Pasta soup with chicken</i>	Cheese cracker + Milk
	5	Fruit + Milk	<i>Pizza</i>	Steamed sweet potato + Milk
2	8	Fruit + Milk	Fried rice with pork+ Soup	Pancake with minced pork Milk
	9	Fruit + Milk	<i>Stir-fried spaghetti [Ham]</i>	Fish string + Milk
	10	Fruit + Milk	<i>Tempura [Shrimp + Carrot] + Rice + Soup</i>	Egg cake + Milk
	11	Fruit + Milk	<i>Stir-Fried broccoli&carrot with Chicken + Rice + Soup</i>	Yoghurt + Milk
	12	Fruit + Milk	<i>Roast pork + Sticky Rice</i>	Toasted Cheese + Milk

Note:

Fruit and vegetables are included in the lunchboxes.

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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WEEK	DATE	MORNING BREAK: SNACK AT 9:30 AM	LUNCH AT 11:30 AM	AFTERNOON BREAK: SNACK AT 3:00 PM
3	15	Fruit + Milk	Braised pork + Rice	Jelly duck + Milk
	16	Fruit + Milk	<i>Pork Omelet + Rice + Soup</i>	Ham Cheese sandwich + Milk
	17	Fruit + Milk	<i>Quesadilla with Chicken and Cheese</i>	Marmalade rolled cake + Milk
	18	Fruit + Milk	<i>Fried Fish + Rice + Soup</i>	Yoghurt + Milk
	19	Fruit + Milk	<i>Chicken Teriyaki + Rice + Soup</i>	Strawberry sticks + Milk
4	22	Fruit + Milk	Spaghetti Carbonara [Chicken]	Egg sandwich + Milk
	23	Fruit + Milk	<i>Pork leg stew+ Rice</i>	Dorayaki + Milk
	24	Fruit + Milk	<i>Chicken Soup + Rice</i>	Crispy waffle + Milk
	25	Fruit + Milk	<i>Roasted Red pork + Rice + Soup</i>	Crispy healthy cereals + Milk
	26	Fruit + Milk	<i>Grilled Chicken + Sticky Rice</i>	Sweet corn + Milk

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