

## NIS 2021: EARLY CHILDHOOD CENTER – OCTOBER MENU

WEEK	DATE	MORNING BREAK: SNACK AT 9:30 AM	LUNCH AT 11:30 AM	AFTERNOON BREAK: SNACK AT 3:00 PM
1	4	Fruit + Milk	<i>Fried rice with pork+ Soup</i>	Dorayaki + Milk
	5	Fruit + Milk	<i>Chicken Wonton soup</i>	Cheese cracker+ Milk
	6	Fruit + Milk	<i>5 Spice Egg with Pork + Rice</i>	Crispy waffle + Milk
	7	Fruit + Milk	<i>Fish Burger</i>	Yoghurt + Milk
	8	Fruit + Milk	<i>Pizza</i>	Purple sweet potato puff + Milk
2	11	Fruit + Milk	<i>Spaghetti Carbonara [Chicken]</i>	Fish string + Milk
	12	Fruit + Milk	<i>Braised pork + Rice</i>	Chicken Puff + Milk
	13	King Bhumibol Memorial Day	-	School closed
	14	Fruit + Milk	<i>Quesadilla with Chicken and Cheese</i>	Soft baguette + Milk
	15	Fruit + Milk	<i>Roast Chicken Sticky Rice</i>	Cookies + 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	18	Fruit + Milk	<i>Pork Omelet + Rice + Soup</i>	Japanese rice crackers + Milk
	19	Fruit + Milk	<i>Fried rice with chicken + Soup</i>	Egg cake + Milk
	20	Fruit + Milk	<i>Fried Fish + Rice + Soup</i>	Milk custard bun + Milk
	21	Fruit + Milk	<i>Spaghetti Bolognese [Chicken]</i>	Yoghurt + Milk
	22	Fruit + Milk	<i>Deep fried pork + Sticky Rice</i>	French fries + Milk
4	25	Fruit + Milk	<i>Hainanese chicken rice + Soup</i>	Crispy healthy cereals + Milk
	26	Fruit + Milk	<i>Stir Fried Peas with Chicken + Rice + Soup</i>	Taro bun + Milk
	27	Fruit + Milk	<i>Stew Pork + Rice + Soup</i>	Strawberry sticks + Milk
	28	Fruit + Milk	<i>Tempura [Shrimp + Carrot] + Rice + Soup</i>	Wholegrain biscuits & Milk
	29	Fruit + Milk	<i>Grilled Chicken + Sticky Rice</i>	Pumpkin crackers + Milk

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