

## NIS 2021: EARLY CHILDHOOD CENTER – DECEMBER MENU

WEEK	DATE	MORNING BREAK: SNACK AT 9:30 AM	LUNCH AT 11:30 AM	AFTERNOON BREAK: SNACK AT 3:00 PM
1	13	Fruit + Milk	<b>Fried rice with pork+ Soup</b>	Crispy waffle + Milk
	14	Fruit + Milk	<i>Stir-fried spaghetti [Ham ]</i>	Pancake with minced pork Milk
	15	Fruit + Milk	<i>Chicken Soup + Rice</i>	Egg cake + Milk
	16	Fruit + Milk	<i>Tempura [Shrimp + Carrot] + Rice + Soup</i>	Bun with red bean + Milk
	17	Fruit + Milk	<i>Roast chicken + Sticky Rice</i>	Toasted cheese + Milk
2	20	Fruit + Milk	<b>Braised pork + Rice</b>	Sweet corn + Milk
	21	Fruit + Milk	<i>Chicken Wonton Soup</i>	Ham Cheese sandwich + Milk
	22	Fruit + Milk	<i>Quesadilla with Chicken and Cheese</i>	Marmalade rolled cake + Milk
	23	Fruit + Milk	<i>Fried Fish + Rice + Soup</i>	Yoghurt + Milk
	24	Fruit + Milk	<i>Garlic fried pork + Rice + Soup</i>	Strawberry sticks + 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.