

NIS 2021-22 : EARLY CHILDHOOD CENTER – JANUARY MENU

WEEK	DATE	BREAKFAST AT 7:50 AM	MORNING BREAK: SNACK AT 9:45 AM	LUNCH AT 11:30 AM	AFTERNOON BREAK: SNACK AT 2:35 PM
1	17	<ul style="list-style-type: none"> ○ Cereal ○ Scrambled Eggs ○ Banana/Raisin 	Fruit + Milk	<i>Spaghetti Carbonara [Chicken + Mushroom]</i>	Fish String + Milk
	18	<ul style="list-style-type: none"> ○ Tuna Sandwich ○ Scrambled Eggs ○ Tomato 	Fruit + Milk	<i>Braised pork + Rice</i>	Hash Brown + Milk
	19	<ul style="list-style-type: none"> ○ Toast ○ Scrambled Eggs ○ Cucumber 	Fruit + Milk	<i>Chicken Wanton Soup</i>	Baguette + Milk
	20	<ul style="list-style-type: none"> ○ Pork Porridge ○ Scrambled Eggs ○ Carrot 	Fruit + Milk	<i>Cheese Macaroni</i>	Yoghurt + Milk
	21	<ul style="list-style-type: none"> ○ Dim Sum ○ Scrambled Eggs ○ Carrot 	Fruit + Milk	<i>Pizza</i>	Cookies + Milk
2	24	<ul style="list-style-type: none"> ○ Cereal ○ Scrambled Eggs ○ Banana/Raisin 	Fruit + Milk	<i>Pork Omelet + Rice + Soup</i>	Rice Chips + Milk
	25	<ul style="list-style-type: none"> ○ Ham+Cheese croissant ○ Scrambled Eggs ○ Corn 	Fruit + Milk	<i>Fried Fish + Rice + Soup</i>	Crispy waffle + Milk
	26	<ul style="list-style-type: none"> ○ Pancake ○ Scrambled Eggs ○ Banana/Raisin 	Fruit + Milk	<i>Chicken Fried Rice + Soup</i>	Egg Cake + Milk
	27	<ul style="list-style-type: none"> ○ Banana Samosa ○ Scrambled Eggs ○ Cucumber 	Fruit + Milk	<i>Stir-Fried spaghetti with Ham</i>	Yoghurt + Milk
	28	<ul style="list-style-type: none"> ○ Waffle + Sausage ○ Scrambled Eggs ○ Carrot 	Fruit + Milk	<i>Deep fried Pork Sticky Rice</i>	<i>French Fries + Milk</i>

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.