

NIS 2022 : EARLY CHILDHOOD CENTER – AUGUST 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	9	<ul style="list-style-type: none"> ○ Cereal ○ Scrambled Eggs ○ Banana/Raisin 	Fruit + Milk	<i>Fish and chips</i>	Cracker + Milk
	10	<ul style="list-style-type: none"> ○ Chicken Porridge ○ Scrambled Eggs ○ Carrot 	Fruit + Milk	<i>Mac & Cheese</i>	Crispy waffle + Milk
	11	<ul style="list-style-type: none"> ○ Banana Samosa ○ Scrambled Eggs ○ Cucumber 	Fruit + Milk	<i>Minced pork noodles + Boiled Egg</i>	Cream Dumplings+ Milk
	12	Holiday	-	<i>Queen's Birthday</i>	-
2	15	<ul style="list-style-type: none"> ○ Cereal ○ Scrambled Eggs ○ Banana/Raisin 	Fruit + Milk	<i>Pork Tonkatsu + Rice+ Soup</i>	Dried shredded pork Bun Milk
	16	<ul style="list-style-type: none"> ○ Dim Sum ○ Scrambled Eggs ○ Cucumber 	Fruit + Milk	<i>Potato soup with chicken + Rice</i>	Corn + Milk
	17	<ul style="list-style-type: none"> ○ Ham+Cheese croissant ○ Scrambled Eggs ○ Corn 	Fruit + Milk	<i>Stir fried tomato with eggs + Rice</i>	Yoghurt +Cereal + Milk
	18	<ul style="list-style-type: none"> ○ Fish Porridge ○ Scrambled Eggs ○ Carrot 	Fruit + Milk	<i>Korean fried chicken + Rice + Soup</i>	Cheese cracker + Milk
	19	<ul style="list-style-type: none"> ○ Waffle + Sausage ○ Scrambled Eggs ○ Carrot 	Fruit + Milk	<i>Club Sandwich +French fries</i>	Ice cream + Milk

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.

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3	22	<ul style="list-style-type: none"> ○ Cereal ○ Scrambled Eggs ○ Banana/Raisin 	Fruit + Milk	<i>Five Spice Egg with chicken + Rice</i>	Cupcake + Milk
	23	<ul style="list-style-type: none"> ○ Pork Porridge ○ Scrambled Eggs ○ Carrot 	Fruit + Milk	<i>Fried chicken with Rice</i>	Orange Jam Roll + Milk
	24	<ul style="list-style-type: none"> ○ Pancake ○ Scrambled Eggs ○ Banana/Raisin 	Fruit + Milk	<i>Pork Noodles in gravy sauce</i>	Sausage Pizza+ Milk
	25	<ul style="list-style-type: none"> ○ Pork Dumplings ○ Scrambled Eggs ○ Carrot 	Fruit + Milk	<i>Stir fried Spaghetti with Ham</i>	Yoghurt +Cereal+ Milk
	26	<ul style="list-style-type: none"> ○ Crab stick Sandwich ○ Scrambled Eggs ○ Cucumber 	Fruit + Milk	<i>Pork Burger + Fried sweet potato</i>	Biscuits + Yakult
4	29	<ul style="list-style-type: none"> ○ Cereal ○ Scrambled Eggs ○ Banana/Raisin 	Fruit + Milk	<i>Fried Rice with ham & sausage</i>	Veggies Cracker + Milk
	30	<ul style="list-style-type: none"> ○ Chicken Porridge ○ Scrambled Eggs ○ Carrot 	Fruit + Milk	<i>Stir fried noodles in soy sauce with Pork</i>	Crispy waffle + Milk
	31	<ul style="list-style-type: none"> ○ Banana Samosa ○ Scrambled Eggs ○ Cucumber 	Fruit + Milk	<i>Hainanese Chicken Rice + Soup</i>	Cream Dumplings+ Milk
	1	<ul style="list-style-type: none"> ○ Crab stick steamed Egg ○ Scrambled Eggs ○ Cucumber 	Fruit + Milk	<i>Pizza</i>	Hash Brown + Milk
	2	<ul style="list-style-type: none"> ○ Waffle + Sausage ○ Scrambled Eggs ○ Carrot 	Fruit + Milk	<i>Minced pork noodles + Boiled Egg</i>	Yoghurt +Cereal+ Milk

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