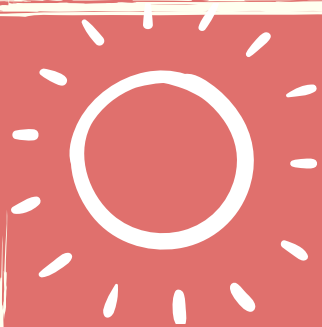


EARLY CHILDHOOD CENTER

LUNCH MENU: SEPTEMBER 2022



WEEK 1

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
5-Sep-22	Cereal & Banana & Raisins	Fruit & Milk	Hainanese Chicken Rice & Soup	Dry Shredded Pork Bun & Milk
6-Sep-22	Fish Porridge	Fruit & Milk	Noodle Soup with Minced Pork	Corn & Milk
7-Sep-22	Ham & Cheese Croissant	Fruit & Milk	Chinese Scrambled Eggs with Tomato & Fried Fish on Rice	Cheese Crackers & Milk
8-Sep-22	Pork Dumpling	Fruit & Milk	Korean Fried Chicken on Rice	Egg Cake & Milk
9-Sep-22	Waffle & Cheese Sausage	Fruit & Milk	Club Sandwich & French Fries	Ice Cream & Milk

Note :

Breakfast includes milk and boiled egg. Lunch includes a plate of vegetables and fruits for the children to share.

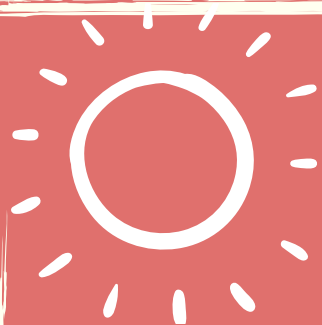
If your child cannot eat a food scheduled for a certain day, please inform us 1 day in advance and we will make other arrangements.

You are always welcome to send your child with her/his own lunch if you wish.

WEEK 2

EARLY CHILDHOOD CENTER

LUNCH MENU: SEPTEMBER 2022



WEEK 2

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
12-Sep-22	Cereal & Banana & Raisins	Fruit & Milk	Chicken and Egg in Sweet Brown Sauce on Rice	Cupcake & Milk
13-Sep-22	Pork Porridge	Fruit & Milk	Chicken Yakisoba	Orange Sponge Cake Roll & Milk
14-Sep-22	Pancake & Banana & Raisins	Fruit & Milk	Flat Rice Noodle in Thick Gravy with Pork	Sausage Bread Pizza & Milk
15-Sep-22	Steamed Pork Buns	Fruit & Milk	Spaghetti with Ham	Yogurt & Cereal & Milk
16-Sep-22	Crab Stick Sandwich	Fruit & Milk	Pork Burger & Fried Potatoes	Biscuit & Yakult

Note :

Breakfast includes milk and boiled egg. Lunch includes a plate of vegetables and fruits for the children to share.

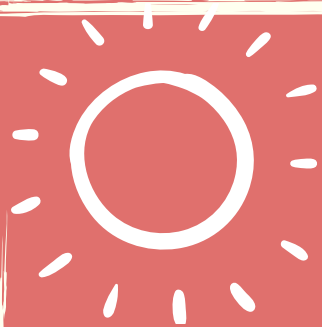
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WEEK 3

EARLY CHILDHOOD CENTER

LUNCH MENU: SEPTEMBER 2022



WEEK 3.

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
19-Sep-22	Cereal & Banana & Raisins	Fruit & Milk	Fried Rice with Ham and Vegetables & Soup	Watermelon & Milk
20-Sep-22	Chicken Porridge	Fruit & Milk	Stir Fried Noodle and Pork with Black Soy Sauce	Crispy Waffles & Milk
21-Sep-22	Banana Samosa	Fruit & Milk	Teriyaki Chicken on Rice & Miso Soup	Steamed Custard Bun & Milk
22-Sep-22	Crab Stick Steamed Egg	Fruit & Milk	Pizza	Steamed Sweet Potatoes & Milk
23-Sep-22	Waffle & Sausage	Fruit & Milk	Noodle Soup with Minced Pork & Boiled Egg	Yogurt & Cereal & Milk

Note:

Breakfast includes milk and boiled egg. Lunch includes a plate of vegetables and fruits for the children to share.

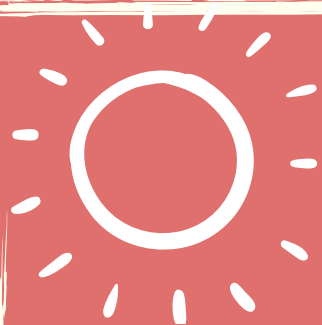
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WEEK 4

EARLY CHILDHOOD CENTER

LUNCH MENU: SEPTEMBER 2022



WEEK 4.

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
26-Sep-22	Cereal & Banana & Raisins	Fruit & Milk	Stir-Fried Macaroni with Chicken , Vegetables and Egg	Cantaloupe & Milk
27-Sep-22	Pork Porridge	Fruit & Milk	Fried Chicken and Sticky Rice	Popcorn & Milk
28-Sep-22	Pancake & Banana & Raisins	Fruit & Milk	Flat Noodles with Stewed Pork & Egg	Strawberry Cream Cracker Stick & Milk
29-Sep-22	Steamed Pork Buns	Fruit & Milk	Spaghetti with Ham	Crispy Fried Pumpkin Cracker & Milk
30-Sep-22	Banana Samosa & Raisins	Fruit & Milk	Pork Burger & Mashed Potatoes	Ice Cream & Milk

Note:

Breakfast includes milk and boiled egg. Lunch includes a plate of 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.