

Early Childhood Center - ECC

Lunch Menu: March 2023

Date	7:55 AM - Breakfast	9:45 AM - Morning Snack	11:30 AM - Lunch	2:30 PM - Afternoon Break
Wed. 1 Mar. 23	Waffles, Banana, and Raisins Boiled Egg, and Milk	Fruits & Milk	Stir-Fried Macaroni with Egg Carrot, Cucumber, and Fruit	Strawberry Cream Cracker Stick Yogurt Milk
Thu. 2 Mar. 23	Crab Stick Salad Sandwich Boiled Egg, Tomato, and Milk	Raisins, Fruit, and Yogurt	Pizza Lettuce, Tomato, and Fruit	Pumpkin Crackers Milk

Fri. 3 Mar. 23 No Classes - Teacher PD Day

Sat. 4 Mar. 23 -

Sun. 5 Mar. 23 -

Mon. 6 Mar. 23 No School - Makha Bucha Holiday

Tue. 7 Mar. 23	Pork Rice Porridge Scrambled Eggs, Carrot, and Milk	Roasted Nuts, Fruit, and Yogurt	Macaroni with Chicken Soup Cucumber, Tomato, and Fruit	Banana Cake Milk
Wed. 8 Mar. 23	Waffle, Sausage Boiled Egg, and Milk	Fruits & Milk	Teriyaki Chicken on Rice & Miso Soup Carrot, Cucumber, and Fruit	Crispy Waffles Yogurt Milk
Thu. 9 Mar. 23	Egg Sandwich Scrambled Eggs, Carrot, and Milk	Raisins, Fruit, and Yogurt	Vegetable Omelette on Rice & Soup Lettuce, Tomato, and Fruit	Steamed Custard Bun Milk
Fri. 10 Mar. 23	Banana Samosa Boiled Egg, Tomato, and Milk	Fruits & Milk	Fish & Chips Carrot, Cucumber, Fruit	Yogurt, Raisins, and Nuts

Sat. 11 Mar. 23 -

Sun. 12 Mar. 23 -



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Mon. 13 Mar. 23	Cereal, Banana, and Raisins Boiled Egg, Broccoli, Tomato, and Milk	Fruits & Milk	Chicken Bolognese Lettuce, Carrot, and Fruit	Watermelon Milk
Tue. 14 Mar. 23	Chicken Congee Scrambled Eggs, Carrots, and Milk	Roasted Pumpkin Seeds, Fruit, Yogurt	Macaroni with Pork Soup Cucumber, Tomato, and Fruit	Pizza Bread Milk
Wed. 15 Mar. 23	Pancake, and Banana Boiled Egg, and Milk	Fruits & Milk	Quesadilla Chicken Carrot, Cucumber, and Fruit	Sweet Potato Yogurt Milk
Thu. 16 Mar. 23	Steamed Pork Bun Boiled Egg, Tomato, and Milk	Raisins, Fruit, and Yogurt	Chicken Ramen Noodle Soup Lettuce, Tomato, and Fruit	Popcorn Milk
Fri. 17 Mar. 23	Toast & Yam Boiled Egg, Tomato, and Milk	Fruits & Milk	Fried Chicken on Rice with Soup Carrot, Cucumber, and Fruit	Yogurt, Raisins, and Nuts
Sat. 18 Mar. 23	-			
Sun. 19 Mar. 23	-			
Mon. 20 Mar. 23	Cereal, Banana, and Raisins Boiled Egg, Broccoli, Tomato, and Milk	Fruits & Milk	Scrambled Eggs with Tomato on Rice Lettuce, Carrot, and Fruit	Jelly (Thai Dessert) Milk
Tue. 21 Mar. 23	Steamed Egg with Crab Stick Scrambled Eggs, Carrots, and Milk	Roasted Nuts, Fruit, Yogurt	Egg Noodle Soup with Pork Cucumber, Tomato, and Fruit	Buttered Corn Milk
Wed. 22 Mar. 23	Waffle, Banana, and Raisins Boiled Egg, and Milk	Fruits & Milk	Stir-Fried Macaroni with Egg Carrot, Cucumber, and Fruit	Strawberry Cream Cracker Stick Yogurt Milk
Thu. 23 Mar. 23	Crab Stick Salad Sandwich Boiled Egg, Tomato, and Milk	Raisins, Fruit, and Yogurt	Pizza Lettuce, Tomato, and Fruit	Pumpkin Crackers Milk
Fri. 24 Mar. 23	No Classes - Parent & Teacher Conference Day			

25 Mar. - 16 Apr. 2023: No School - Songkran Break Holiday



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- Breakfast includes milk and eggs.
- 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 his/her own lunch if you wish.
- **No Classes** on Friday, 24 March 2023 - Parent & Teacher Conference Day.
- **No School** from 25 March - 16 April 2023 - Songkran Break