

# Early Childhood Center - ECC

## Lunch Menu: May & June 2023

Date	7:55 AM - Breakfast	9:45 AM - Morning Snack	11:30 AM - Lunch	2:30 PM - Afternoon Break
Mon. 1 May 23	Cereal, Banana, and Raisins Boiled Egg, Broccoli, Tomato, and Milk	Fruits & Milk	Chicken Bolognese Lettuce, Carrot, and Fruit	Jelly (Thai Dessert) Milk
Tue. 2 May 23	Steamed Egg with Crab Stick Scrambled Eggs, Carrots, and Milk	Roasted Nuts, Fruit, Yogurt	Fried Rice with Pork and Vegetables & Soup Cucumber, Tomato, and Fruit	Buttered Corn Milk
Wed. 3 May 23	Waffle & Banana & Raisins Boiled Egg, and Milk	Fruits & Milk	Ham Cheese Sandwich Carrot, Cucumber, and Fruit	Strawberry Cream Cracker Stick Yogurt Milk
<b>Thu. 4 May 23</b>	<b>No School - Coronation of King Vajiralongkorn Holiday</b>			
Fri. 5 May 23	Wonton Soup Scrambled Eggs & Carrot & Milk	Fruits & Milk	Chicken Ramen Noddle Soup With Egg Carrot, Cucumber, and Fruit	Yogurt, Raisins, and Nuts
Sat. 6 May 23	-			
Sun. 7 May 23	-			
Mon. 8 May 23	Cereal, Banana, and Raisins Boiled Egg, Broccoli, Tomato, and Milk	Fruits & Milk	Tomato Omelette on Rice & Soup Lettuce, Carrot, and Fruit	Watermelon Milk
Tue. 9 May 23	Chicken Congee Scrambled Eggs, Carrots, and Milk	Roasted Pumpkin Seeds & Fruit	Egg Noodles Soup with Pork Cucumber, Tomato, and Fruit	Pizza Bread Milk
Wed. 10 May 23	Pancake & Banana Boiled Egg, and Milk	Fruits & Milk	Quesadilla Chicken Carrot, Cucumber, and Fruit	Sweet Potato Yogurt Milk
Thu. 11 May 23	Steamed Pork Bun Boiled Egg, Tomato, and Milk	Raisins, Fruit, and Yogurt	Sticky Rice with Grilled Chicken Lettuce, Tomato, and Fruit	Popcorn Milk
Fri. 12 May 23	Toast & Jam Scrambled Eggs & Carrot & Milk	Fruits & Milk	Stir-Fried Macaroni with Egg Carrot, Cucumber, and Fruit	Ice-cream
Sat. 13 May 23	-			
Sun. 14 May 23	-			

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Mon. 15 May 23	Cereal, Banana, and Raisins Boiled Egg, Broccoli, Tomato, and Milk	Fruits & Milk	Chicken Bolognese Lettuce, Carrot, and Fruit	Jelly (Thai Dessert) Milk
Tue. 16 May 23	Steamed Egg with Crab Stick Scrambled Eggs, Carrots, and Milk	Roasted Nuts, Fruit, Yogurt	Egg Noodles Soup with Pork Cucumber, Tomato, and Fruit	Buttered Corn Milk
Wed. 17 May 23	Waffle & Banana & Raisins Boiled Egg, and Milk	Fruits & Milk	Braised Pork and Egg in Sweet Brown Sauce on Rice Carrot, Cucumber, and Fruit	Strawberry Cream Cracker Stick Yogurt Milk
Thu. 18 May 23	Crab Stick Salad Sandwich Boiled Egg, Tomato, and Milk	Raisins, Fruit, and Yogurt	Pizza Lettuce, Tomato, and Fruit	Pumpkin Crackers Milk
Fri. 19 May 23	Wonton Soup Scrambled Eggs & Carrot & Milk	Fruits & Milk	Noodle Soup with Pork and Meatballs Carrot, Cucumber, and Fruit	Yogurt, Raisins, and Nuts
Sat. 20 May 23	-			
Sun. 21 May 23	-			
Mon. 22 May 23	Cereal, Banana, and Raisins Boiled Egg, Broccoli, Tomato, and Milk	Fruits & Milk	Chicken Bolognese Lettuce, Carrot, and Fruit	Watermelon Milk
Tue. 23 May 23	Fish Rice Porridge Scrambled Eggs, Carrots, and Milk	Roasted Pumpkin Seeds & Fruit	Fried Rice with Chicken and Vegetables & Soup Cucumber, Tomato, and Fruit	Ice-cream
Wed. 24 May 23	Pancake & Banana Boiled Egg, and Milk	Fruits & Milk	Teriyaki Chicken on Rice & Miso Soup Carrot, Cucumber, and Fruit	Corn Yogurt Milk
Thu. 25 May 23	Steamed Pork Bun Boiled Egg, Tomato, and Milk	Raisins, Fruit, and Yogurt	Ham cheese Sandwich & Pumpkin Soup Lettuce, Tomato, and Fruit	Popcorn Milk
Fri. 26 May 23	Pork Dumplings Scrambled Eggs & Carrot & Milk	Fruits & Milk	Rice with Stir Fried Vegetables & Minced Pork and Soup Carrot, Cucumber, and Fruit	Yogurt, Raisins, and Nuts
Sat. 27 May 23	-			
Sun. 28 May 23	-			

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Mon. 29 May 23	Cereal, Banana, and Raisins Boiled Egg, Broccoli, Tomato, and Milk	Fruits & Milk	Tomato Omelette on Rice & Soup Lettuce, Carrot, and Fruit	Cantaloupe Milk
Tue. 30 May 23	Pork Rice Porridge Scrambled Eggs, Carrots, and Milk	Roasted Nuts, Fruit, Yogurt	Macaroni Soup with Pork and Vegetables Cucumber, Tomato, and Fruit	Banana Cake Milk
Wed. 31 May 23	Waffle & Sausage Boiled Egg, and Milk	Fruits & Milk	Rice with Deep Fried Fish & Soup Carrot, Cucumber, and Fruit	Crispy Waffles Yogurt Milk
Thu. 1 June 23	Egg Sandwich Scrambled Egg, Carrots, and Milk	Raisins, Fruit, and Yogurt	Sticky Rice with Grilled Chicken Lettuce, Tomato, and Fruit	Steamed Custard Bun Milk
Fri. 2 June 23	Banana Samosa Boiled Egg, Tomato, and Milk	Fruits & Milk	Fish and Chips Carrot, Cucumber, and Fruit	Yogurt, Raisins, and Nuts
Sat. 3 June 23	-			
Sun 4 June 23	-			
Mon. 5 June 23	Cereal, Banana, and Raisins Boiled Egg, Broccoli, Tomato, and Milk	Fruits & Milk	Chicken Bolognese Lettuce, Carrot, and Fruit	Jelly (Thai Dessert) Milk
Tue. 6 June 23	Chicken Congee Scrambled Eggs, Carrots, and Milk	Roasted Nuts, Fruit, Yogurt	Braised Pork and Egg in Sweet Brown Sauce on Rice Cucumber, Tomato, and Fruit	Buttered Corn Milk
Wed. 7 June 23	Waffle & Banana & Raisins Boiled Egg, and Milk	Fruits & Milk	Stir-Fried Macaroni with Egg Carrot, Cucumber, and Fruit	Strawberry Cream Cracker Stick Yogurt Milk
Thu. 8 June 23	Crab Stick Salad Sandwich Boiled Egg, Tomato, and Milk	Raisins, Fruit, and Yogurt	Pizza Lettuce, Tomato, and Fruit	Pumpkin Crackers Milk
<b>Fri. 9 June 23</b>	<b>No Classes - Summer Break!</b>			

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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.**