

Healthy Kids Myrecess Time

NEWSLETTER | JANUARY 2021



BLANGAH RISE LEARNING CAMPUS
Where we grow deep and grow together



How are the Menus Planned?

Why do we eat what we eat?

Before we start on the menu planning process, let's look at the members of the team. We have two very important members: Chef Mark from SATS Culinary Department, and Huey May, SATS in-house Nutritionist. **Let's see how both of them work together to plan the menu!**



Huey May
SATS in-house Nutritionist

Chef Mark
SATS Culinary



As each term comes to an end, a report is consolidated to verify the popularity of each item on the menu. The items are divided into **3 main categories**:

Evergreen

Good to stay on the menu for at least the next term

Amber:

Let's observe for one more term

Stop:

We shall remove this item or improve on the recipe

With the removal of some items on the "Stop" list, the team works together to brainstorm new items for the next semester.

When can we reintroduce this dish?

Who does not like the item? Are they from lower or upper primary?

Why do students not like this?
How can we improve our offerings?
What ingredients can we add or remove?



After looking at the eating patterns and favourites of the young diners, we will now commence the official planning of the new menu items. While we continue using the usual ingredients, the team also strives to find new ingredients to try and test. These new ingredients will also need to go through a thorough procedure to assess if it follows Health Promotion Board's Nutritional Guidelines.

How are the Menus Planned?

Next, the team will look at operational efficiency to achieve economies of scale. Can the operations team cope with this? Is this way of packing easy for the operations team but not aesthetically pleasing? Can we look at how we can improve the taste of the sauce to something that the students prefer?

Once we have a final list of new menu items with the right proportions as advised by Huey May, our in-house Nutritionist, let's have a food tasting session for the students! This will help us to be more certain about the menu that we want to launch for the students.

As one final step, as students on the School Recess Meal Subscription Programme have two meal options to choose from each day, how are these items paired and arranged together? Shall we pair two similar items all the time? Or should we look at mixing and matching with other items so that the students get to taste different offerings? These questions will be considered thoroughly when planning the entire term's menu.

Just like how it takes a village to raise a child, it takes a team to create a healthy meal plan for our children. We hope that our children will have a healthy childhood as they grow together with SATS in Blangah Rise Primary School!

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Mixing and Matching ingredients to see if they complement each other!



Preparation for the Food Tasting Session in early 2020



Finding the right presentation style –

shall we pack it in a regular round bowl or a square noodle box?



www.blangahrisepri.moe.edu.sg/parent-support-group/sats-school-meals-programme/

Want to know more about the Be Bright Eat Right Programme?

Find out more on the school website!

sats_schoolmeals@sats.com.sg

Need more information on our programme or how healthily your child is eating?

Ask our panel of Dietary & Culinary Experts!

Have enquiries?

Call the school general office at 62717387 or email us at brps@moe.edu.sg!

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In Partnership with:



School Recess Meal Subscription Programme

Sample Menu for Term 1 2021









Students are given 2 options to choose from daily.
To ensure variety, the menu is repeated only after 4 to 6 weeks.

MONDAY	 Shepherd's Pie 68 kcal Protein: 3g Carbohydrates: 6g Fat: 4g Allergens:    	 MMM: Melting Meatball Macaroni 208 kcal Protein: 13g Carbohydrates: 18g Fat: 9g Allergens:    
TUESDAY	 Mini Pancake Delight 129 kcal Protein: 2g Carbohydrates: 22g Fat: 3g Allergens:    	 Tangy Chicken Bar 151 kcal Protein: 9g Carbohydrates: 17g Fat: 8g Allergens:    
WEDNESDAY	 Jam Sandwich 179 kcal Protein: 7g Carbohydrates: 35g Fat: 3g Allergens:  	 Teriyaki Tofu Rice Box 143 kcal Protein: 6g Carbohydrates: 27g Fat: 2g Allergens:  
THURSDAY	 Little Breakfast Bowl 82 kcal Protein: 7g Carbohydrates: 4g Fat: 4g Allergens:    	 Char siew Chicken with Noodles 258 kcal Protein: 11g Carbohydrates: 20g Fat: 11g Allergens:  
FRIDAY	 Ham & Cheese Sandwich 297 kcal Protein: 11g Carbohydrates: 29g Fat: 13g Allergens:    	 Braised Egg with Fried Rice Bowl 167 kcal Protein: 8g Carbohydrates: 20g Fat: 6g Allergens:   

Legend:

-  Meat-Free
-  New Item
-  Improved Recipe

Allergen Legend

-  Wheat
-  Dairy
-  Egg
-  Shellfish & Products
-  Peanuts
-  Tree nuts
-  Soy & Products
-  Fish & Products

LIMITED TIME OFFER

Mee Rebus

Let's try a new dish! Some believe that this dish originated from the Indonesian island of Java, where it is known as Mee Jawa and commonly eaten for breakfast or as a snack. The dish has been reinvented by SATS to be healthier using wholemeal noodles and authentic ingredients such as fermented bean paste to recreate a sauce that is close to the original but in a healthier version.



314 kcal

Protein: 12g
Carbohydrates: 44g
Fat: 10g

Allergens

