



# Healthy Kids

NEWSLETTER - JUN 2025

## MyRecess Time

### Limited Time Offer Menu



Students were treated to an exciting surprise in Semester 1 as the school's meal programme unveiled special menus featuring 2 local favorites: Nasi Lemak and BBQ Chicken Chop with Potato Wedges & Roasted Vegetables.

The special offering was met with widespread enthusiasm and brought smiles and eager appetites to the school canteen, providing a welcome change to the usual meal rotations.



"It was so good!"  
exclaimed P3,  
Jason Liu



Healthy eats,  
happy kids!

The special menu was introduced as a way to enhance the students' dining experience and introduce variety, while still ensuring nutritional balance. Both dishes were carefully prepared in strict adherence to the healthy eating guidelines stipulated by the Health Promotion Board (HPB). The school's meal programme aims to provide delicious meals that students look forward to, and this special limited time offers certainly hit the mark.







# THE POWER OF COLORS: EATING A RAINBOW FOR GOOD HEALTH!

Did you know that eating different colored foods can make you strong and healthy? Every color in food has a special power that helps your body in different ways. That's why it's important to eat a rainbow of foods every day!

## Red

Red foods (like tomatoes and red peppers) help keep your heart strong.

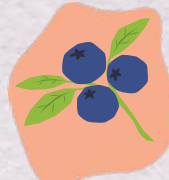


## Orange & Yellow

Orange and yellow foods (like carrots and pumpkins) are great for your eyesight and skin.

## Green

Green foods (like broccoli and spinach) give you strong bones and help fight sickness.



## Blue & Purple

Blue and purple foods (like blueberries, and eggplant) are good for your brain and memory.



## White & Brown

White and brown foods (like mushrooms, garlic) help your body fight germs and stay healthy.



## How to Eat a Rainbow During School Days

As students, school meals should give you the energy to focus and play throughout the day. It also offers a variety of colorful meals that can help you eat the rainbow every day! Eating a rainbow isn't just fun—it helps your body grow, keeps you strong, and gives you energy for all your adventures. So next time you eat, ask yourself: What colors are on my plate today?

### Fun Activity: The Rainbow Food Challenge!

Here is our Term 2 menu. can you identify which are the meals that have at least 3 colours? Circle them!

Panwich with Fruit Jam (V)	Fried Bee Hoon with Chicken Char Siew	Sausage Mac & Cheese	Tangy Meatless Chicken Rice (V)	Tangy Macaroni with Meatballs	Fried Rice with Wok-tossed Hawthorn Chicken	Sweet & Sour Meatless Fish Rice Set (V)	Ultimate Duo Pasta	Chicken Curry Baked Rice	Sticky Teriyaki Tofu Noodle Bowl (V)	Grilled Cajun Chicken with Mashed Potato & Veg
Chicken Ham & Cheese Panwich (Warm)	Mashed Potato with Chicken Bolognese	Minced Chicken & Egg Porridge	Teriyaki Tofu Seaweed Rice Bowl (V)	Spaghetti Bolognese	Manchurian Chicken Rice	Moroccan Meatless Chicken with Pilaf Rice (V)	Tangy Chicken Rice	Chicken & Broccoli Seaweed Rice	Creamy Spinach Meatless Chicken Pasta Bowl (V)	Chicago Chicken Chop with Tomato Spaghetti
BBQ Chicken & Cheese Wrap (Warm)	Ayam Bakar Fried Rice	BBQ Chicken Sandwich (Warm)	Kway Teow Goreng with Meatless Satay Chicken (V)	Sweet & Sour Chicken Rice	Hong Kong Style Noodle with Chicken Char Siew	Forest Stew with Rice (V)	Nonya Steamed Fish Rice Bowl	Mongolian Chicken Rice	Mixed Veg Curry Rice with Quail Egg (V)	Baked Fish with Cream Spinach Sauce
Jam & Kaya Sandwich	Korean Chicken Bowl	Fried Bee Hoon with Tangy Fishball	Meatless Chicken & Mushroom Porridge (V)	Satay Chicken with Fried Rice	Singapore Chicken Rice	Meatless Satay Chicken with Fried Rice (V)	Chicken Stroganoff with Mash	Mediterranean Fish Stew Rice Bento	Stirfried Hawthorn Meatless Chicken Rice (V)	Kampong Nasi Goreng with Tandoori Chicken & Veg
Omelette & Chicken Ham Sandwich (Warm)	Pandan Kaya Waffle	Baked Rice with Tomato Chicken Olio	Golden Slice Noodle Bowl (V)	Sesame Mixed Grain Rice with Mushroom Chicken	Bulgogi Chicken Noodle	Sesame Mixed Grain Rice with Vegetarian Mushroom Chicken (V)	Char Siew Chicken Rice	Sweet & Sour Fish Rice	Meatless Char Siew Chicken with Fried Rice (V)	Teriyaki Chicken Burger with Buttered Corn

Want to know more about the Be Bright Eat Right Programme? Find out more here!

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

Ask our panel of Dietary & Culinary Experts at [sats\\_schoolmeals@sats.com.sg](mailto:sats_schoolmeals@sats.com.sg)

Have enquiries? Call us at 62717387 or email us at [brps@moe.edu.sg](mailto:brps@moe.edu.sg)!



Brought to you by:



**BLANGAH RISE PRIMARY SCHOOL**  
Where we grow deep and grow together

Check out other issues of our newsletter here →

