

Blangah Rise Primary School





RECESS MENU

WEEK 1, 5, 9	Primary 1 to 3		Primary 4 to 6		Allergen
	Sub 1	Sub 2	Sub 3	Sub 4	No Dairy / No Egg
Mon	Sausage Mac & Cheese	Mashed Potato with Vegan Sausage (V)	Sausage Mac & Cheese	Tangy Meatless Chicken Rice (V)	Korean Meatless Chicken with Fried Rice (V)
Tues	Chicken Ham & Cheese Panwich	Minced Chicken & Egg Porridge	Spaghetti Bolognese	Teriyaki Tofu Seaweed Rice Bowl (V)	Rainbow Fried Rice with Tangy Meatless Chicken (V)
Wed	Ayam Bakar Fried Rice	Panwich with Fruit Jam (V)	Ayam Bakar Fried Rice	Kway Teow Goreng with Meatless Satay Chicken (V)	Sweet & Sour Meatless Chicken Rice (V)
Thur	Korean Chicken Bowl	Fruit-ful Sandwich (V)	Fried Bee Hoon with Sambal Fishball	Satay Chicken with Fried Rice	Meatless Chicken & Mushroom Porridge (V)
Fri	Omelette & Ham Sandwich	Golden Slice Noodle Bowl (V)	Baked Rice with Tomato Chicken Olio	Golden Slice Noodle Bowl (V)	Beehoon with Tangy Vegan Sausage Delight (V)



WEEK 2, 6, 10	Primary 1 to 3		Primary 4 to 6		Allergen
	Sub 1	Sub 2	Sub 3	Sub 4	No Dairy / No Egg
Mon	Mashed Potato with Chicken Sausage	Minced Chicken & Egg Porridge	Fried Kway Teow Mee with Egg & Fishball	Minced Chicken & Egg Porridge	Rainbow Fried Rice with Tangy Vegetarian Cuttlefish (V)
Tues	Chicken Ham & Cheese Sandwich	Ham Fried Rice with Omelette	Ham Fried Rice with Omelette	Nasi Goreng with Meatless Chicken (V)	Vegetarian Sweet & Sour Meatless Chicken Rice (V)
Wed	Soya Chicken with Quail Egg Rice	Waffle with Fruit Jam (V)	Fishcake Mee Tai Mak	Satay Chicken with Fried Rice	Meatless Satay Chicken with Fried Rice (V)
Thur	Cabbage Rice with Fishball	Panwich with Fruit Jam (V)	Baked Rice with Tomato Chicken Olio	Bulgogi Meatless Chicken Noodle (V)	Manchurian Golden Slice Rice (V)
Fri	Teriyaki Chicken & Cheese Wrap	Egg Mayo Sandwich (V)	Spaghetti Carbonara	Teriyaki Chicken & Cheese Wrap	Mixed Wholemeal Pasta with Veg Bolognese (V)



RECESS MENU

WEEK 3, 7	Primary 1 to 3		Primary 4 to 6		Allergen
	Sub 1	Sub 2	Sub 3	Sub 4	No Dairy / No Egg
Mon	Tangy Macaroni with Meatball	Sausage Mac & Cheese	Fried Beehoon with Chicken Char Siew	Tangy Macaroni with Meatballs	Meatless Fish in Sesame Sauce with Fried Rice (V)
Tues	Spaghetti Bolognese	Tangy Chicken Rice	Spaghetti Bolognese	Tangy Chicken Rice	BBQ Meatless Chicken with Pilaf Rice (V)
Wed	BBQ Chicken & Cheese Wrap	Sweet & Sour Chicken Rice	BBQ Chicken & Cheese Wrap	Kway Teow Goreng with Meatless Satay Chicken (V)	Forest Stew with Rice (V)
Thur	Korean Chicken Bowl	Fruit-ful Sandwich (V)	Chicken Stroganoff with Mash	Bulgogi Chicken Noodle	Meatless Satay Chicken with Fried Rice (V)
Fri	Omelette & Ham Sandwich	Baked Rice with Tomato Chicken Olio	Omelette & Ham Sandwich	Golden Slice Noodle Bowl (V)	Meatless Char Siew Chicken with Fried Rice (V)



WEEK 4, 8	Primary 1 to 3		Primary 4 to 6		Allergen
	Sub 1	Sub 2	Sub 3	Sub 4	No Dairy / No Egg
Mon	Minced Chicken & Egg Porridge	Mashed Potato with Chicken Sausage	Dry Curry Chicken Noodle	Minced Chicken & Egg Porridge	Crispy Meatless Popcorn Noodle Delight (V)
Tues	Chicken Ham & Cheese Sandwich	Nasi Goreng with Meatless Chicken (V)	Chicken Ham & Cheese Sandwich	Swedish Chicken Meatballs with Mash	Nasi Goreng with Meatless Chicken (V)
Wed	Dreamy Mash with Meatballs	Bulgogi Chicken Noodle	Fishcake Mee Tai Mak	Egg Mayo Sandwich	Meatless Fish with Pasta (V)
Thur	Cabbage Rice with Fishball	Veg Sausage Mac & Cheese (V)	Satay Chicken with Fried Rice	Tomato Celery Chicken Pasta	Mongolian Meatless Chicken Rice (V)
Fri	Ayam Bakar Fried Rice	Waffle with Fruit Jam (V)	Ayam Bakar Fried Rice	Teriyaki Chicken & Cheese Wrap	Mixed Wholemeal Pasta with Veg Bolognese (V)



MONDAY LUNCH MENU

Week	Primary 1 to 3	Primary 4 to 6	Allergen
	Sub Lunch 1	Sub Lunch 2	No Dairy / No Egg
Week 1, 5, 9	Cheesy Chicken Meatballs Pasta	Fried Rice with Wok-tossed Hawthorn Chicken	Sticky Teriyaki Tofu Noodle Bowl (V)
Week 2, 6, 10	Tangy Chicken Rice	Ayam Bakar with Raisin Pilaf Rice	Forest Stew with Rice (V)
Week 3, 7	Fried Rice with Wok-tossed Hawthorn Chicken	Chicken Curry Baked Rice	Spaghetti Pomodoro with Meatless Fish (V)
Week 4, 8	Ayam Bakar with Raisin Pilaf Rice	Tangy Chicken Rice	Rainbow Fried Rice with Tangy Vegetarian Cuttlefish (V)

