

Term 2 Menu 2025





SUB 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	Panwich with Fruit Jam (V)	Fried Beehoon with Chicken Char Siew	Sausage Mac & Cheese	Tangy Meatless Chicken Rice (V)	Korean Meatless Chicken with Fried Rice (V)
Tues	Chicken Ham & Cheese Panwich (Warm)	Chicken Bolognese and Mash	Spaghetti Bolognese	Teriyaki Tofu Seaweed Rice Bowl (V)	Rainbow Fried Rice with Tangy Meatless Chicken (V)
Wed	BBQ Chicken & Cheese Wrap	Ayam Bakar Fried Rice	BBQ Chicken Sandwich (Warm)	Kway Teow Goreng with Meatless Satay Chicken (V)	Sweet & Sour Meatless Chicken Rice (V)
Thur	Jam & Kaya Sandwich	Korean Chicken Bowl	Fried Bee Hoon with Tangy Fishball	Satay Chicken Fried Rice	Meatless Chicken & Mushroom Porridge (V)
Fri	Omelette & Chicken Ham Sandwich (Warm)	Char Siew Chicken Rice	Baked Rice with Tomato Chicken Olio	Golden Slice Noodle Bowl (V)	Sesame Mixed Grain Rice with Meatless Mushroom Chicken



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	Waffles w Fruit Jam	Mashed Potato with Chicken Sausage	Fried Kway Teow Mee with Egg & Fishball	Rainbow Fried Rice with Dry Curry Chicken	Rainbow Fried Rice with Tangy Vegetarian Cuttlefish (V)
Tues	Chicken Ham & Cheese Sandwich (Cold)	BBQ Meatless Chicken Wrap (V) (Warm)	Chicken Ham Fried Rice with Omelette	Nasi Goreng with Meatless Chicken (V)	Vegetarian Sweet & Sour Meatless Chicken Rice (V)
Wed	BBQ Chicken Sandwich (Warm)	Mash & Cheesy Chicken Meatball	Fishcake Mee Tai Mak	Bulgogi Chicken Noodle	Meatless Satay Chicken with Fried Rice (V)
Thur	Panwich with Fruit Jam (V)	Cabbage Rice with Fishball	Baked Rice with Tomato Chicken Olio	Mongolian Chicken Rice (S)	Manchurian Golden Slice Rice (V)
Fri	Teriyaki Chicken & Cheese Wrap	Egg Mayo Sandwich (Cold) (V)	Spaghetti Carbonara	Ayam Bakar Fried Rice	Mixed Wholemeal Pasta with Veg Bolognese (V)





SUB 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	Panwich with Fruit Jam (V)	Fried Beehoon with Chicken Char Siew	Tangy Macaroni with Meatballs	Fried Beehoon with Chicken Char Siew	Meatless Fish in in Pineapple S & S Sauce with Fried Rice (V)
Tues	Ham & Cheese Sandwich (Cold)	Minced Chicken & Egg Porridge	Minced Chicken & Egg Porridge	Tangy Chicken Rice	Moroccan Meatless Chicken with Pilaf Rice (V)
Wed	BBQ Chicken & Cheese Wrap (Warm)	Sweet & Sour Chicken Rice	BBQ Chicken & Cheese Wrap (Warm)	Kway Teow Goreng with Meatless Satay Chicken (V)	Forest Stew with Rice (V)
Thur	Jam & Kaya Sandwich	Korean Chicken Bowl	Chicken Stroganoff with Mash	Satay Chicken Fried Rice	Stirfried Hawthorn Meatless Chicken Rice (V)
Fri	Omelette & Ham Sandwich (Warm)	Kaya Waffle	Omelette & Ham Sandwich (Warm)	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	Panwich with Fruit Jam (V)	Fried Kway Teow Mee with Egg & Fishball	Fried Kway Teow Mee with Egg & Fishball	Chicken Meatball Pomodoro Pasta	Rainbow Fried Rice W BBQ Meatless Chicken
Tues	Chicken Ham & Cheese Sandwich (Cold)	Spaghetti Bolognese	Chicken Ham & Cheese Sandwich (Cold)	Nasi Goreng with Meatless Chicken (V)	Yakisoba Noodle with Teriyaki Meatless Crispy Chicken (V)
Wed	Waffles with Fruit Jam	Mash & Cheesy Chicken Meatball	Fishcake Mee Tai Mak	Bulgogi Chicken Noodle	Meatless Satay Chicken with Fried Rice (V)
Thur	Pancake w Fruit Jam	Cabbage Rice with Fishball	Mongolian Chicken Rice	Tomato Celery Chicken Pasta	Machurian Golden Slice Rice (V)
Fri	Teriyaki Chicken & Cheese Wrap	Egg Mayo Sandwich (Cold)	Ayam Bakar Fried Rice	Teriyaki Chicken & Cheese Wrap	Mixed Wholemeal Pasta with Veg Bolognese (V)





MONDAY SUB LUNCH MENU

Week	Primary 1 to 3	Primary 4 to 6	Allergen
	Sub Lunch 1	Sub Lunch 2	No Dairy / No Egg
1, 5, 9	Tangy Macaroni with Chicken Meatball	Fried Rice with Wok-tossed Hawthorn Chicken	Meatless Fish in Pineapple S & S Sauce with Fried Rice (V)
2, 6, 10	Tangy Chicken Rice	Chicken Meatball Pomodoro Pasta	Forest Stew with Rice (V)
3, 7	Fried Rice with Wok-tossed Hawthorn Chicken	Chicken Curry Baked Rice	Sticky Teriyaki Tofu Noodle Bowl (V)
4, 8	Chicken Meatball Pomodoro Pasta	Tangy Chicken Rice	Rainbow Fried Rice with Tangy Vegetarian Cuttlefish (V)

