

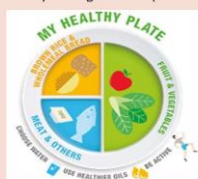
TERM 3/2023

SUB MENU

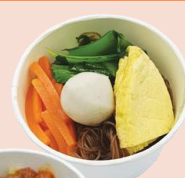
WEEK 1, 5, 9	Primary 1 to 3		Primary 4 to 6		Allergen
	Sub 1	Sub 2	Sub 3	Sub 4	No Dairy / No Egg
MON	Mashed Potato with Sausage	NEW Mini Pancake with Mixed Fruit Jam (V)	Lu Rou Chicken Porridge	NEW Char Siew Chicken Noodle	Meatless Char Siew Chicken Noodle (V)
TUE	BBQ Chicken & Cheese Wrap	Satay Chicken with Fried Rice	Singapore Fried Beehoon with Fishball	Satay Chicken with Fried Rice	NEW Singapore Fried Beehoon with Vegetarian Fishball (V)
WED	Korean Chicken Bowl	NEW Wholemeal Margarine & Fruit Jam Sandwich (V)	Korean Chicken Bowl	Tangy Macaroni with Meatballs	Tangy Macaroni with Vegan Sausage (V)
THUR	BBQ Chicken Sandwich (Warm)	NEW Yakisoba with Baked Teriyaki Chicken	Sausage Omu Rice	BBQ Chicken Sandwich (Warm)	NEW Yakisoba with Baked Meatless Teriyaki Chicken (V)
FRI	Bulgogi Chicken Pizza Bar	Braised Minced Chicken Noodle	Fried Rice with Char Siew Chicken	Braised Minced Chicken Noodle	Meatless Char Siew Chicken with Fried Rice (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	Dreamy Mashed Potato	NEW Hong Kong Style Noodle with Fishball	Meatloaf Fried Rice with Omelette	NEW Hong Kong Style Noodle with Fishball	NEW HK Style Noodle with Vegetarian Fishball (V)
TUE	Sausage & Omelette Breakfast Bowl	Tangy Macaroni (V)	NEW Mashed Potato with Chicken Meatballs in Mushroom Brown Sauce	NEW Teriyaki Fish with Rice (Don Series)	NEW Teriyaki Meatless Fish Don (Don Series) (V)
WED	MMM: Melting Meatballs Macaroni	Cheesy Hawaiian Bar	Tangy Crabstick Sandwich (Warm)	MMM: Melting Meatballs Macaroni	NEW Bulgogi Meatless Fish Ramyun (V)
THUR	Ham & Cheese Sandwich	Sausage Omu Rice	Ham & Cheese Sandwich	Satay Chicken with Fried Rice	Meatless Satay Chicken with Fried Rice (V)
FRI	NEW Satay Chicken & Cheese Wrap	Mini French Toast with Buttered Corn (V)	NEW Satay Chicken & Cheese Wrap	Chicken Bolognese with Pasta	Mixed Wholemeal Pasta with Veg Bolognese (V)

All meals are thoughtfully curated by chef and dietitian, incorporating the essential elements of My Healthy Plate guidelines (HPB's Healthy



Meals in School Programme). These include a balanced combination of carbohydrates, proteins, and vegetables, to ensure a nutritious and healthy meal for growing children!



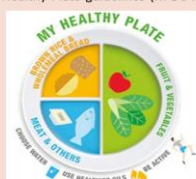
TERM 3/2023

SUB 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	Lu Rou Chicken Porridge	NEW Mini Pancake with Mixed Fruit Jam (V)	Mashed Potato with Sausage	Braised Sesame Chicken with Egg Fried Rice & Veg	Teriyaki Meatless Chicken with Fried Rice (V)
TUE	NEW BBQ Chicken & Cheese Wrap	Singapore Fried Beehoon with Fishball	Braised Noodle with Honey Soy Chicken	Satay Chicken with Fried Rice	NEW Singapore Fried Beehoon with Vegetarian Fishball (V)
WED	Korean Chicken Bowl	NEW Wholemeal Margarine & Fruit Jam Sandwich (V)	Korean Chicken Bowl	Tangy Macaroni with Meatballs	NEW Tangy Macaroni with Vegetarian Fishball (V)
THUR	NEW Mashed Potato with Baked Bean & Chicken Sausage	BBQ Chicken Sandwich (Warm)	NEW Mashed Potato with Baked Bean & Chicken Sausage	Butter Chicken with Mee Goreng	NEW Braised Meatless Mince Chicken Tofu with Rice & Veg (V)
FRI	Hong Kong Style Noodle with Sausage	Bulgogi Chicken Pizza Bar	NEW Bulgogi Chicken Pizza Bar	Braised Mince Chicken Noodle	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	Springy Noodle with Omelette	NEW Mini Pancake with Mixed Fruit Jam (V)	Meatballs with Mashed Potato	Hong Kong Style Fish Porridge	Sticky Teriyaki Tofu Noodle Bowl (V)
TUE	Sausage & Omelette Breakfast Bowl	NEW Mashed Potato with Chicken Meatballs in Mushroom Brown Sauce	NEW KPOP Korean Chicken & Cheese Ramyun	NEW Mashed Potato with Chicken Meatballs in Mushroom Brown Sauce	NEW Takisoba with Teriyaki Meatless Crispy Chicken (V)
WED	MMM: Melting Meatballs Macaroni	Cheesy Hawaiian Bar	Tangy Crabstick Sandwich (Warm)	Chicken BiBimBap	NEW Bulgogi Meatless Fish Ramyun (V)
THUR	Ham & Cheese Sandwich	NEW Banger & Mash	NEW Banger & Mash	Baked Rice with Meatballs	Tangy Meatless Chicken with Rice & French Bean (V)
FRI	NEW Satay Chicken & Cheese Wrap	Mini French Toast with Buttered Corn (V)	Rendang Chicken with Rice (Don Series)	NEW Singapore Fried Bee Hoon with Sesame Tangy Fish	Mixed Wholemeal Pasta with Veg Bolognese (V)

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MONDAY SUB LUNCH MENU



	Primary 1 to 3	Primary 4 to 6	Allergen
	Sub Lunch 1	Sub Lunch 2	No Dairy / No Egg
WEEK 1, 5, 9	NEW Braised Sesame Chicken with Egg Fried Rice & Veg	Chicken Meatballs with Shrooms & Pasta	Meatless Char Siew Chicken Noodle (V)
WEEK 2, 6, 10	Meatballs with Mash Potato	Chicken Bulgogi Rice Bowl	Meatless Chicken Bulgogi Rice Bowl (V)
WEEK 3, 7	Chicken Meatballs with Shrooms & Pasta	NEW Braised Sesame Chicken with Egg Fried Rice & Veg	Meatless Fish in Sesame Sauce with Fried Rice (V)
WEEK 4, 8	Chicken Bulgogi Rice Bowl	NEW Egg Fried Rice with Cereal Chicken & Veg	Hong Kong Style Noodle with Vegetarian Fishball (V)

