

TERM 4/2023

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	Mini Pancake with Mixed Fruit Jam (V)	Mashed Potato with Sausage	Hong Kong Style Noodle with Chicken Char Siew	Teriyaki Meatless Chicken with Fried Rice (V)
TUE	Korean Chicken Bowl	NEW Ultimate Shrooms Meltz (V)	Singapore Fried Beehoon with Fishball	Korean Chicken Bowl	Singapore Fried Beehoon with Vegetarian Fishball (V)
WED	Lu Rou Chicken Porridge	BBQ Chicken & Cheese Wrap	Lu Rou Chicken Porridge	Tangy Macaroni with Meatballs	Tangy Macaroni with Vegan Sausage (V)
THU	Ham & Cheese Sandwich	Honey Chicken Noodle	Ham & Cheese Sandwich	Braised Minced Chicken Tofu with Rice & Veg	Braised Minced Meatless Chicken Tofu with Rice & Veg (V)
FRI	Bulgogi Chicken Pizza Bar	Fried Rice with Char Siew Chicken	Fried Rice with Char Siew Chicken	Hong Kong Noodle with Curry Fishball	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	Mini Pancake with Mixed Fruit Jam (V)	Meatballs with Mashed Potato	Meatballs with Mashed Potato	Braised Sesame Chicken with Egg Fried Rice & Veg	Hong Kong Style Noodle with Vegetarian Fishball (V)
TUE	Sausage & Omelette Breakfast Bowl	NEW Surimi Melt Wrap	NEW Surimi Melt Wrap	KPOP Chicken & Cheese Ramyun	Meatless Fish with Pasta (V)
WED	MMM: Melting Meatballs Macaroni	Cheesy Hawaiian Bar	Chicken Curry with Rice	MMM: Melting Meatballs Macaroni	Nasi Goreng with Meatless Chicken (V)
THU	Ham & Cheese Sandwich	Satay Chicken with Fried Rice	Bangers & Mash	Satay Chicken with Fried Rice	Meatless Satay Chicken with Fried Rice (V)
FRI	Satay Chicken & Cheese Wrap	Meatloaf Fried Rice with Omelette	Fried Bee Hoon with Sesame Tangy Fish	Meatloaf Fried Rice with Omelette	Mixed Wholemeal Pasta with Veg Bolognese (V)

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	Mashed Potato with Bean & Chicken Sausage	Mini Pancake with Mixed Fruit Jam (V)	HK Style Fish Porridge	Chicken Meatballs with Shrooms and Pasta	Teriyaki Meatless Chicken with Fried Rice (V)
TUE	<small>NEW</small> Ultimate Shrooms Meltz (V)	Chicken Bolognese with Pasta	Singapore Fried Bee Hoon with Fishball	Braised Sesame Chicken with Egg Fried Rice & Veg	Singapore Fried Bee Hoon with Vegetarian Fishball (V)
WED	BBQ Chicken & Cheese Wrap	Char Siew Chicken Rice	Tangy Macaroni with Meatballs	Chicken Curry with Rice	Tangy Macaroni with Vegetarian Fishball (V)
THU	Tangy Macaroni with Vegetarian Fishball (V)	Yakisoba with Baked Teriyaki Chicken	Yakisoba with Baked Teriyaki Chicken	Braised Minced Chicken Tofu with Rice & Veg	Braised Tofu with Meatless Minced Chicken with Rice & Veg (V)
FRI	Bulgogi Chicken Pizza Bar	Braised Minced Chicken Noodle	Fried Rice with Ayam Bakar	Braised Minced 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	<small>NEW</small> Savoury Chicken Mashed Combo	Mini Pancake with Mixed Fruit Jam (V)	<small>NEW</small> Savoury Chicken Mashed Combo	Springy Noodle with Fishball	<small>NEW</small> Crispy Meatless Popcorn Noodle Delight (V)
TUE	Sausage & Omelette Breakfast Bowl	<small>NEW</small> Surimi Melt Wrap	<small>NEW</small> Surimi Melt Wrap	Rendang Chicken with Rice (Don Series)	Yakisoba with Teriyaki Meatless Crispy Chicken (V)
WED	MMM: Melting Meatballs Macaroni	Cheesy Hawaiian Bar	Soya Chicken with Quail Egg Rice & Stir-fry Cabbage	Chicken Bulgogi Ramyum Bowl	Bulgogi Meatless Fish Ramyun (V)
THU	Ham & Cheese Sandwich	Bangers & Mash	Honey Chicken Noodle	Satay Chicken with Fried Rice	<small>NEW</small> Meatless Satay Chicken with Fried Rice (V)
FRI	Mini French Toast with Buttered Corn (V)	Meatloaf Fried Rice with Omelette	Satay Chicken & Cheese Wrap	ABC Chicken Stew with Mixed Grain Rice & Veg	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!





MONDAY SUB 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	<small>NEW</small> Fried Rice with Wok-tossed Hawthorn Chicken	Teriyaki Chicken with Fried Rice	Meatless Fish in Sesame Sauce with Fried Rice (V)
Week 2, 6, 10	Braised Sesame Chicken with Egg Fried Rice & Veg	Fried Noodle with Ayam Masak Merah	Hong Kong Noodle with Vegan Sausage (V)
Week 3, 7	Hong Kong Noodle with Chicken Char Siew	<small>NEW</small> Bulgogi Fish Seaweed Rice Delight	Meatless Char Siew Chicken Noodle (V)
Week 4, 8	Egg Fried Rice with Cereal Chicken & Veg	<small>NEW</small> Hungarian Chicken Stew with Mashed Potato	Sticky Teriyaki Tofu Noodle Bowl (V)

