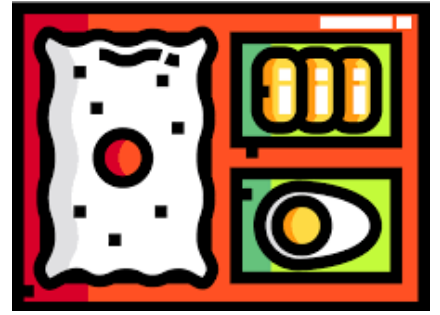


Healthy Kids Myrecess Time

NEWSLETTER | MARCH 2020



BUILD A RAINBOW BENTO WORKSHOP



All our Primary One students turned chefs on the last day of Term 1! They marched excitedly into the canteen, all ready to gear up as chefs as they participated in a healthy bento workshop organised by SATS. Before our students became little chefs, they were reminded to practise good hygiene and did the 8-steps of handwashing before handling the food. They put on their aprons, chef's hats, gloves and masks and were ready to listen out for instructions on how to proceed.

The students had to build their own rainbow bento consisting of vegetables, protein and starch. They were given 3 pieces of broccoli, 3 slices of carrot and a spoonful of sweetcorn. Between a chicken patty and an egg omelette, it seemed like the omelette was the winner among our 7-year olds. The students also had to choose 2 rice balls of different shapes. They were totally spoilt for choice when they had to choose from the shapes of a flower, a heart or a bear to complete their rainbow bentos.

The students further took their creation to another level when they decorated their rice balls with moustaches using the sauce, eyes using sweetcorn and raisins, and freckles using sesame seeds. Our little ones wasted no time after completing their rainbow bentos! They finished their bentos as quickly as they put them together – all with smiley faces of course!



MyRecess Time Menu Term 2



Remember the meal tasting session in Term 1 where our students got to sample different SATS meals and give their feedback? Now they have a chance to taste the item that they have selected!

There are 7 new items in Term 2: Sweet Curry Potato Bowl, Mini Pancake Delight with Banana Sauce, Little Breakfast Bowl, Omu Rice, Singapore Fried Bee Hoon with Fishball, Fisherman's Harvest, and last but not least, Egg Mayo Sandwich!

If your child is on the subscription programme, here are other new menu items that they will get to try before others! Try the Chunky Tater – a bowl of cheesy potato goodness, or the Mashed Potato with Baked Chicken Bowl – a simple combination of nutrients to keep your day going.

DAILY MENU

Available every school day from 23 March to 29th May



Legend:

- Meat Free
- New Item
- Improved Recipe

Allergen Legend

- Wheat
- Dairy
- Egg
- Shellfish & Products
- Peanuts/Treenuts
- Soy & Products
- Fish & Products



297 kcal

Protein: 15g
Carbohydrates: 29g
Fat: 13g
Allergens

Ham & Cheese Sandwich
\$1.90

A classic favourite among the young and old. A slice of healthy ham and a slice of healthy cheese wedged between 2 slices of wholemeal bread, it is a guilt-free snack to sustain you anytime of the day!



296 kcal

Protein: 9g
Carbohydrates: 36g
Fat: 13g
Allergens

Singapore Fried Bee Hoon with Fish Ball
\$2.20

The all time popular Singapore Fried Bee Hoon is back with a twist! In this recipe, we added everyone's favourite fishball and upped the protein quotient with a piece of egg omelette.



191 kcal

Protein: 6g
Carbohydrates: 24g
Fat: 8g
Allergens

Meatballs & Mashed Potato Bowl
\$2.50

Does this dish remind you of your favourite jajan jajan session with your family to the furniture store? Taking inspiration from the famous Swedish dish, this is a dish that will remind you of all the family fun times!



208 kcal

Protein: 6g
Carbohydrates: 35g
Fat: 5g
Allergens

Hearty Macaroni
\$1.90

Peckish but without a great appetite? Pick yourself up with our Hearty Macaroni where you get to fill your tummy, yet not too full to leave you bloated! This dish is also suitable for vegetarians.



198 kcal

Protein: 7g
Carbohydrates: 28g
Fat: 7g
Allergens

Omu Rice
\$2.20

Konnichiwa! Say hello to our healthy rendition of the classic Japanese dish. Dig into the moist and fluffy egg omelette that blankets a bowl of fried rice, yummy! This dish is meat-free and also suitable for vegetarians.



184 kcal

Protein: 18g
Carbohydrates: 12g
Fat: 8g
Allergens

Grilled chicken chop
\$3.00

A classic western dish that you can find at your neighbourhood western stall or your favourite western restaurant. Paired with mashed potato and a garden salad, indulge in this classic favourite dish without guilt!

I AM
BRIGHT,
I EAT
RIGHT!



www.blangahrisepri.moe.edu.sg/parent-support-group/sats-school-meals-programme/

Want to know more about the Be Bright Eat Right Programme? Find out more on the school website!

sats_schoolmeals@sats.com.sg

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

Ask our panel of Dietary & Culinary Experts!

Have enquiries?

Call the school general office at 62717387 or email us at brps@moe.edu.sg!

Brought to you by:



www.blangahrisepri.moe.edu.sg | Tel: 6271 7387 | Email: brps@moe.edu.sg

In Partnership with:



A HEALTHY AND NUTRITIOUS FOOD SOLUTION FOR SCHOOL IN THE FUTURE