



TERM 4 MENU

Get ready, students!

This term, your meals takes you on a journey around the world, exploring flavours from different places and cultures.

Crunch into **Potato Bravas**, Spain's famous snack.

Wrap your hands around **Chapati with Butter Chicken**, a creamy, comforting favourite from India. Enjoy a touch of Malaysian flavour with **Ayam Masak Merah**, tender chicken in a sweet-tangy tomato sauce with wholesome grains. Or try **Mee Goreng Ayam Bakar**, with smoky grilled chicken and savoury noodles bursting with taste from Indonesia!

A sweet treat for you - you'll love our **Mini Mantou with Dip**, served in 4-piece set with delicious Kaya dip.

Inspired by Hong Kong café style, introducing a full meal for **Bee Hoon with Tomato Scrambled Egg (V)** – now heartier and perfect for hungry afternoons!

Don't forget to lookout for our Limited Menu where we celebrate International Peace Day with **Peacee-ZA**, on the first week of school!

It's an adventure in every bite. Explore, taste, and discover new favourites!





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	Fried Beehoon with Chicken Char Siew	Korean Meatless Chicken with Fried Rice (V)
Tues	Chicken Ham & Cheese Panwich (Warm)	Potato Bravas with Chicken Bolognese	Spaghetti Bolognese	Chicken Broccoli & Seaweed Rice	Teriyaki Tofu Seaweed Rice Bowl (V)
Wed	BBQ Chicken & Cheese Wrap (Warm)	Sweet & Sour Chicken Rice	Braised Chicken Rice Bowl	Kway Teow Goreng with Meatless Satay Chicken (V)	Sweet & Sour Meatless Chicken Rice (V)
Thur	Jam & Kaya Sandwich	Korean Chicken Bowl	Chicken Stroganoff with Mash	Satay Chicken Fried Rice	Meatless Chicken & Mushroom Porridge (V)
Fri	Omelette & Chicken Ham Sandwich (Warm)	Pandan Kaya Waffle	Flavored Rice with Chicken Olio	Bee Hoon with Egg & Chicken Ham	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 with Fruit Jam	Fried Kway Teow Mee with Egg & Fishball	Fried Kway Teow Mee with Egg & Fishball	Rainbow Fried Rice with Dry Curry Chicken	Fried Kway Teow Mee with Vegetarian Fishball (V)
Tues	Chicken Ham & Cheese Sandwich (Cold)	Mini Mantou with Dip	Ayam Masak Merah with Mixed Grain Rice	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)	Ayam Bakar Fried Rice	Bee Hoon with Tomato Scrambled Egg	Tomato Mushroom Chicken Pasta	Bulgogi Meatless Chicken Noodle (V)
Fri	Egg Mayo Sandwich (Cold) (V)	Teriyaki Chicken & Cheese Wrap	Spaghetti Carbonara	Teriyaki Chicken & Cheese Wrap	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	Sweet & Sour Meatless Chicken Rice (V)	Sticky Teriyaki Tofu Noodle Bowl (V)
Tues	Chicken Ham & Cheese Panwich (Warm)	Potato Bravas with Chicken Bolognese	Minced Chicken & Egg Porridge	Manchurian Chicken Rice	Teriyaki Vegetarian Fish with Pilaf Rice (V)
Wed	Ayam Bakar Fried Rice	BBQ Chicken Sandwich (Warm)	Braised Chicken Rice Bowl	Kway Teow Goreng with Meatless Satay Chicken (V)	Forest Stew with Rice (V)
Thur	Jam & Kaya Sandwich	Korean Chicken Bowl	Fried Bee Hoon with Tangy Fishball	Satay Chicken Fried Rice	Stirfried Hawthorn Meatless Chicken Rice (V)
Fri	Pandan Kaya Waffle	Char Siew Chicken Rice	Omelette & Chicken Ham Sandwich (Warm)	Mee Goreng Ayam Bakar	Hawthorn Tofu with Steamed 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	Waffles with Fruit Jam	Mashed Potato with Chicken Sausage	Fried Kway Teow Mee with Egg & Fishball	Chicken Meatball Pomodoro Pasta	Rainbow Fried Rice with BBQ Meatless Chicken (V)
Tues	Chicken Ham & Cheese Sandwich (Cold)	Chicken Ham Fried Rice with Omelette	Spaghetti Bolognese	Nasi Goreng with Meatless Chicken (V)	Yakisoba Noodle with Teriyaki Meatless Crispy Chicken (V)
Wed	BBQ Chicken Sandwich (Warm)	Mash & Cheesy Chicken Meatball	Fishcake Mee Tai Mak	Crispy Meatless Popcorn Noodle Delight (V)	Meatless Satay Chicken with Fried Rice (V)
Thur	Panwich with Fruit Jam (V)	Ayam Bakar Fried Rice	Bee Hoon with Tomato Scrambled Egg (V)	Tomato Mushroom Chicken Pasta	Sesame Mixed Grain Rice with Vegetarian Mushroom Chicken (V)
Fri	Teriyaki Chicken & Cheese Wrap	Egg Mayo Sandwich (Cold) (V)	Teriyaki Chicken & Cheese Wrap	Flavoured Rice with Chicken Olio	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	Hawthorn Fishball Rice Bowl	Sticky Teriyaki Tofu Noodle Bowl (V)
2,6,10	Nasi Goreng Scrambled Egg	Braised Chicken Porridge Deluxe	Forest Stew with Rice (V)
3,7	Fried Rice with Wok-tossed Hawthorn Chicken	Chicken Curry with Raisin Rice	Meatless Fish in Pineapple S & S Sauce with Fried Rice (V)
4,8	Chicken Meatball Pomodoro Pasta	Tangy Chicken Rice	Rainbow Fried Rice with BBQ Meatless Chicken (V)

