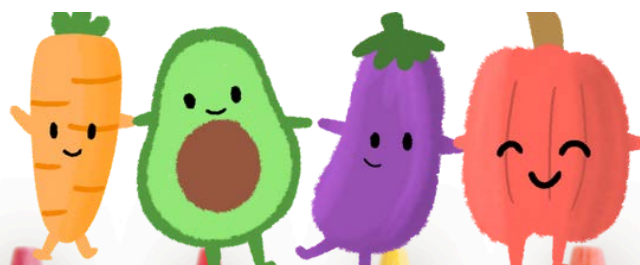




BACK TO SCHOOL

BRPS Term 4, 2024



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	Korean Chicken Bowl	Mashed Potato with Vegan Sausage (V)	Sausage Mac & Cheese	Tangy Meatless Chicken Rice (V)	Korean Meatless Chicken with Fried Rice (V)
TUE	Ham & Cheese Panwich (Warm)	Minced Chicken & Egg Porridge	Tuna & Cheese Panwich	Spaghetti Bolognese	Rainbow Fried Rice with Tangy Vegetarian Chicken (V)
WED	Fried Beehoon with Chicken Char Siew	Bulgogi Mayo Chicken Wrap	Tuna Subway	Fried Beehoon with Chicken Char Siew	Sweet & Sour Meatless Chicken Rice (V)
THU	BBQ Chicken & Cheese Wrap	Fruit-ful Sandwich (V)	Roasted Honey Chicken Pilaf Rice Bowl	Golden Slice Noodle Bowl (V)	Roast Honey Meatless Chicken with Mixed Grain Rice (V)
FRI	Omelette & Ham Sandwich (Warm)	Waffle with Fruit Jam (V)	Baked Rice with Tomato Chicken Olio	Chicken Fricassee with Mash	Beehoon wiith Tangy Vegan Sausage Delight (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	Mashed Potato with Chicken Sausage	Fried Kway Teow Mee with Egg & Fishball	Fried Kway Teow Mee with Egg & Fishball	Rainbow Fried Rice with Chicken Meatballs	Rainbow Fried Rice with Tangy Vegetarian Cuttlefish (V)
TUE	Tuna & Cheese Sandwich (Cold)	Waffle with Kaya (V)	Spaghetti Bolognese	Ham Fried Rice with Omelette	Vegetarian Sweet & Sour Chicken Rice (V)
WED	Soya Chicken with Quail Egg Rice	Egg Mayo Sandwich (Cold) (V)	Fishcake Mee Tai Mak	Bulgogi Chicken Noodle	Manchurian Golden Slice Rice (V)
THU	Eggcellent Ham Panwich	BBQ Meatless Chicken Wrap (V)	Baked Rice with Tomato Chicken Olio	Mongolian Chicken Rice	Meatless Satay Chicken with Fried Rice (V)
FRI	Teriyaki Chicken & Cheese Wrap	Spaghetti Carbonara	Spaghetti Carbonara	Teriyaki Chicken & Cheese Wrap	Mixed Wholemeal Pasta with Veg Bolognese (V)



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	Tangy Macaroni with Meatballs	Mashed Potato with Vegan Sausage (V)	Korean Chicken Bowl	Tangy Meatless Chicken Rice (V)	Meatless Fish in Sesame Sauce with Fried Rice (V)
TUE	Tuna & Cheese Panwich	Spaghetti Bolognese	Fried Rice with Wok-tossed Hawthorn Chicken	Ham & Cheese Panwich (Warm)	BBQ Meatless Chicken with Pilaf Rice (V)
WED	Kway Teow Goreng with Satay Chicken	Sweet & Sour Chicken Rice	Fried Beehoon with Chicken Char Siew	Bulgogi Mayo Chicken Wrap	Forest Stew with Rice (V)
THU	BBQ Chicken & Cheese Wrap	Golden Slice Noodle Bowl (V)	Chicken Stroganoff with Mash	Roasted Honey Chicken Pilaf Rice Bowl	Meatless Satay Chicken with Fried Rice (V)
FRI	Omelette & Ham Sandwich (Warm)	Baked Rice with Tomato Chicken Olio	Omelette & Ham Sandwich (Warm)	Char Siew Chicken Rice	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	Fried Kway Teow Mee with Egg & Fishball	Rainbow Fried Rice with Tangy Vegetarian Cuttlefish (V)	Fried Kway Teow Mee with Egg & Fishball	Braised Egg & Meatless Chicken Fried Rice (V)	Crispy Meatless Popcorn Noodle Delight (V)
TUE	Tuna & Cheese Sandwich (Cold)	Waffle with Kaya (V)	Tuna & Cheese Sandwich (Cold)	Swedish Chicken Meatballs with Mash	Nasi Goreng with Meatless Chicken (V)
WED	Dreamy Mash with Meatballs	Bulgogi Chicken Noodle	Fishcake Mee Tai Mak	Egg Mayo Sandwich (Cold)	Meatless Fish with Pasta (V)
THU	Eggcellent Ham Panwich	Mongolian Chicken Rice	Satay Chicken with Fried Rice	Tomato Celery Chicken Pasta	Mongolian Meatless Chicken Rice (V)
FRI	Teriyaki Chicken & Cheese Wrap	Waffle with Fruit Jam (V)	Spaghetti Carbonara	Teriyaki Chicken & Cheese Wrap	Mixed Wholemeal Pasta with Veg Bolognese (V)





MONDAY 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	Tangy Macaroni with Meatballs	Manchurian Chicken Rice	Sticky Teriyaki Tofu Noodle Bowl (V)
Week 2, 6 & 10	Meatball Pomodoro Pasta	Zesty Ginger-Fungus Chicken Rice	Forest Stew with Rice (V)
Week 3 & 7	Manchurian Chicken Rice	Cheesy Chicken Meatballs Pasta	Spaghetti Pomodoro with Meatless Fish (V)
Week 4 & 8	Zesty Ginger-Fungus Chicken Rice	Meatball Pomodoro Pasta	Zesty Ginger-Fungus Meatless Chicken Rice (V)

NEW ITEM



TUNA SUBWAY



OMELETTE & HAM SANDWICH (WARM)



SPAGHETTI CARBONARA



TOMATO CELERY CHICKEN PASTA



ZESTY GINGER-FUNGUS CHICKEN RICE



MANCHURIAN CHICKEN RICE



HAM FRIED RICE WITH OMELETTE



GOLDEN SLICE NOODLE BOWL (V)



MANCHURIAN GOLDEN SLICE RICE (V)



SAYUR LODEH RICE (V)



FISHBALL NOODLE SOUP (LTO)

...so
delicious!