



# BRPS Term 3

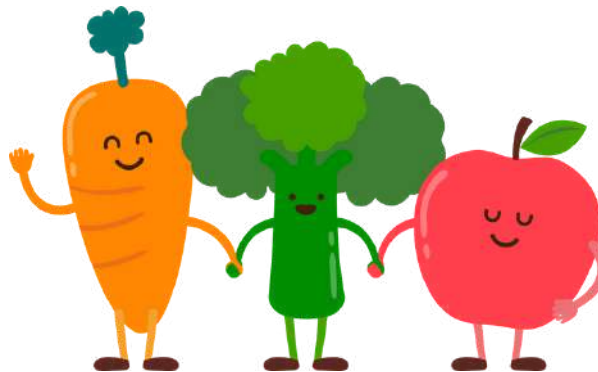
MENU 2024



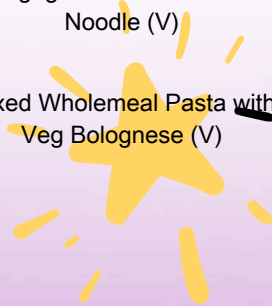
# SUBMENU



	Primary 1 to 3		Primary 4 to 6		Allergen
	Sub 1	Sub 2	Sub 3	Sub 4	No Dairy / No Egg
Mon	Sausage Mac & Cheese	Mashed Potato with Vegan Sausage (V)	Sausage Mac & Cheese	Tangy Meatless Chicken Rice (V)	Korean Meatless Chicken with Fried Rice (V)
Tues	Ham & Cheese Panwich (Warm)	Minced Chicken & Egg Porridge	Minced Chicken & Egg Porridge	Rainbow Fried Rice with Tangy Vegetarian Cuttlefish (V)	Rainbow Fried Rice with Tangy Vegetarian Chicken (V)
Wed	Fried Beehoon with Chicken Char Siew	Bulgogi Mayo Chicken Wrap	Kway Teow Goreng with Satay Chicken	Teriyaki Tofu Seaweed Rice Bowl (V)	Sweet & Sour Meatless Chicken Rice (V)
Thur	BBQ Chicken & Cheese Wrap	Margarine & Jam Sandwich (V)	Roasted Honey Chicken Pilaf Rice Bowl	BBQ Chicken Subway	Roast Honey Meatless Chicken with Mixed Grain Rice (V)
Fri	Omelette & Meatloaf Sandwich (Warm)	Waffle with Jam (V)	Fried Rice with Char Siew Chicken	Fried Bee Hoon with Sambal Vegetarian Cuttlefish (V)	Beehoon with Sambal Vegan Sausage Delight (V)



	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	Waffle with Kaya (V)	Fried Kway Teow Mee with Egg & Meatloaf	Waffle with Kaya (V)	Crispy Meatless Popcorn Noodle Delight (V)
Tues	Tuna & Cheese Sandwich (Cold)	Spaghetti Bolognese	Spaghetti Bolognese	Gong Bao Chicken Rice	Yakisoba with Teriyaki Meatless Crispy Chicken (V)
Wed	Soya Chicken with Quail Egg Rice	Egg Mayo Sandwich (Cold) (V)	Fishcake Mee Tai Mak	Chicken Curry with Rice	Meatless Fish with Pasta (V)
Thur	Eggcellent Meatloaf Panwich	BBQ Meatless Chicken Wrap (V)	Baked Rice with Tomato Chicken Olio	Veg Sausage Mac & Cheese (V)	Bulgogi Meatless Chicken Noodle (V)
Fri	Teriyaki Chicken & Cheese Wrap	Mini French Toast with Buttered Corn (V)	Bulgogi Mayo Chicken Subway (Cold)	Goji Berry Steamed Chicken Rice	Mixed Wholemeal Pasta with Veg Bolognese (V)







# SUB MENU

**WEEK  
3 & 7**

**Mon**

Tangy  
Macaroni with  
Meatballs

Mashed Potato with  
Vegan Sausage  
(V)

Sausage  
Mac & Cheese

Korean Chicken  
Bowl

Meatless Fish in Sesame  
Sauce  
with Fried Rice (V)

**Tues**

Ham & Cheese  
Panwich (Warm)

Fried Rice with Wok-  
tossed Hawthorn  
Chicken

Cheesy Chicken  
Meatballs Pasta

Fried Rice with Wok-  
tossed Hawthorn  
Chicken

BBQ  
Meatless Chicken with  
Pilaf Rice (V)

**Wed**

Kway Teow Goreng  
with Satay Chicken

Teriyaki Tofu Seaweed  
Rice Bowl (V)

Fried Beehoon with  
Chicken Char Siew

Bulgogi Mayo  
Chicken Wrap

Forest Stew with Rice (V)

**Thurs**

BBQ Chicken &  
Cheese Wrap

Veg Sausage Mac  
& Cheese (V)

BBQ Chicken & Cheese  
Wrap

Roasted  
Honey Chicken Pilaf  
Rice Bowl

Meatless  
Satay Chicken with Fried  
Rice (V)

**Fri**

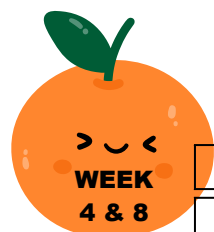
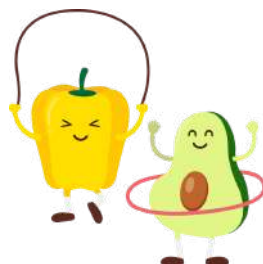
Omelette & Meatloaf  
Sandwich (Warm)

Baked Rice with  
Tomato Chicken Olio

Omelette & Meatloaf  
Sandwich (Warm)

Steamed  
Mixed Grain Rice  
with Mushroom  
Chicken

Meatless  
Char Siew Chicken with  
Fried Rice (V)



**WEEK  
4 & 8**

**Mon**

Fried Kway Teow  
Mee with Egg &  
Meatloaf

Waffle with Kaya (V)

Fried Kway Teow  
Mee with Egg &  
Meatloaf

Sticky Teriyaki Tofu  
Noodle Bowl  
(V)

Crispy Meatless Popcorn  
Noodle Delight  
(V)

**Tues**

Pineapple  
Rainbow Fried  
Rice with Thai  
Minced Chicken

Margarine & Jam  
Sandwich (V)

Tuna & Cheese  
Sandwich (Cold)

Pineapple Rainbow  
Fried Rice with Thai  
Minced Chicken

Nasi  
Goreng with Meatless  
Chicken (V)

**Wed**

Dreamy Mash  
with Meatballs

Egg Mayo  
Sandwich (Cold)

Fishcake  
Mee Tai Mak

Fried Bee Hoon with  
Vegetarian Curry  
Fishball (V)

Meatless  
Fish with Pasta (V)

**Thurs**

Eggcellent  
Meatloaf Panwich

Bulgogi Chicken  
Noodle

Satay Chicken with  
Fried Rice

Bulgogi Chicken  
Noodle

Bulgogi  
Meatless Chicken Noodle  
(V)

**Fri**

Teriyaki Chicken  
& Cheese Wrap

Banger & Mash

Bulgogi Mayo  
Chicken Subway  
(Cold)

Mixed  
Wholemeal Pasta with  
Veg Bolognese (V)

Meatless  
Chicken Rendang Rice  
(V)



# 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	Tangy Macaroni with Meatballs	Gong Bao Chicken Rice	Tangy Meatless Chicken with Fried Rice (V)
Week 2, 6 & 10	Meatball Pomodoro Pasta	Egg Fried Rice with Cereal Chicken & Veg	Forest Stew with Rice (V)
Week 3, 7	Gong Bao Chicken Rice	Spaghetti Pomodoro with Chicken Hamburg	Spaghetti Pomodoro with Meatless Fish (V)
Week 4, 8	Teriyaki Chicken Noodle Bowl	Meatball Pomodoro Pasta	Teriyaki Vegetarian Cuttlefish Noodle Bowl (V)

**NEW ITEM**



WAFFLE WITH KAYA (V)



MEATLOAF & EGG SANDWICH



MINCED CHICKEN & EGG PORRIDGE



FOREST STEW WITH MIXED GRAIN RICE



BAKED FISH IN PEPERONATA WITH BUTTER RICE



FISHCAKE MEE TAI MAK



GOJI BERRY STEAMED CHICKEN RICE



CHICKEN & BROCOLLI SEAWEED RICE



BULGOGI MEATLESS CHICKEN NOODLE (V)



CREAMY SPINACH MEATLESS CHICKEN PASTA BOWL (V)



CHICKEN LAKSA GORENG (LTO)

