

TERM 3

MENU 2025





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)	Minced Chicken & Egg Porridge	Spaghetti Bolognese	Chicken Broccoli & Seaweed Rice	Teriyaki Tofu Seaweed Rice Bowl (V)	
Wed	BBQ Chicken & Cheese Wrap	Sweet & Sour Chicken Rice	Sweet & Sour Chicken Rice	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	Golden Slice Noodle Bowl (V)	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)	Chicken Ham Fried Rice with Omelette	Chicken Ham & Cheese Sandwich (Cold)	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	Pumpkin Rice with Fishball	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	
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
Tues	Chicken Ham & Cheese Sandwich (Cold)	Mashed Potato 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)	BBQ Chicken & Cheese Wrap	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 & Ham Sandwich (Warm)	Golden Slice Noodle Bowl (V)	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	
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)	Pumpkin Rice with Fishball	Mongolian Chicken Rice	Tomato Mushroom Chicken Pasta	Sesame Mixed Grain Rice with Vegetarian Mushroom Chicken (V)
Fri	Teriyaki Chicken & Cheese Wrap	Egg Mayo Sandwich (Cold)	Ayam Bakar Fried Rice	Flavored 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	Fried Rice with Wok-tossed Hawthorn Chicken	Sticky Teriyaki Tofu Noodle Bowl (V)
2,6,10	Tangy Chicken Rice	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	Fried Kway Teow Mee with Tangy Vegetarian Cuttlefish (V)

