



Term 3

TAPPEE MENU



Northshore Primary School



NEW ITEMS

DELICIOUS MEALS

MADE WITH HEART



Egg'cellent Chicken
Ham Wrap



Kway Teow Scramble
Egg with Vegetable



Fishball Noodle (Dry)



Sweet & Spicy Prawn
Rice Set



Black Pepper Udon
& Fish



Wok Fried Mee Siam
with Lemak Fish



Nasi Goreng with
Turmeric Chicken



Vegetarian Gong Bao
Duck Rice (V)



Fusilli Pasta with
Cajun Chicken in
Mushroom Sauce

Menu



Week 1/3	Daily Snack 1	Daily Snack 2	Light Meal 1	Light Meal 2	Full Meal 1A	Full Meal 1B	Full Meal 1C	Full Meal 2A	Full Meal 2B	Full Meal 2C	Premium Full Meal
Mon	Flavour Mantou with Berry Jam	Chicken Ham & Cheese Panwich (Warm)	Kway Teow Goreng Ayam Bakar	Sweet & Sour Meatless Chicken Rice (V)	Fried Rice with Wok-tossed Hawthorn Chicken	Fishball Noodle Soup	Sweet & Sour Meatless Fish Rice Set (V)	Wok Fried Mee Siam with Lemak Fish	Ultimate Duo Pasta	Sticky Teriyaki Tofu Noodle Bowl (V)	Chicago Chicken Chop with Tomato Spaghetti
Tues	Waffles with Honey (V)	Egg'cellent Chicken Ham Wrap	Minced Chicken & Egg Porridge	Teriyaki Tofu Seaweed Rice Bowl (V)	Spaghetti Bolognese	Chicken Satay Mee Goreng	Vegetarian Gong Bao Duck Rice (V)	Sweet Tangy Fish with Steamed Rice	Murgh Makhani Chicken Rice	Creamy Spinach Meatless Chicken Pasta Bowl (V)	Fusilli Pasta with Cajun Chicken in Mushroom Sauce
Wed	Chicken Sausage Bun	Nacho Cheese Mash (V)	Minestrone soup with Macaroni	Onigiri & Egg Bowl	Sweet & Sour Chicken Rice	Black Pepper Udon & Fish	Forest Stew with Rice (V)	HK Style Steamed Fish Rice Bowl	Chicken Rendang With Rice	Cabbage Rice with Meatless Char Siew (V)	Tumeric Raisin Rice with Tandoori Chicken & Veg
Thur	Jam & Kaya Sandwich (cold)	Teriyaki Chicken & Cheese Wrap (Warm)	Braised Minced Chicken Mee Tai Mak	Meatless Chicken & Mushroom Porridge (V)	Egg Fried Rice with Ayam Bakar	Dry Curry Chicken Noodle	Meatless Satay Chicken with Fried Rice (V)	Teriyaki Fish w/ Sesame Rice	Chicken & Broccoli Seaweed Rice	Mixed Grain Rice with Egg Tofu (V)	Paprika Fish with Pilaf Rice
Fri	Panwich with Fruit Jam (V)	Grilled Chicken Sandwich (Warm)	Bee Hoon With Egg & Chicken Ham	Golden Slice Noodle Bowl (V)	Fishball Noodle (Dry)	Chicken Rice Set	Nasi Lemak with Sambal Cuttlefish (V)	Tomato Spaghetti Pasta with Garlic Brown Sauce Chicken	Swedish Chicken Meatballs with Mash	Teriyaki Meatless Chicken with Fried Rice (V)	Mushroom Chicken Burger with Buttered Corn



Week 2/4	Daily Snack 1	Daily Snack 2	Light Meal 1	Light Meal 2	Full Meal 1A	Full Meal 1B	Full Meal 1C	Full Meal 2A	Full Meal 2B	Full Meal 2C	Premium Full Meal
Mon	Waffles with Fruit Jam (V)	Cheesy Chicken Mushroom Tortilla	Sausage Mac & Cheese	Mee Goreng with Golden Slice (V)	Braised Chicken Porridge Deluxe	Dry Curry Chicken Noodle	Forest Stew with Rice (V)	Sesame Rice with Teriyaki Fish	Tangy Chicken Rice	Mixed Veg Curry Rice with Quail Egg (V)	Grilled Cajun Chicken with Mashed Potato & Veg
Tues	Flavour Mantou with Berry Jam	Chicken Ham & Cheese Sandwich (Cold)	Mini Teriyaki Chicken Don	Sesame Rice with Steamed Egg (V)	Spaghetti Bolognese	Ayam Masak Merah Rice Set	Vegetarian Sweet & Sour Chicken Rice (V)	Wok Fried Mee Tai Mak w Sambal Chicken	Sweet & Spicy Prawn Rice Set	Yakisoba with Teriyaki Meatless Crispy Chicken (V)	Teriyaki chicken Chop Rice Set
Wed	Chicken Sausage Bun	Mushroom Meatless Chicken Roll (V)	Chicken Ham Fried Rice with Omelette	Veg Sausage Mac & Cheese (V)	Sweet Tamarind Chicken Rice	Pulao Rice with Fish Masala	Vegetarian Abalone Bowl (V)	Nasi Goreng with Turmeric Chicken	Tamarind Fish Set	Crispy Meatless Popcorn Noodle (V)	Honey BBQ Chicken Chop Rice
Thur	Flavoured Mantou with Kaya	BBQ Chicken Sandwich (Warm)	Kway Teow Scramble Egg with Veg	Fried Bee Hoon with Vegetarian Curry Fishball (V)	Western Chicken Set	Tom Yum Fishball Noodle	Bee Hoon with Tomato Scrambled Egg (V)	Mongolian Chicken Rice	Fish Curry with Steamed Rice	Fried Rice with Meatless Satay Chicken (V)	Baked Chicken Chop in Black Pepper Sauce
Fri	Egg Mayo Sandwich (Cold) (V)	Egg'cellent Chicken Ham Wrap	Braised Chicken Noodle	Onigiri & Chicken Ham	Sliced Fish Hor Fun	Nasi Goreng with Sambal Egg	Veg Meatless Hor Fun (V)	Soya Chicken with Quail Egg Rice with Stir-fry Cabbage	Aglio Olio w Baked Fish & Bean Stew	Braised Noodle with Teriyaki Meatless Chicken (V)	Teriyaki Chicken Burger with Smoky Corn

LIMITED TIME OFFER



Menu	Serving Period
Happy Meal Cheeseburger Set	7th - 10th July
Chicken Curry Noodle	3rd August - 7th August

STAFF ONLY



WEEK 1	Staff Meal (Regular)	Staff Meal (Meat-Free)
Mon	Mee Goreng with Satay Chicken & Sayur Campur Goreng	Moroccan Style Roasted Vegetables w Pilaf Rice (V)
Tues	Lemongrass Rice with Thai Style Steamed Fish	Indian Style Aloo, w Cauliflower Shawarma (V)
Wed	Pilaf Rice with Garlic Butter Fish	Turmeric Coconut Rice with Assam Mock Fish (V)
Thurs	Pineapple Rice with Thai Style Fish Fillet & Stir Fry Eggplant	Sesame Rice with Oriental Glazed Meatless Fish (V)
Fri	Baked Cajun Chicken with Mushroom Cream Sauce & Mashed Potato	Flavour Rice with Stir Fried Teriyaki Meatless Chicken (V)
WEEK 2	Staff Meal (Regular)	Staff Meal (Meat-Free)
Mon	Wok Fried Bee Hoon with Buffalo Drumettes & Spring Roll	Wok Fried Bee Hoon with Golden Slice & Spring Roll (V)
Tues	Mixed Grain Rice w Ayam Masak Merah	Masak Merah Tofu with Steamed Rice (V)
Wed	BBQ Chicken with Tomato Spaghetti	BBQ Meatless Golden Slice with Tomato Spaghetti (V)
Thurs	Chicken Pongteh Rice Bowl	Meatless Chicken Pongteh Rice Bowl (V)
Fri	Teriyaki Chicken Burger with Vegetables	Braised Noodle with Assam Golden Slice (V)
WEEK 3	Staff Meal (Regular)	Staff Meal (Meat-Free)
Mon	Mee Goreng with Satay Chicken & Sayur Campur Goreng	Moroccan Style Roasted Vegetables w Pilaf Rice (V)
Tues	Lemongrass Rice with Thai Style Steamed Fish	Indian Style Aloo, w Cauliflower Shawarma (V)
Wed	Pilaf Rice with Garlic Butter Fish	Turmeric Coconut Rice with Assam Mock Fish (V)
Thurs	Pineapple Rice with Thai Style Fish Fillet & Stir Fry Eggplant	Sesame Rice with Oriental Glazed Meatless Fish (V)
Fri	Baked Cajun Chicken with Mushroom Cream Sauce & Mashed Potato	Flavour Rice with Stir Fried Teriyaki Meatless Chicken (V)
WEEK 4	Staff Meal (Regular)	Staff Meal (Meat-Free)
Mon	Wok Fried Bee Hoon with Buffalo Drumettes & Spring Roll	Wok Fried Bee Hoon with Golden Slice & Spring Roll (V)
Tues	Mixed Grain Rice w Ayam Masak Merah	Masak Merah Tofu with Steamed Rice (V)
Wed	BBQ Chicken with Tomato Spaghetti	BBQ Meatless Golden Slice with Tomato Spaghetti (V)
Thurs	Chicken Pongteh Rice Bowl	Meatless Chicken Pongteh Rice Bowl (V)
Fri	Teriyaki Chicken Burger with Vegetables	Braised Noodle with Assam Golden Slice (V)

