



Term 4

TAPPEE MENU



Northshore Primary School



Dear Students,

Term 4 menu is ready! Some exciting meals and new flavours for you this Term 4 — including some highly anticipated items and festive specials!

First up, we are bringing a fiery favorite to the canteen: **The Black Spicy Ramyun!** Inspired by Buldak noodles, this dish packs a serious punch—so beware, it is spicy! However, you can indulge guilt-free because these noodles are non-fried, making them a healthier choice.

For those looking for comforting classics, we have several new daily additions. Grab a warm, fluffy **Curry Potato Bun** for a quick bite, or fuel up with our hearty **Sausage Egg Fried Rice**. Rice lovers can also look forward to the **Jumbo Fan Choy**, a generous portion of savory rice topped with succulent braised chicken.

For our vegetarian friends, we have updated our selection and replaced some items to bring you more variety! Look out for our flavorful **Beehoon Taufu Goreng (V)**, **Teppanyaki Mushroom Rice Set (V)**, and the wholesome **Stir-Fried Vegetables with Baked Tauhu Rice (V)**.

October brings an extra layer of mystery with our special Limited-Time Offer (LTO): the **Mystery Box Bento!** Want a sneak peek at what's inside? Keep a close eye on the upcoming eDM releasing in late September, or see if you can hunt down the missing piece of clue hidden right in the canteen menu!

As we will also be celebrating **Deepavali** this term, we are preparing a festive treat to mark the occasion. Get ready to enjoy crispy, golden **Roti Prata paired with rich Curry Chicken!**

We hope everyone looks forward to these new menu additions and enjoys the variety of meals prepared for you to finish the school year strong! Remember to place your meals before 12th September, 2359!

Tappee Team

NEW ITEMS

DELICIOUS MEALS

MADE WITH HEART



Curry Potato Bun



Sausage Egg Fried Rice



Jumbo Fan Choy



Bee Hoon Tauhu Goreng (V)



Teppanyaki Mushroom Rice Set (V)



Stir Fried Vegetables with Baked Taufu Rice Set (V)



The Black Spicy Ramyun



Mystery Box (Oct LTO)
**find the missing puzzle*



Roti Prata with Curry Chicken (Nov LTO)

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)	Sliced Fish Hor Fun	Fishball Noodle Soup	Forest Stew with Rice (V)	Ultimate Duo Pasta	Lemak Fish with Rice Set	Sticky Teriyaki Tofu Noodle Bowl (V)	Grilled Cajun Chicken with Mashed Potato & Veg
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	Bee Hoon Tauhu Goreng (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	Dreamy Mash	Minestone soup with Macaroni	Onigiri & Egg Bowl	Sweet & Sour Chicken Rice	Black Pepper Udon & Fish	Sweet & Sour Meatless Fish Rice Set (V)	Chicken & Broccoli Seaweed Rice	Chicken Rendang With Rice	Teriyaki Meatless Chicken with Fried Rice (V)	Honey BBQ Chicken Chop Rice
Thur	Jam & Kaya Sandwich (cold)	Teriyaki Chicken & Cheese Wrap (Warm)	Sausage Egg Fried Rice	Meatless Chicken & Mushroom Porridge (V)	Egg Fried Rice with Ayam Bakar	Dry Curry Chicken Noodle	Meatless Satay Chicken with Fried Rice (V)	HK Style Steamed Fish Rice Bowl	Swedish Chicken Meatballs with Mash	Mixed Grain Rice with Egg Tofu (V)	Baked Chicken Chop in Black Pepper Sauce
Fri	Curry Potato Bun	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	Teriyaki Fish w Sesame Rice	Teppanyaki Mushroom Rice Set (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	Seaweed Scramble Egg Rice (V)	Jumbo Fan Choy	Dry Curry Chicken Noodle	Stir Fried Vegetables with Baked Tofu Rice Set (V)	Tangy Chicekn Rice	Sesame Rice with Teriyaki Fish	Mixed Veg Curry Rice with Quail Egg (V)	Chicago Chicken Chop with Tomato Spaghetti
Tues	Flavoured Mantou with Kaya	Curry Potato Bun	Mini Teriyaki Chicken Don	Sesame Rice with Steamed Egg (V)	Spaghetti Bolognese	Ayam Masak Merah Rice Set	Vegetarian Sweet & Sour Chicken Rice (V)	Tamarind Fish Set	Sweet & Spicy Prawn Rice Set	Yakisoba with Teriyaki Meatless Crispy Chicken (V)	Teriyaki Chicken Chop Rice Set
Wed	Chicken Sausage Bun	Chicken Ham & Cheese Sandwich (Cold)	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	Wok Fried Mee Tai Mak w Sambal Chicken	Braised Meatless Chicken Noodle (V)	Tumeric Raisin Rice with Tandoori Chicken & Veg
Thur	Panwich with Fruit Jam	Mushroom Meatless Chicken Roll (V)	Kway Teow Scramble Egg with Veg	Onigiri & Chicken Ham	Braised Chicken Porridge Deluxe	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)	Paprika Fish with Pilaf Rice
Fri	Egg Mayo Sandwich (Cold) (V)	Egg'cellent Chicken Ham Wrap	Sausage Egg Fried Rice	Fried Bee Hoon with Vegetarian Curry Fishball (V)	Fried Rice with Wok-tossed Hawthorn Chicken	Nasi Goreng with Sambal Egg	Veg Meatless Hor Fun (V)	Soya Chicken with Quail Egg Rice with Stir-fry Cabbage	The Black Spicy Ramyun	Teppanyaki Mushroom Rice Set (V)	Teriyaki Chicken Burger with Smoky Corn

LIMITED TIME OFFER



Menu	Serving Period
Happy Meal Cheeseburger Set	14th - 18th Sep
Mystery Box	5th - 9th Oct
Roti Prata with Curry Chicken	2nd - 6th Nov

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)

