

Proposed Menu for Cooked Food Canteen Stall

No.	Type of Food					Prices	
	Name of Set Meal	Wholegrain	Protein	Vegetables	Fresh Fruits	Regular	Large
1							
2							
3							
4							
5							
6							
7							
8							
Add on:							
S/N	Items	Price	S/N	Items	Price		
1			4				
2			5				
3			6				

Guidelines to comply with HPB Healthy Meal in School Programme (HMSP) for Cooked Food Stall: (Please refer to details and more information at HPB website [HMSP](#).)

1	Wholegrain (Fully cooked. No deep frying):
	(a) When food listed in (b) or (c) is served, 2 serves or more portion is provided (200g).
	(b) At least 20% of the rice/pasta served is wholegrain.
	(c) Only wholegrain oriental noodle and/or been hoon are served.
	(d) Only wholegrain bread, flat bread (wrap), pizza crust, bun, and rolls are served.
2	Protein (Meat and Others) (Fully cooked. No deep frying):
	(a) 2 heaped dessertspoons or more protein (meat and others) is included in the meals served (50g).
	(b) Only lean meat (e.g. skinless) is served and used in food preparation.
	(c) Food product served is HCS certified/equivalent (if applicable).
3	Vegetables (No deep frying):
	2 heaped dessertspoons or more (Approximately 50g) vegetable is included in the meals served.
4	Fresh Fruits
	(a) ½ serve or more fresh fruit (e.g. ½ apple (65g), ½ orange (65g), ½ wedge of watermelon (75g) is provided in a meal or when it is served.
	(b) Fruits is included in meal or served in school every day.
5	Fat and Oils: Endorsed with Healthier Choice Symbol or equivalent.
6	Sauces, Spreads, Condiments and Salt: Endorsed with Healthier Choice Symbol or equivalent.
7	Wholegrain and Protein (Meat and Others) are served fully cooked and no deep frying.
8	Processed food is not recommended to be served as it typically contains high amount of sodium.
9	Other resources: Healthy Meals Suppliers List