

APPENDIX 1 – MENU SPECIFICATIONS

Singapore Sports School's Dining Hall should aim to:

- Provide nutritious, safe, healthy meals that meet the needs of the student-athletes.
- Provide an enjoyable and positive dining experience for student-athletes, staff and business guests.

Menu Planning

1. The menu planning by the Caterer shall be approved by the School.
2. When planning a menu, the following requirements shall be met:

Dietary requirements of adolescent athletes:

- 2.1 Good menu planning principles with respect to variety of food, shape, colour, texture, flavour, cooking methods, etc. in a meal and over a period of time.
 - 2.2 Menu may be changed as and when the School deems necessary.
 - 2.3 Plan all menus including 'Birthday Celebration', 'Chef's Night Special' and 'Theme Meal'.
 - 2.3.1 'Birthday Celebration' shall include birthday cakes, candles and one savoury item.
 - 2.3.2 'Chef's Night Special' menus shall be submitted and approved by the School at least one week in advance.
 - 2.3.3 'Theme Meal' menus shall be submitted and approved by the School at least one month in advance.
3. Menu planning shall also take into account the following factors:
 - 3.1 Ethnic and religious background
 - 3.2 Socio-cultural influences
 - 3.3 Nutritional requirements (quality and quantity)
 - 3.4 Allergies and intolerances such as lactose intolerance, seafood allergy, etc.
 - 3.5 Production and service capabilities
 - 3.6 Types of menu
 4. The Caterer:
 - 4.1 Shall plan two 5-week-cycle menus of 5 meals per term.
 - 4.2 Shall plan two 5-week-cycle vegetarian menus for lunch and dinner (taking into consideration vegans).
 - 4.3 Shall take into account menu items for the two 5-week-cycle that offer different combination of cuisines for each day and 'live' stations during 'Theme Meal', 'Chef's Night Special' and special school events.
 - 4.4 Shall be creative with menus for the 'Theme Meal' and 'Chef's Night Special' that are different from the two 5-week-cycle menus.

PART 3 REQUIREMENT SPECIFICATIONS

- 4.5 Shall provide three (3) stalls serving two (2) different cuisines for lunch. The two (2) different cuisines may consist of:
 - 4.5.1 Chinese cuisine;
 - 4.5.2 Malay/Indian cuisine;
 - 4.5.3 Western cuisine; and
 - 4.5.4 Any other international cuisines.
 - 4.6 Shall provide the third (3rd) cuisine for lunch upon the School's request, provided that an advance notice of one (1) week is given.
 - 4.7 Shall exercise flexibility with meal times, meal quality and serving sizes to work around athletes with special dietary requirements and/or training and competition schedules. These include, but are not limited to high protein, vegetarian and low fat meals.
 - 4.8 Shall keep the School informed at least one (1) day in advance should menu items be different from what was planned. Nutrient composition labels shall then be changed accordingly.
 - 4.9 Shall maintain varieties in the weekly cycle daily menus;
 - 4.9.1 At least seven (7) different types of fruit within the week, with the exception of bananas which should be served daily across all meals.
 - 4.9.2 No repeats for sandwich fillings, protein dishes (lunch and dinner) within the menu cycle.
 - 4.10 Shall maintain the minimum serving sizes and quality of meals as described in Points 13 and 14, with allowance for additional servings upon request.
5. All food items provided to student-athletes are required to have the nutritional information analysed using a professional software (e.g., FoodWorks), with reference to a standardised recipe. Recipe and nutritional information are to be provided to SSP Boarding Management and NYSI Sport Dietitian. Nutritional information shall contain the following nutrients: Total calories, carbohydrates, protein, total fat, saturated fat, trans fat, dietary fibre and sodium.
6. The School has the right to make amendments to the assembling of meals.
7. Upon the School's request, the Caterer shall be able to carry out 'live' cooking stations during 'Theme Meal' and 'Chef's Night Special' and special school events. Examples of such dishes are carbohydrate dishes such as rice, noodles, etc.; protein-dishes such as eggs, meat, etc.
8. All meals shall be based on a minimum selection of one (1) or more of the following:
- 8.1 Bread-based
 - 8.2 Pasta-based
 - 8.3 Rice-based
 - 8.4 Potato-based
9. Calcium-fortified soymilk, and chilled milk shall be available for all meals, with UHT choices available throughout the day until closing. Cordials should not be available at any meal.

10. Both steamed rice and brown rice shall be available during lunch and dinner.
 - 10.1 Whole grain alternatives such as whole grain pasta and brown rice noodle to be included at least once a week or when it complements the menu (e.g., on days when a pasta dish is served 30% of portion can be cooked from whole grain pasta)
11. Salad with condiments (Refer to 12.2.9 and 12.4.9) shall be available during lunch and dinner.
12. Menu Set-up and specifications:

The following should be used to plan menus to ensure that the following items are available at the stipulated times. Each meal shall be consistent with the menu set-up.

 - 12.1 Breakfast
 - 12.1.1 Beverage counter
 - a. Cold/Hot water
 - b. Hot drinks (Milo¹; coffee and tea for staff)
 - c. Non-dairy drinks
 - One (1) calcium-fortified soymilk
 - Two (2) fruit juice (e.g., apple, orange, watermelon, etc.)
 - 12.1.2 Dairy Selections
 - a. Chilled full cream and low-fat milk (plain and flavoured)
 - b. Chilled Milo
 - c. Low fat yogurt (flavoured, minimum two (2))
 - d. Bircher Muesli (consisting of rolled oats, fresh fruits, dried fruits, fruit juice, honey, seeds, mixed nuts, etc.)
 - 12.1.3 Three (3) types of bread (wholemeal, calcium-enriched, fruit loaf, whole grain, etc.) with choices of breads approved by the School.
 - a. With at least seven (7) types of spreads (e.g., peanut butter, hazel nut spread, jam, honey, kaya, butter, etc.) with choices and quality of spreads approved by the School;
 - b. Two (2) sandwich fillings (e.g., tuna, egg, etc.) that include vegetables such as lettuce, tomatoes, cucumber, etc.;
 - c. Low fat cheese slices.
 - 12.1.4 One (1) Western bakery/pastry selection (low saturated fat: ≤2g/100g), e.g., muffin, cake, bun, croissant, etc.

¹ The School has sponsorship of Milo liquid concentrate till 31 December 2023. From 1 January 2024 onwards, the Caterer may have to be responsible to provide free flow Milo if there is no extension of the sponsorship and the quoted rates inclusive of free flow Milo supply shall applied accordingly.

12.1.5 One (1) Asian baked or steamed bakery/pastry selection (low saturated fat: ≤2g/100g), e.g., pau, har gao, carrot cake, unsweetened soya bean curd (tau huay) with sugar served at a side (chilled or warm), peanut/red bean/cheese pancakes.

12.1.6 Breakfast cereal (Free flow)

a. Three (3) choices

- All to contain minimum 50% wholegrain and/or corn
- One (1) type oats, e.g., untoasted muesli
- One (1) type with added fruits

12.1.7 Fresh Fruit (Free flow)

a. Three (3) fruit choices

- Two (2) types of whole fruit, one of which is bananas
- One (1) type of cut fruit

12.1.8 Cooked breakfast items:

- a. High carbohydrate options including noodles, pancakes, waffles with syrup, etc. Syrup shall be separate and served at a side.
- b. Protein options including eggs (boiled, poached, omelette, scrambled using low fat milk), steamed turkey/ lean roast meat, chicken, etc.
- c. Oatmeal with raisins on the side

12.1.9 One (1) porridge with 6 types of condiments

- a. Plain porridge
- b. Chicken porridge
- c. Fish porridge
- d. Anchovy porridge

12.1.10 Biscuit (Free flow)

a. Three (3) choices

12.2 Lunch

12.2.1 Beverage Counter

- a. Cold/Hot water
- b. Hot drinks (Milo¹, coffee and tea for staff)
- c. Non-dairy drinks
 - One calcium-fortified soymilk
 - Two fruit juice (e.g., apple, orange, watermelon etc.)

¹ The School has sponsorship of Milo liquid concentrate till 31 December 2023. From 1 January 2024 onwards, the Caterer may have to be responsible to provide free flow Milo if there is no extension of the sponsorship and the quoted rates inclusive of free flow Milo supply shall applied accordingly.

12.2.2 Dairy Selections

- a. Chilled full cream and low-fat milk (plain and flavoured)

12.2.3 Two (2) Rice and alternatives

- a. Both steamed rice and brown rice shall be available.
- b. One other hot carbohydrate menu item

12.2.4 Protein dishes (e.g., chicken, mutton, beef, fish, seafood etc.)

- a. One (1) high quality (i.e lower in fat content) animal-based protein (per set meal)
- b. Three (3) match box sizes of meat or 1 palm size of fish at minimum

12.2.5 One (1) Vegetables

- a. Leafy or non-leafy vegetables. Starch-based vegetables like potato and sweet potato shall not be considered vegetables

12.2.6 Two (2) Side dishes

- a. Soy bean/soy bean-based /egg /egg-based products
- b. Seafood (e.g., squid, prawns)

12.2.7 Soup

- a. Western-style
- b. Asian-style

12.2.8 Fresh Fruit (Free flow)

- a. Three (3) fruit choices
- b. Two (2) types of whole fruit, one of which is bananas
- c. One (1) type of cut fruit

12.2.9 Salad bar:

To include:

- a. One (1) green and one (1) red salad
- b. One (1) coleslaw
- c. A minimum six (6) fresh condiments options, including at least one (1) protein choice. E.g., lettuce, tomatoes, carrots, corn, cucumber, potatoes, cous cous, fruits, legumes, pasta, etc.
- d. Use mainly low-fat ingredients (e.g., cheese)
- e. Use low fat dressings
- f. The dressings shall be low in fat and appropriate for vegetarians. E.g., French or Italian dressing, Thousand Island, balsamic vinegar, low-fat yoghurt etc.

12.2.10 Biscuit (Free flow)

- a. Three (3) choices

12.3 Afternoon Pre-training Meal

12.3.1 Beverage Counter

- a. Cold/Hot water
- b. Hot drinks (Milo¹, coffee and tea for staff)
- c. Non-dairy drinks
 - One calcium-fortified soymilk
 - Two fruit juice (e.g., apple, orange, watermelon, etc.)

12.3.2 Dairy Selections

- a. Chilled full cream and low fat milk (plain and flavoured)
- b. Chilled Milo¹
- c. Low fat yogurt (flavoured, minimum two (2))

12.3.3 Three (3) types of bread (wholemeal, calcium-enriched, fruit loaf, corn loaf, whole grain etc.) with choices of breads approved by the School.

- a. With at least seven (7) types of spreads (e.g., peanut butter, hazel nut spread, jam, honey, kaya, butter, etc.) with choices and quality of spreads approved by the School.
- b. Two (2) sandwich fillings (e.g., tuna, egg, etc.) including vegetables such as lettuce, tomatoes, cucumber, etc.
- c. Low-fat cheese slices

12.3.4 Two (2) bakery/pastry selections, e.g., muffin, cake, bun, croissant, etc.

12.3.5 Cereal (Free flow)

- a. Three (3) choices
 - All to contain minimum 50% wholegrain and/or corn
 - One (1) type oats, e.g., untoasted muesli
 - One (1) type with added fruits

12.3.6 Fresh Fruit (Free flow)

- a. Three (3) fruit choices
 - Two (2) types of whole fruit, one of which is bananas
 - One (1) type of cut fruit

12.3.7 Biscuit (Free flow)

- a. Three (3) choices

¹ The School has sponsorship of Milo liquid concentrate till 31 December 2023. From 1 January 2024 onwards, the Caterer may have to be responsible to provide free flow Milo if there is no extension of the sponsorship and the quoted rates inclusive of free flow Milo supply shall applied accordingly.

12.4 Dinner

12.4.1 Beverage Counter

- a. Cold/Hot water
- b. Hot drinks (Milo¹, coffee and tea for staff)
- c. Non-dairy drinks
 - One (1) calcium-fortified soymilk
 - Two (2) fruit juices (e.g., apple, orange, watermelon, etc.)

12.4.2 Dairy Selections

- a. Chilled chocolate or strawberry (or a suitable alternative) low-fat milk with the carbohydrate to protein ratio of approximately 3:1
- b. Low-fat yogurt (flavoured, minimum two (2))

12.4.3 Two (2) Rice and alternatives

- a. Both steamed rice and brown rice shall be available.
- b. One (1) other hot carbohydrate menu item

12.4.4 Protein dishes (i.e., chicken, mutton, beef, fish, seafood etc.)

- a. Two (2) high quality animal based protein (per set meal)

12.4.5 Two (2) Vegetables

- a. Leafy or non-leafy vegetables. Starch-based vegetables like potato and sweet potato shall not be considered vegetables.

12.4.6 One (1) Side dishes

- a. Soy bean/soy bean-based /egg /egg-based products
- b. Seafood (e.g., squid, prawns)

12.4.7 Soup

- a. Western-style
- b. Asian-style

12.4.8 Fresh Fruit (Free flow)

- a. Three (3) fruit choices
- b. Two (2) types of whole fruit, one of which is bananas
- c. One (1) type of cut fruit

12.4.9 Salad bar:

To include:

- a. One (1) green and one (1) red salad

¹ The School has sponsorship of Milo liquid concentrate till 31 December 2023. From 1 January 2024 onwards, the Caterer may have to be responsible to provide free flow Milo if there is no extension of the sponsorship and the quoted rates inclusive of free flow Milo supply shall applied accordingly.

- b. One (1) coleslaw
- c. A minimum six (6) fresh condiments, e.g., lettuce, tomatoes, carrots, corn, cucumber, potatoes, fruit, legumes, pasta, etc.
- d. Use mainly low fat ingredients (e.g., cheese)
- e. Use low fat dressings
- f. The dressings shall be low in fat and appropriate for vegetarians, e.g., French or Italian dressing, Thousand Island, balsamic vinegar, low-fat yoghurt, etc.

12.4.10 Biscuit (Free flow)

- a. Three (3) choices

12.5 Vegetarian Lunch and Dinner

12.5.1 Vegetarian meals shall meet the same requirements as Points 1, 2 and 3 under Menu Planning.

12.5.2 The menu shall include:

- a. Beverage counter
 - Cold/ Hot water
 - Non-dairy drinks
 - i. Two (2) fruit juice (e.g., apple, orange, watermelon, etc.)
 - ii. One (1) calcium-fortified soymilk
- b. Two (2) Rice and alternatives
 - Both steamed rice and brown rice shall be available
 - One other hot carbohydrate item
- c. Two (2) Protein Sources
 - the protein dishes are based on the following:
 - i. Tofu as staple – 1 small block
 - ii. Other alternatives include but not limited to Legumes/lentils/soy bean/soy bean-based items/high-quality plant-based protein made from pea, soy, mung bean, rice protein or whole food protein.
 - iii. To cater to the needs of vegetarian students with allergies or intolerances, Dairy Free or Soy Free Plant Protein or a suitable alternative should be provided.
 - iv. Mock meat items should be used minimally due to significantly lower iron and protein content.
- d. Two (2) Vegetable Dish
 - Leafy and non-leafy vegetables

- e. One (1) side dish
 - Soy bean/soy bean-based /egg /egg-based products
- f. Fresh Fruit (Free flow)
 - Three (3) fruit choices
 - i. Two (2) types of whole fruit, one of which is bananas
 - ii. One (1) type of cut fruit
- g. Soup
 - Western-style
 - Asian-style
- h. Salad bar (Refer to 12.2.9 and 12.4.9)

12.5.3 Biscuit (Free flow)

- a. Three (3) choices

12.6 Supper

12.6.1 Beverage counter

- a. Cold/ Hot water
- b. Calcium-fortified Soymilk
- c. Chilled low-fat milk

12.6.2 Hot cooked items (high carbohydrate options, protein) or bakery selection

12.6.3 Protein-based snack items

- a. Egg based product (e.g., hard-boiled egg, etc.)
- b. Soy-based product (e.g., unsweetened tau huay with sugar served at a side (chilled or warm), etc.)

12.6.4 Dairy Selections

- a. Chilled full cream and low fat milk (plain and flavoured)

12.6.5 Three (3) types of bread (wholemeal, calcium-enriched, fruit loaf, corn loaf, whole grain etc.) with choices of breads approved by the School.

- a. With at least seven (7) types of spreads (e.g., peanut butter, hazel nut spread, jam, honey, kaya, butter, etc.) with choices and quality of spreads approved by the School
- b. Two (2) sandwich fillings (e.g., tuna, egg, etc.) including vegetables such as lettuce, tomatoes, cucumber, etc.
- c. Low-fat cheese slices

12.6.6 Birthday celebration

- a. Birthday cakes (six cakes of 4 kg each – to be sliced into 550 pieces)
- b. One (1) savoury item (e.g., pie, curry puff, sausage roll, etc)

12.6.7 Fresh fruit (Free flow)

- a. Three (3) fruit choices
 - Two (2) types of whole fruit, one of which is bananas
 - One (1) type of cut fruit

12.6.8 Biscuit (Free flow)

- a. Three (3) choices

12.7 Special Meals

12.7.1 Weekly Chef's Night Special

Menu for 'Chef's Night Special' shall meet the same requirements as stated in menu specifications for dinner in addition to:

- a. One (1) dessert
- b. One (1) mini entrée

12.7.2 12 Thematic Meals/Festive Celebrations in a year. For example, 'Singapore Favourites' for National Day Lunch, 'Italian Set' or other set for School Anniversary Lunch, Buffet with 10 to 12 dishes for End-Of-Year Dinner, Mexican Theme, Peranakan Theme, etc.

13 Minimum serving sizes

13.1 Breakfast

13.1.1 Cooked breakfast Items

Level	Description	Portion Size (g) 1,2	Nutrients Per Portion Size				Examples of Typical Compliant Menu Items
		Cooked Weight and EP	Energy (kcal) 1,3	Carbohydrates (g) 1,3	Protein (g) 1,3	Fat (g) 1,3	
All	Cooked breakfast item (non-vegetarians and vegetarians)	Items cooked with Noodles/ rice/ pasta: At least 200g cooked weight per meal Roti Prata: At least 64g (2 prata with condiments)	-	At least 30 - 50g	At least 24g	≤ 10g	Noodle soup / fried rice/ pasta/ nasi lemak, rice porridge, naan, etc.

¹ There is a tolerance of $\pm 10\%$ in nutrient content and portion size to allow variations in nutritional analysis and portion size.

² If there are food item(s)/ ingredient(s) not listed in the table, the portion size is to be determined by the stated amount of nutrients per portion size. Remember to look at the appropriate level and description.

³ The amount of nutrients is stated per portion size unless stated otherwise.

13.1.2 Bakery/Pastry selections

Level	Description		Portion Size (g) 1,2	Nutrients Per Portion Size				Examples of typical Compliant Menu Items
				Energy (kcal) ^{1,3}	Carbohydrates (g) ^{1,3}	Protein (g) ^{1,3}	Fat (g) ^{1,3}	
All	Breads may be consumed as is or used for sandwiches (refer below) Include gluten-free options. ⁴		1 Bagel, 1 English muffins, 1 pita bread, etc.	-	At least 15g	At least 3g	≤ 5g	Buns, English muffins, bagels, pita bread, rye bread, wholegrain bread, etc.
	Breakfast cereal		-	-	≤ 25g sugar / 100g (unless ingredients contain fruits)	-	-	-
	Baked or steamed bakery/pastry selection		1 whole	-	-	6g	<10g total fat, ≤2g saturated fat per 100g	Mini pie, mini curry puff, pau, har gou, etc.

¹ There is a tolerance of ±10% in nutrient content and portion size to allow variations in nutritional analysis and portion size. However, over the whole day, the standard menu is to provide the recommended amount of nutrients defined in this contract.

² If there are food item(s)/ ingredient(s) not listed in the table, the portion size is to be determined by the stated amount of nutrients per portion size. Remember to look at the appropriate level and description.

³ The amount of nutrients is stated per portion size unless stated otherwise.

⁴ Gluten-free options are to be readily available when required.

13.1.3 Sandwiches

Level	Description	Portion Size (g) ^{1,2}	Nutrients Per Portion Size				Examples of Typical Compliant Menu Items
			Energy(kcal) ^{1,3}	Carbohydrates(g) ^{1,3}	Protein(g) ^{1,3}	Fat(g) ^{1,3}	
All	Sandwiches which include fillings and vegetables. Use low fat versions of ingredients such as low fat cheese, low fat mayonnaise Provide vegetarian and non-vegetarian options.	50g lean meat/ fish OR 21g (1 slice) cheese OR ~1 egg + 40g salad vegetables + minimum 2 slices of bread	-	At least 30g	At least 6g	≤ 5g total fat / 100g	Tuna salad sandwich; egg mayo sandwich, etc.
	Bread and spreads	10g of spread per 2 slices of bread.	-	At least 30g	-	< 10g total fats	Spreads include but not limited to: Hummus, Margarine/ low fat spreads, Jam, Chocolate spread, etc.

¹ There is a tolerance of $\pm 10\%$ in nutrient content and portion size to allow variations in nutritional analysis and portion size. However, over the whole day, the standard menu is to provide the recommended amount of nutrients defined in this contract.

² If there are food item(s)/ ingredient(s) not listed in the table, the portion size is to be determined by the stated amount of nutrients per portion size. Remember to look at the appropriate level and description.

³ The amount of nutrients is stated per portion size unless stated otherwise.

PART 3 REQUIREMENT SPECIFICATIONS

13.2 Lunch and Dinner

13.2.1 Soup

Level	Description	Portion Size (g) 1,2	Nutrients Per Portion Size				Examples of Typical Compliant Menu Items
			Energy (kcal) 1,2	Carbohydrates (g) 1,2	Protein (g) 1,2	Fat (g) 1,2	
All	Higher protein content	~150ml	At least 83kcal	-	At least 5g	≤ 5g Total fat	Minestrone, lentil, chicken and sweet corn, certain Asian's soup such as chicken and corn soup, Fish soup, etc.
	Lower protein content	~150ml	At least 20 kcal	-	At least 1.5g	≤ 5g Total fat	Tomato and egg soup, pumpkin, tomato, potato and leek, vegetable, etc.

¹ There is a tolerance of $\pm 10\%$ in nutrient content and portion size to allow variations in nutritional analysis and portion size. However, over the whole day, the standard menu is to provide the recommended amount of nutrients defined in this contract.

² The amount of nutrients is stated per portion size unless stated otherwise.

13.2.2 Protein: Meat/poultry/ fish/ seafood - Lunch only

Level	Description	Portion Size (g) ^{1,2,3}	Nutrients Per Portion Size				Examples of Typical Compliant Menu Items
		Cooked weight and EP	Energy (kcal) ^{1,4}	Carbohydrates (g) ^{1,4}	Protein (g) ^{1,4}	Fat (g) ^{1,4}	
All	Predominantly solid / single ingredient	<u>Meat (lean, without skin)</u> <ul style="list-style-type: none"> • ~160g beef • ~160g lamb • ~160g poultry • ~160g mince 	-	-	Range from 32g - 47g	< 10g total fat, < 4g saturated fat	Roasts, grilled fish, Grilled chicken, etc.
		<u>Seafood/ fish</u> <ul style="list-style-type: none"> • ~160g fish • ~300g prawns (without shell) • ~160g Marinara mix (fish and shellfish) • ~160g sotong/ squid 			Range from >30g		

¹ There is a tolerance of $\pm 10\%$ in nutrient content and portion size to allow variations in nutritional analysis and portion size. However, over the whole day, the standard menu is to provide the recommended amount of nutrients defined in this contract.

² This does not include vegetables or Rice and alternatives accompanying the main meal.

³ If there are food item(s)/ ingredient(s) not listed in the table, the portion size is to be determined by the stated amount of nutrients per portion size. Remember to look at the appropriate level and description.

⁴ The amount of nutrients is stated per portion size unless stated otherwise.

PART 3 REQUIREMENT SPECIFICATIONS

13.2.3 Protein: Meat/poultry/ fish/ seafood (cont.) - Lunch only

Level	Description	Portion Size (g) ^{1,2,3}	Nutrients Per Portion Size				Examples of Typical Compliant Menu Items
		Cooked Weight and EP	Energy (kcal) ^{1,4}	Carbohydrates (g) ^{1,4}	Protein (g) ^{1,4}	Fat (g) ^{1,4}	
All	Meat dish with gravy (with gravy approx.. 150 – 200ml) – High Meat content	<u>Meat (lean, without skin)</u> <ul style="list-style-type: none"> • ~160g beef • ~160g lamb • ~160g poultry • ~160g mince 	-	-	Range from 32g - 47g	< 10g total fat, < 4g saturated fat	Stews, braised dishes, etc e.g., beef stroganoff, lamb curry, fish curry, lamb and tomato stew, etc.
		<u>Seafood/fish</u> <ul style="list-style-type: none"> • ~160g fish • ~300g prawns (without shell) • ~160g Marinara mix (fish and shellfish) • ~160g sotong/squid 			Range from >30g		

¹ There is a tolerance of $\pm 10\%$ in nutrient content and portion size to allow variations in nutritional analysis and portion size. However, over the whole day, the standard menu is to provide the recommended amount of nutrients defined in this contract.

² This does not include vegetables or Rice and alternatives accompanying the main meal.

³ If there are food item(s)/ ingredient(s) not listed in the table, the portion size is to be determined by the stated amount of nutrients per portion size. Remember to look at the appropriate level and description.

⁴ The amount of nutrients is stated per portion size unless stated otherwise.

13.2.4 Protein: Meat/poultry/ fish/ seafood (cont.) - Lunch only

Level	Description	Portion Size (g) ^{1,2,3}	Nutrients Per Portion Size				Examples of Typical Compliant Menu Items
		Cooked Weight and EP	Energy (kcal) ^{1,4}	Carbohydrates (g) ^{1,4}	Protein (g) ^{1,4}	Fat (g) ^{1,4}	
All	A mix of meat and vegetables (~50g of vegetables) ²	<u>Meat (lean, without skin)</u> <ul style="list-style-type: none"> • ~160g beef • ~160g lamb • ~160g poultry • ~160g mince 	-	-	Range from 32g - 47g	< 10g total fat, < 4g saturated fat	Stir-fries beef, lasagna etc.
		<u>Seafood/ fish</u> <ul style="list-style-type: none"> • ~160g fish • ~300g prawns (without shell) • ~160g Marinara mix (fish and shellfish) • ~160g sotong/squid 			Range from >30g		

¹ There is a tolerance of $\pm 10\%$ in nutrient content and portion size to allow variations in nutritional analysis and portion size. However, over the whole day, the standard menu is to provide the recommended amount of nutrients defined in this contract.

² This does not include vegetables or Rice and alternatives accompanying the main meal.

³ If there are food item(s)/ ingredient(s) not listed in the table, the portion size is to be determined by the stated amount of nutrients per portion size. Remember to look at the appropriate level and description.

⁴ The amount of nutrients is stated per portion size unless stated otherwise.

13.2.5 Protein: Meat/poultry/ fish/ seafood – Dinner only

Level	Description	Portion Size (g) ^{1,2,3}	Nutrients Per Portion Size				Examples of Typical Compliant Menu Items
		Cooked weight and EP	Energy (kcal) ^{1,4}	Carbohydrate s (g) ^{1,4}	Protein (g) ^{1,4}	Fat (g) ^{1,4}	
All	Predominantly solid / single ingredient	<u>Meat (lean, without skin)</u> • ~80g beef • ~80g lamb • ~80g poultry • ~80g mince	-	-	Range from 16g - 24g	< 10g total fat, < 4g saturated fat	Roasts, grilled fish, Grilled chicken, etc.
		<u>Seafood/ fish</u> • ~80g fish • ~150g prawns (without shell) • ~80g Marinara mix (fish and shellfish) • ~80g sotong/ squid			Range from >15g		

¹ There is a tolerance of $\pm 10\%$ in nutrient content and portion size to allow variations in nutritional analysis and portion size. However, over the whole day, the standard menu is to provide the recommended amount of nutrients defined in this contract.

² This does not include vegetables or Rice and alternatives accompanying the main meal.

³ If there are food item(s)/ ingredient(s) not listed in the table, the portion size is to be determined by the stated amount of nutrients per portion size. Remember to look at the appropriate level and description.

⁴ The amount of nutrients is stated per portion size unless stated otherwise.

13.2.6 Protein: Meat/poultry/ fish/ seafood (cont.) – Dinner only

Level	Description	Portion size (g) ^{1,2,3}	Nutrients Per Portion Size				Examples of Typical Compliant Menu Items
		Cooked weight and EP	Energy (kcal) ^{1,4}	Carbohydrates (g) ^{1,4}	Protein (g) ^{1,4}	Fat (g) ^{1,4}	
All	Meat dish with gravy (with gravy approx. 150 – 200ml) – High Meat content	<u>Meat (lean, without skin)</u> <ul style="list-style-type: none"> • ~80g • beef • ~80g lamb • ~80g Poultry • ~80g Mince 	-	-	Range from 16g - 24g	< 10g total fat, < 4g saturated fat	Stews, braised dishes, etc e.g., beef stroganoff, lamb curry, Fish curry, lamb and tomato stew, etc.
		<u>Seafood/ fish</u> <ul style="list-style-type: none"> • ~80g fish • ~150g prawns (without shell) • ~80g Marinara mix (fish and shellfish) • ~80g sotong/ squid 			Range from >15g		

¹ There is a tolerance of $\pm 10\%$ in nutrient content and portion size to allow variations in nutritional analysis and portion size. However, over the whole day, the standard menu is to provide the recommended amount of nutrients defined in this contract.

² This does not include vegetables or Rice and alternatives accompanying the main meal.

³ If there are food item(s)/ ingredient(s) not listed in the table, the portion size is to be determined by the stated amount of nutrients per portion size. Remember to look at the appropriate level and description.

⁴ The amount of nutrients is stated per portion size unless stated otherwise.

13.2.7 Protein: Meat/poultry/ fish/ seafood (cont.) - Dinner only

Level	Description	Portion size (g) ^{1,2,3}	Nutrients Per Portion Size				Examples of Typical Compliant Menu Items
		Cooked weight and EP	Energy (kcal) ^{1,4}	Carbohydrates (g) ^{1,4}	Protein (g) ^{1,4}	Fat (g) ^{1,4}	
All	A mix of meat and vegetables (~50g vegetables)	<u>Meat (lean, without skin)</u> <ul style="list-style-type: none"> • ~80g • beef • ~80g lamb • ~80g poultry • ~80g minced 	-	-	Range from 16g - 24g	< 10g total fat, < 4g saturated fat	Stir-fries, beef lasagna etc.
		<u>Seafood/ fish</u> <ul style="list-style-type: none"> • ~80g fish • ~150g prawns (without shell) • ~80g Marinara mix (fish and shellfish) • ~80g sotong/ squid 			Range from >15g		

¹ There is a tolerance of $\pm 10\%$ in nutrient content and portion size to allow variations in nutritional analysis and portion size. However, over the whole day, the standard menu is to provide the recommended amount of nutrients defined in this contract.

² This does not include vegetables or Rice and alternatives accompanying the main meal.

³ If there are food item(s)/ ingredient(s) not listed in the table, the portion size is to be determined by the stated amount of nutrients per portion size. Remember to look at the appropriate level and description.

⁴ The amount of nutrients is stated per portion size unless stated otherwise.

13.2.8 Side dish

Level	Description	Portion Size (g) 1,2,3	Nutrients Per Portion Size				Examples of Typical Compliant Menu Items
			Energy (kcal) 1,4	Carbohydrates (g) 1,4	Protein (g) 1,4	Fat (g) 1,4	
All	A mix of protein alternative and vegetables such as egg-based and tofu	~50g tofu ~ 1 medium egg	-	-	At least 5g	≤ 5g Total fat	Stir fry broccoli and tofu, tomato omelette, onion omelette, etc.

¹ There is a tolerance of $\pm 10\%$ in nutrient content and portion size to allow variations in nutritional analysis and portion size. However, over the whole day, the standard menu is to provide the recommended amount of nutrients defined in this contract.

² This does not include vegetables or Rice and alternatives accompanying the main meal.

³ If there are food item(s)/ ingredient(s) not listed in the table, the portion size is to be determined by the stated amount of nutrients per portion size. Remember to look at the appropriate level and description.

⁴ The amount of nutrients is stated per portion size unless stated otherwise.

13.2.9 Rice and alternatives

Level	Description	Portion Size (g) 1,3	Nutrients Per Portion Size				Examples of Typical Compliant Menu Items
			Energy (kcal) 1,2,3	Carbohydrates (g) 1,2,3	Protein (g) 1,2,3	Fat (g) 1,2,3	
All	For main meals (non-vegetarians and vegetarians)	Noodles/ rice/ pasta: at least 200g cooked weight per meal Potatoes: at least 540g cooked weight per meal Sweet potato: at least 540g cooked weight per meal, etc.	-	At least 50g	-	-	Noodles/ rice (white/brown)/ pasta/ potatoes/ sweet potatoes/ lasagna sheets, etc.

¹ There is a tolerance of $\pm 10\%$ in nutrient content and portion size to allow variations in nutritional analysis and portion size.

² If there are food item(s)/ ingredient(s) not listed in the table, the portion size is to be determined by the stated amount of nutrients per portion size. Remember to look at the appropriate level and description.

³ The amount of nutrients is stated per portion size unless stated otherwise.

PART 3 REQUIREMENT SPECIFICATIONS

13.2.10 Vegetables

Level	Description	Portion Size (g) ^{1,2}	Nutrients Per Portion Size				Examples of Typical Compliant Menu Items
			Energy (kcal) ^{1,3}	Carbohydrates (g) ^{1,3}	Protein (g) ^{1,3}	Fat (g) ^{1,3}	
All	Cooked Vegetables (This excludes 'A mix of meat and vegetables')	100g total cooked weight per meal. Use unsaturated fats in recipes	-	-	-	≤ 5g Total fat	Cauliflower mixed vegetables, stir-fried leafy vegetables

¹ There is a tolerance of $\pm 10\%$ in nutrient content and portion size to allow variations in nutritional analysis and portion size.

² If there are food item(s)/ ingredient(s) not listed in the table, the portion size is to be determined by the stated amount of nutrients per portion size. Remember to look at the appropriate level and description.

³ The amount of nutrients is stated per portion size unless stated otherwise.

13.2.11 Salads

Level	Description	Portion Size (g) ^{1,2}	Nutrients Per Portion Size				Examples of Typical Compliant Menu Items
			Energy (kcal) ^{1,3}	Carbohydrates (g) ^{1,3}	Protein (g) ^{1,3}	Fat (g) ^{1,3}	
All	The portion of meat and carbohydrate-rich ingredients in the salad (not including salad dressing)	100g lean meat/ fish potato/rice/ pasta/ legumes/ lentils/ couscous	-	~15g to 30g	At least 20g	-	Chicken and chickpea salad, etc.
	The portion of egg or cheese and carbohydrate-rich ingredients in the salad (not including salad dressing)	2 eggs/ 40g low fat cheese potato/rice/ pasta/ legumes/ lentils/ couscous	-	~15g to 30g	At least 10g	-	Egg and potato salad, etc.
	Green salad	150g	-	-	-	-	Garden salad
	Coleslaw	150g	-	-	-	<3g total fat	Coleslaw

¹ There is a tolerance of $\pm 10\%$ in nutrient content and portion size to allow variations in nutritional analysis and portion size.

² If there are food item(s)/ ingredient(s) not listed in the table, the portion size is to be determined by the stated amount of nutrients per portion size. Remember to look at the appropriate level and description.

³ The amount of nutrients is stated per portion size unless stated otherwise.

PART 3 REQUIREMENT SPECIFICATIONS

13.2.12 Salad dressings

Level	Description	Portion Size (g) 1,2	Nutrients Per Portion Size				Examples of Typical Compliant Menu Items
			Energy (kcal) ^{1,3}	Carbohydrates (g) ^{1,3}	Protein (g) ^{1,3}	Fat (g) ^{1,3}	
All	Salad Dressing	20ml	-	-	-	<3g total fat	Balsamic dressing, reduced fat thousand island dressing, reduced French dressings, etc.

¹ There is a tolerance of $\pm 10\%$ in nutrient content and portion size to allow variations in nutritional analysis and portion size.

² If there are food item(s)/ ingredient(s) not listed in the table, the portion size is to be determined by the stated amount of nutrients per portion size. Remember to look at the appropriate level and description.

³ The amount of nutrients is stated per portion size unless stated otherwise.

13.2.13 Dessert

Level	Description	Portion size (g) ^{1,2}	Nutrients Per Portion Size				Examples of Typical Compliant Menu Items
			Energy (kcal) ^{1,3}	Carbohydrates (g) ^{1,3}	Protein (g) ^{1,3}	Fat (g) ^{1,3}	
All	Hot	-	-	-	-	≤ 12 g total fat	Bread pudding, fruit strudel, fruit crumble, cheng teng, etc.

¹ There is a tolerance of $\pm 10\%$ in nutrient content and portion size to allow variations in nutritional analysis and portion size.

² If there are food item(s)/ ingredient(s) not listed in the table, the portion size is to be determined by the stated amount of nutrients per portion size. Remember to look at the appropriate level and description.

³ The amount of nutrients is stated per portion size unless stated otherwise.

13.2.14 Vegetarian

Level	Description	Portion size (g) 1,2	Nutrients Per Portion Size				Examples of Typical Compliant Menu Items
			Energy (kcal) ^{1,3}	Carbohydrates (g) ^{1,3}	Protein (g) ^{1,3}	Fat (g) ^{1,3}	
All	High protein main meals	- *To indicate nutrients per portion size	-	At least 50g	At least 48g	~ 5 to 20g total fat	Chickpea and vegetable curry + rice+ 2 eggs + vegetables, Tomato Omelette (using 2 medium eggs) +rice +vegetables, roasted vegetarian lasagne, etc.

¹ There is a tolerance of $\pm 10\%$ in nutrient content and portion size to allow variations in nutritional analysis and portion size.

² The portion size is to be determined by the stated amount of nutrients per portion size. Remember to look at the appropriate level and description. This is inclusive of Rice and alternatives.

³ The amount of nutrients is stated per portion size unless stated otherwise.

13.3 Supper

13.3.1 Bakery/Pastry selections

Level	Description	Portion Size (g) ^{1,2}	Nutrients per portion size				Examples of Typical Compliant Menu Items
			Energy (kcal) ^{1,3}	Carbohydrates (g) ^{1,3}	Protein (g) ^{1,3}	Fat (g) ^{1,3}	
All	Breads may be consumed as is or used for sandwiches (refer below) Include gluten-free options	1 Bagel, 1 English muffins, 1 pita bread, etc.	-	At least 15g	At least 3g	≤ 5g total fat	Buns, English muffins, bagels, pita bread, rye bread, wholegrain bread, etc.
	Biscuits Include gluten-free options	-	-	-	-	≤ 5g total fat	Assorted biscuits, plain crackers, etc.
	Baked or steamed bakery/pastry selection	1 whole	-	-	-	<10g total fat, ≤2g saturated fat per 100g	Mini pie, mini curry puff, har gow, pau , etc.

¹ There is a tolerance of $\pm 10\%$ in nutrient content and portion size to allow variations in nutritional analysis and portion size.

² If there are food item(s)/ ingredient(s) not listed in the table, the portion size is to be determined by the stated amount of nutrients per portion size. Remember to look at the appropriate level and description.

³ The amount of nutrients is stated per portion size unless stated otherwise.

13.3.2 Sandwiches

Level	Description	Portion Size (g) ^{1,2}	Nutrients per portion size				Examples of Typical Compliant Menu Items
			Energy (kcal) ^{1,3}	Carbohydrates (g) ^{1,3}	Protein (g) ^{1,3}	Fat (g) ^{1,3}	
All	Sandwiches which include fillings and vegetables Use low fat versions of ingredients such as low fat cheese, low fat mayonnaise Provide vegetarian and non-vegetarian options.	50g lean meat/fish OR 21g (1 slice) cheese OR ~49g egg (1 egg) + 40g salad vegetables + minimum 2 slices of bread	-	At least 30g	At least 6g	≤ 5g total fat / 100g	Tuna salad sandwich; egg mayo sandwich, etc.
	Bread and spreads	10g of spread per 2 slices of bread	-	At least 30g	-	< 10g total fats	Spreads include but not limited to: Hummus, margarine/ low fat spreads, jam, chocolate spread, etc.

¹ There is a tolerance of $\pm 10\%$ in nutrient content and portion size to allow variations in nutritional analysis and portion size. However, over the whole day, the standard menu is to provide the recommended amount of nutrients defined in this contract.

² If there are food item(s)/ ingredient(s) not listed in the table, the portion size is to be determined by the stated amount of nutrients per portion size. Remember to look at the appropriate level and description.

³ The amount of nutrients is stated per portion size unless stated otherwise.

PART 3 REQUIREMENT SPECIFICATIONS

13.4 Beverages for all meals

Level	Description	Portion size(g) 1,2,3	Nutrients Per Portion Size			
			Energy(kcal) 1,2,3	Carbohydrates(g) ¹²³	Protein(g) ^{1,2,3}	Fat(g) 1,2,3
All	Beverages made from concentrates					
	Reconstituted Milo	-	~60 kcal/ 100ml	~10g/ 100ml	~4g/ 100ml	~3g/ 100ml
	Other reconstituted beverages		~27kcal/ 100ml	~6g/100ml	-	-
	Commercially prepared beverages					
	Fruit Juices (no added sugar) e.g., Pasturized Juices (This excludes juice drinks)	-	-	<12.5g/100ml	-	-
	Juice drinks (no added sugar) and other commercially prepared beverages		-	~6g/100ml	-	-
	Isotonic drinks such as 100 plus		-	At least 5g/100ml to 8g/100ml	-	-
	Home-made beverages and other beverages					
	Home-made beverages, Beverages that requires additional sugar e.g., adding sugar syrup to soybean milk (unsweetened)	-	-	~6g/100ml	-	-

¹ There is a tolerance of ±10% in nutrient content and portion size to allow variations in nutritional analysis and portion size. However, over the whole day, the standard menu is to provide the recommended amount of nutrients defined in this contract.

² The amount of nutrients is stated per portion size unless stated otherwise.

³ The amount stated above may change when the School deems necessary.

PART 3 REQUIREMENT SPECIFICATIONS

- 14 A student-athlete's minimum entitlement per meal
- 14.1 Pre-training meals
 - 14.1.1 Carbohydrate and alternatives: Free Flow
 - 14.1.2 Bakery selections: Free flow
 - 14.1.3 Sandwiches: Free flow
 - 14.1.4 Out-rations: 1 portion size
 - 14.1.5 Fruits: Free Flow
 - 14.1.6 Beverages and dairy products: Free Flow
 - 14.2 Main Meals (i.e., Breakfast, Lunch and Dinner)
 - 14.2.1 Rice and alternatives and cereals: Free flow
 - 14.2.2 Protein: 1 portion size for lunch; 2 portion sizes for dinner (Refer to the portion sizes in Point 13.2)
 - 14.2.3 Side dish: 2 portion sizes for lunch, 1 portion size for dinner
 - 14.2.4 Soup: Free Flow
 - 14.2.5 Cooked vegetables: Free Flow
 - 14.2.6 Salad: Free Flow
 - 14.2.7 Fruits: Free Flow
 - 14.2.8 Beverages: Free Flow
 - 14.3 Supper
 - 14.3.1 Hot cooked items: 1 portion
 - 14.3.2 Bakery selections/sandwiches: 1 portion
 - 14.3.3 Protein: 1 portion size
 - 14.3.4 Bread and spreads: Free Flow
 - 14.3.5 Cake and savoury item for birthday celebration: 1 portion each
 - 14.3.6 Fruits: Free Flow
 - 14.3.7 Beverages: Free Flow
 - 14.4 All student-athletes shall be allowed to request for additional portions on top of those described in Points 14.1 to 14.3.
- 15 Quality
- 15.1 Nutritional Quality
 - 15.1.1 Menu shall place emphasis on foods high in carbohydrate (e.g., rice, noodles, pasta, bread, flour-based dishes, etc.) with adequate high quality protein foods (e.g., lean red meat, seafood, lean and skinless poultry and low fat dairy foods), vegetables, fruit and limited fats and oils.
 - 15.1.2 Menu shall adhere to all specifications listed in Points 12, 13 and 14 in addition to the following:
 - a. Menu shall not exceed **THIRTY PERCENT (30%)** amber-coloured and no more than **ONE (1)** red-coloured item per day, with menu items

being colour-coded using a traffic-light system as described in Point 19.

15.2 Ingredients

- 15.2.1 Caterer should have acceptable industry-standard of purchasing, receiving and storage procedures in place.
- 15.2.2 High-quality vegetables sourced from both fresh and Individually Quick Frozen (IQF) suppliers to ensure year-round provision of variety.
- 15.2.3 Use only lean parts (e.g., loin, round) of red meat and poultry and remove visible fat and skin. Use 'light meat' poultry (e.g., breast portion) more often than dark meat (e.g., thigh). Any changes shall be approved by the School.
- 15.2.4 A fish option high in omega-3-fatty acids (i.e. oily fish) shall appear in the menu as part of protein sources for lunch and dinner every week. For example, salmon, tuna, etc. If oily fish is not served, the Caterer's nutritionist to ensure that there are equivalent alternatives of other omega-3-fatty acids rich source in the menu (i.e. omega-3 enriched eggs, milk, soymilk – this has to be specifically stated by the manufacturer)
- 15.2.5 Use of Locally Farmed Eggs:
 - a. The Caterer shall exclusively utilise locally farmed eggs for all food preparation and related services. "Locally farmed eggs" refer to eggs sourced from local farms or suppliers in Singapore.
 - b. The Caterer shall ensure that all eggs used in the provision of meals and food services are sourced from local producers who adhere to the applicable laws, regulations and industry standards governing egg production.
 - c. Any exceptions or deviations from using locally farmed eggs, must be approved by the School. The Caterer is to provide valid and justifiable reasons for the deviation.
 - d. The Caterer shall maintain accurate records documenting the origin and source of all eggs used in their operations. These records shall be made available for inspection upon request by the contracting party or any relevant authorities.
 - e. In the event of a temporary or unforeseen shortage of locally farmed eggs, the Caterer shall promptly notify the School and propose appropriate alternatives that is approved by the School.

- 15.2.6 The Caterer to ensure menu planning takes into consideration recommended daily allowances of iron and calcium as stipulated by the Health Promotion Board.
- 15.2.7 Use only oils higher in unsaturated fats in all cooking (e.g., Oils with Healthier Choice Logo, such as sunflower, corn, safflower, soybean, etc). The use of butter shall be kept to a minimum.
- 15.2.8 Use less oil in cooking all dishes, including flavoured rice/noodle/pasta/dishes (e.g., fried rice).
- 15.2.9 Skim off excess oil from gravies/stews/sambal. Gravies from protein dishes to be separated and served on the side when possible.
- 15.2.10 Use healthier cooking methods (e.g., stew, braise, poach, boil, steam, bake, roast, grill, stir-fry). A variety of cooking methods shall be adopted to provide tasty and healthy menus. Deep frying should be kept to a minimum.
- 15.2.11 When high-fat ingredients such as coconut cream or coconut milk is required in the recipe, modify the recipe to reduce the amount of fat used while not affecting the tastiness of the dish. Modification may include, but is not limited to, substituting the ingredients with reduced fat options or reducing the amount of high fat ingredients to a minimal amount. For example, in a Nasi Lemak recipe, the amount of coconut milk added to the rice could be decreased or replaced with low-fat milk or non-fat/low-fat yoghurt, and coconut essence may be added to make the rice fragrant.
- 15.2.12 Should spreads contain fats, it shall be high in mono- or poly-unsaturated fats.
- 15.2.13 Pre deep-fried food upon purchase and commercial par-fried food (e.g., pre deep-fried chicken nuggets, pre deep-fried fish cakes and pre deep-fried French fries) shall be kept to a minimum.
- 15.2.14 Pastry and pastry items shall contain less than 10g fat per portion size, if used at all.
- 15.2.15 Use sauces sparingly in dishes (e.g., soy sauce, oyster sauce, etc.).
- 15.2.16 Salad dressings, condiments and gravies are to be served separately.
- 15.2.17 Use healthier choices of dressings/sauces (e.g., low fat, reduced fat, low salt, reduced salt or products with Healthier Choice (HCS) logo).

- 15.2.18 Only ripe, fresh fruit shall be provided, clear of any deterioration or damage. Selection of fruit, except banana, will not be repeated on consecutive days.
- 15.2.19 Monosodium glutamate (MSG) and food containing added Hydrolyzed Vegetable Protein (HVP) shall not be used in the preparation of meals and shall not be present in meals being served in the dining hall. MSG is also known as E621.
- 15.2.20 The caterer is required to use methods that maintain nutritional quality while cooking in large quantities, for example, batch cooking.
- 15.2.21 Preserved food shall not appear in the menu unless approved by the School.
- 15.2.22 Lean red meat shall appear three to five times per week.
- 15.3 Food Quality
 - 15.3.1 Menu evaluation
 - a. The Caterer is required to develop a system that allows for menu evaluation on a regular basis. All menu planning and modifications (if required) by the Caterer shall be done in consultation with the School.
- 15.4 Portioning Instructions
 - 15.4.1 The Caterer shall make sure the correct portion size of the menu items as stated in Point 14 is served.
 - 15.4.2 Service staff should be aware of the relevant portion size and how to apportion correctly.
- 15.5 Food safety
 - 15.5.1 The Caterer should be able to come up with a food safety programme (For example, no serving of expired food or drink product and/or no foreign object/impurity for the food prepared and served.) to meet the hygiene requirements found in Appendix 2.
 - 15.5.2 The Caterer shall use the safest methods to defrost food items. Food safety is of prime concern.
 - 15.5.3 The Caterer shall ensure that the menu items are cooked thoroughly, e.g., chicken pieces may be cooked on the outside, but still be uncooked/semi-cooked in the middle.

PART 3 REQUIREMENT SPECIFICATIONS

- 15.5.4 All food items shall be temperature-tested prior to service for food safety and food palatability.
 - a. The internal temperature of hot food will be served at not lower than 74°C
 - b. Cold food will be served below 4°C
 - 15.5.5 The Caterer shall ensure food handlers are trained on safe meal preparation in terms of food allergies.
- 15.6 Service
 - 15.6.1 The Caterer shall put in place a system that prevents run-outs and one which avoids lapses in the service flow during service time.
 - 15.6.2 Food service staff shall be polite and helpful at all times.
 - 15.6.3 The Caterer shall anticipate seasonal changes when planning the menu and inform the School at least one day in advance should there be any changes in the menu for any particular day.
- 15.7 Taste
 - 15.7.1 The Caterer shall taste test all menu items prior to service to ensure that all menu items are properly seasoned. This tasting should be carried out using the 'two spoon method' to ensure food safety.
- 15.8 Food characteristics and combinations
 - 15.8.1 Combination of menu items shall consist of:
 - a. Colour and Appeal – attractive colour combinations
 - b. Texture and Consistency – contrast of soft, creamy, crisp, chewy and firm-textured foods
 - c. Flavour combinations – compatible and varied flavours are used
 - d. Shapes and Sizes – acceptable contrast of food shapes and sizes
 - e. Variety in preparation –A variety of cooking methods shall be adopted to provide tasty and healthy menus. Cooking methods such as roasting, stewing, boiling, grilling and stir-frying shall be included. Greater variety may be introduced by using a variety of herbs and spices, etc.
- 16 In-house Nutritionist
 - 16.1 An SNDA-accredited nutritionist shall be appointed. The appointment letter of the nutritionist shall be submitted to the School by the Caterer. The nutritionist shall meet with the School to review the menu and meal-related matters on a quarterly basis.

PART 3 REQUIREMENT SPECIFICATIONS

- 16.2 The nutritionist shall check/vet that proposed weekly menus align with menu specifications described in Points 12, 13 and 14. Vetted menus shall be sent to SSP Boarding Management and NYSI 10 weeks in advance for final approval.
- 16.3 The nutritionist shall be responsible for the creation of the following educational materials:
 - 16.3.1 Sports nutrition educational materials to be displayed at the dining hall as described in Point 18.
 - 16.3.2 Food safety (e.g., safe consumption for non-perishable food) educational materials to be displayed at the dining hall.
- 17 Chef
 - 17.1 The chef is required to have at least 5 years of experience in the catering/hotel industry (or equivalent). The chef shall have basic nutritional knowledge, experience in planning menus and be able to cook menu items in quantities without compromising nutritional quality. He/She shall make menu items tasty keeping in mind the student-athletes' nutritional requirements. The chef will be required to have knowledge in preparing safe meals in terms of food allergies. The School reserves the right to ask the Caterer to change the chef should there be a need.
- 18 Nutrition Education at Dining Hall
 - 18.1 The Caterer shall display nutrition information, traffic light colour-coding and list of common allergens (e.g., peanut, seafood, gluten) of all food items served in the daily menu during meal times which include:
 - 18.1.1 Menu items that are provided on that particular day
 - 18.1.2 Photo/sample of items
 - 18.1.3 Nutrient analysis per serving that includes carbohydrates, protein and sodium
 - 18.2 Nutrition Information Panel labels to be displayed with the nutrients listed in Point 18.1.3 and traffic light colour-coding shall be designed to increase effectiveness and capture student-athletes' attention.
 - 18.3 Should there be any changes in the menu, Nutrition Information Panel labels have to be changed accordingly. The School and NYSI Sport Dietitians should be informed a day prior on the change. Changes in meal items are required to be aligned with menu specifications described in Points 12, 13 and 14.
- 19 Traffic light colour-coding system
 - 19.1 The In-House Nutritionist will be required to adhere to the guidelines listed in Point 15.1 and on the traffic light colour-coding for all the meals and snacks provided at the dining hall. The School reserves the rights to add additional guidelines in consultation with NYSI Sport Dietitians.

Green	<ul style="list-style-type: none"> • All food items that meet the nutrients specifications in Point 12, 13, 15.1 and 15.2 (where applicable) unless listed as the type of food items under Amber. • All meals prepared using the healthier cooking method stated in Point 15.2.8 unless listed as the type of food items under Amber. • All condiments with no added fat and sugar including dried fruits, cheese, dry roasted nuts
Amber	<ul style="list-style-type: none"> • Heavily sauced • Sambal/ curry-based • Prepared with butter and cream / oil based sauces including bakery items • Contain processed meat (Smoked salmon is not included) • Pastry item or item that contains pastry • Breakfast cereal and biscuit made with < 50% wholegrain <u>or</u> ≤ 25g sugar per 100g • Cream/ oil-based condiments and / sauces that meet the nutrients specifications in Point 15.1. To include tip to use sparingly. • Honey and spreads • All beverages except for water, milk, soy milk and in-house prepared freshly squeezed juice with pulp where they will fall under the GREEN category
Red	<ul style="list-style-type: none"> • Food items that do not meet the guidelines • Food items that provide only calories and no other nutritive properties

20 Continuing Education for Staff

20.1 It is essential that catering staff is aware of the nutritional requirements of athletes and equipped with knowledge of good nutrition and food hygiene. The Caterer shall therefore provide training for all cooks in the following areas and provide evidence before they are deployed to the School:

- 20.1.1 Food safety and hygiene, including safe meal preparation for student-athletes with food allergies
- 20.1.2 Food and nutrition in general
- 20.1.3 Cooking methods and modifications
- 20.1.4 Others, e.g., nutritional needs of growing adolescents

21 Provision of timely report

- 21.1 Caterer shall provide quarterly report of actual meals and portion served.
- 21.2 Food wastage shall be weighed according to individual menu items and not combined.

22 Implementation of Performance Plate Station

- 22.1 Once a week during the lunch service and at the request of the School, with the option to be extended to dinner service.
- 22.2 Meal set to be served on section-divided plates (sourced and provided for by the Caterer).
- 22.3 Specification of the performance plate include:

PART 3 REQUIREMENT SPECIFICATIONS

- 22.3.1 High quality lean protein with protein grammage and specification as described in Point 13.
- 22.3.2 Total fat content of meal to be less than 25g (with the exception of meals where an oily fish is the main protein).
- 22.3.3 High quality carbohydrates with portion fixed at 45g, 60g, 75g cooked weight.
- 22.3.4 Sufficient amount of vegetables as described in Point 13.
- 22.4 The Caterer's nutritionist to provide nutrition analysis data of performance plate one month prior to menu roll out.
- 22.5 The Caterer's nutritionist to provide evidence of weighing sampling of performance plate each week.
- 22.6 Specifications of performance plate subjected to the School's approval and changes.