

ALLERGEN MENU

GEMS World Academy Singapore | Jan - Mar 2021

Our allergen-free meals contain no gluten, egg or dairy.

All meals are \$5 and include a portion of fruit. Available for pre-order only so we can serve your specific allergen requests. Please email us at gems@victuscatering.asia to order

WEEK 1	Allergen-free meal
11-Jan	(AF) Chicken mee soto, rice noodles, beansprouts
12-Jan	(AF) Sauteed beef, fried rice, sauteed long beans
13-Jan	(AF) Pesto chicken, roasted tomato, brown rice
14-Jan	(AF) Baked fish, steamed broccoli, brown rice
15-Jan	(AF) Crispy chicken, broccoli, seaweed rice
WEEK 2	Allergen-free meal
18-Jan	(AF) Oven baked lemon dill fish, sauteed leeks, brown rice
19-Jan	(AF) Roasted chicken, lyonnaise potato, baked beans
20-Jan	(AF) Chicken meatball marinara, sauteed broccoli, brown rice
21-Jan	(AF) Beef cottage pie, caramelised onion and peas
22-Jan	(AF) Baked chicken, chinese cabbage, brown rice
WEEK 3	Allergen-free meal
25-Jan	(AF) Stir fry beef, rice noodles, steamed kailan
26-Jan	(AF) Chicken fried rice, sauteed mushroom
27-Jan	(AF) Sauteed chicken, spinach and tomato, root vegetables
28-Jan	(AF) Steamed fish, sauteed cabbage, brown rice
29-Jan	(AF) Crispy chicken, garlic broccoli, brown rice
WEEK 4	Allergen-free meal
1-Feb	(AF) Mediterranean fish casserole, tomato, olive, potato, brown rice
2-Feb	(AF) Sauteed beef, braised cabbage, brown rice
3-Feb	(AF) Steamed chicken rice, steamed kailan
4-Feb	(AF) Crispy chicken, sauteed mushroom, brown rice
5-Feb	(AF) Oven baked chicken, broccoli, root vegetables

Enjoy your Chinese New Year break!

WEEK 5	Allergen-free meal
15-Feb	(AF) Stir fry beef, broccoli and cauliflower, brown rice
16-Feb	(AF) Seared chicken, fried rice, sauteed long beans
17-Feb	(AF) Indonesian turmeric rice, roasted chicken, sauteed cabbage
18-Feb	(AF) Lemongrass steamed fish, asian slaw, brown rice
19-Feb	(AF) Chicken cutlet, Thai sweet chilli, vegetable stir fry, brown rice

WEEK 6	Allergen-free meal
22-Feb	(AF) Roasted chicken, brown rice, pea shoots
23-Feb	(AF) Fried Chicken, fried rice, sauteed broccoli
24-Feb	(AF) Sauteed beef, beans, brown rice
25-Feb	(AF) Crispy fish, sauteed long beans, brown rice
26-Feb	(AF) Korean fried chicken, kimchi, brown rice

WEEK 7	Allergen-free meal
1-Mar	(AF) Steamed chicken with lemon and herb, baked tomatoes, brown rice
2-Mar	(AF) Baked chicken, brown rice, sauteed cabbage
3-Mar	(AF) Beef meatball marinara, corn, brown rice
4-Mar	(AF) Roast chicken, potato stir fry, brown rice
5-Mar	(AF) Crispy fish, capsicum, brown rice

WEEK 8	Allergen-free meal
8-Mar	(AF) Sliced fish soup, noodles, chinese spinach
9-Mar	(AF) Steamed chicken, root vegetables, brown rice
10-Mar	(AF) Beef stir fry, seaweed rice, kimchi
11-Mar	(AF) Sauteed honey chicken, cabbage, brown rice
12-Mar	(AF) Chicken karaage, cauliflower, brown rice

WEEK 9	Allergen-free meal
15-Mar	(AF) Stir fry beef, rice noodles, steamed kailan
16-Mar	(AF) Chicken fried rice, sauteed mushroom
17-Mar	(AF) Sauteed chicken, spinach and tomato, root vegetables
18-Mar	(AF) Steamed fish, sauteed cabbage, brown rice
19-Mar	(AF) Crispy chicken, garlic broccoli, brown rice

WEEK 10	Allergen-free meal
22-Mar	(AF) Mediterranean fish casserole, tomato, olive, potato, brown rice
23-Mar	(AF) Sauteed beef, braised cabbage, brown rice
24-Mar	(AF) Oven baked chicken, broccoli, root vegetables