

FRIENDLY FLAVOURS

GEMS World Academy Singapore | Aug - Sep 2020

These meals are lighter in flavours and ingredients, and are perfect for younger eaters to enjoy!

All meals are \$5 and include a portion of fresh fruit. Available for pre-order only, please email us at gems@victuscatering.asia

WEEK 1	
19-Oct	Chicken alfredo, pasta, mushrooms (D)(E)(G)
20-Oct	Grilled chicken, glazed carrots, brown rice (D)
21-Oct	Beef Bolognese, pasta, green peas (D)(E)(G)
22-Oct	Battered fish, brown rice, green beans (E)(G)
23-Oct	Barbeque chicken, sautéed mushroom, French fries (G)
WEEK 2	
26-Oct	Buttered pasta, roasted chicken, grilled corn kernel (D)(G)
27-Oct	Oven baked chicken, glazed carrots, brown rice (D)
28-Oct	Chicken alfredo, pasta, mushrooms (D)(E)(G)
29-Oct	Seared fish, brown rice, sautéed mixed vegetables
30-Oct	Beef pepperoni, minced beef, tomato & olive pizza, chips (D)(G)
WEEK 3	
02-Nov	Meatballs marina, pasta (D)(E)(G)
03-Nov	Roasted chicken, gravy, mash potato, French beans (D)(G)
04-Nov	Chicken aglio olio pasta, spinach (D)(E)(G)
05-Nov	Steamed fish, sautéed mushroom, brown rice (G)
06-Nov	Chicken sausage, Sautéed broccoli, French fries (D)
WEEK 4	
09-Nov	Buttered pasta, roasted chicken, roasted carrots (D)(E)(G)
10-Nov	Seared fish, brown rice, French beans,
11-Nov	Chicken bolognese, pasta, 13 vegetables mix (D)(E)(G)
12-Nov	Baked chicken, mixed vegetables, brown rice
13-Nov	Beef patties, sautéed mushroom, French fries (E)(G)

WEEK 5	
16-Nov	Pasta, roasted chicken, sautéed mix vegetables (D)(E)(G)
17-Nov	Brown rice, steamed broccoli, baked chicken
18-Nov	Chicken carbonara, pasta, green peas (D)(E)(G)
19-Nov	Crispy fish, long beans, brown rice (E)(G)
20-Nov	Tomato & cheese pizza, chips (D)(G)

WEEK 6	
23-Nov	Pasta, roasted chicken, grilled vegetables (D)(E)(G)
24-Nov	Oven baked fish, baked beans, brown rice (G)
25-Nov	Beef meatball marina, pasta, mixed vegetables (D)(E)(G)
26-Nov	Steamed chicken, brown rice, buttered carrots (D)
27-Nov	BBQ chicken sausage, coleslaw, potato wedges (G)

WEEK 7	
30-Nov	Grilled chicken, glazed carrots, brown rice (D)
01-Dec	Beef Bolognese, pasta, green peas (D)(E)(G)
02-Dec	Fish marinara, brown rice, green beans
03-Dec	Barbeque chicken, sautéed mushroom, French fries (G)
04-Dec	Buttered pasta, roasted chicken, grilled corn kernel (D)(G)

WEEK 8	
07-Dec	Oven baked chicken, glazed carrots, brown rice (D)
08-Dec	Chicken alfredo, pasta, mushrooms (D)(E)(G)
09-Dec	Battered fish, brown rice, sautéed mixed vegetables (E)(G)
10-Dec	Battered fish, brown rice, green beans (E)(G)
11-Dec	Barbeque chicken, sautéed mushroom, French fries (G)

WEEK 8	
14-Dec	Buttered pasta, roasted chicken, grilled corn kernel (D)(G)
15-Dec	Roasted turkey, gravy, festive stuffing, Brussel sprouts, cranberry compote (D)(E)(G)
16-Dec	Buttered pasta, roasted chicken, grilled cauliflower (D)(G)
17-Dec	Turkey vegetable casserole, penne pasta (D)(G)
18-Dec	Beef pepperoni, minced beef, tomato & olive pizza, chips (D)(G)