



WE HOPE YOU HAVE HAD A GREAT FIRST HALF TERM!

Hello! How have the first few weeks at school been?

We've been busy serving up fresh and healthy meals to the GWA community, and we're really grateful for your support!

We're always committed to delivering on our promise of "fresh, healthy and delicious food, cooked with love" - continuing from the first menu, we've tweaked a few dishes and added a few options to suit your tastes! We hope you enjoy it!

Within, you'll find the a-la-carte menu (available for purchase and pre-order) and our pre-order only menu.

If you have any questions, please don't hesitate to get in touch with us at gems@victuscatering.asia

See you soon!

- Team Victus

IN THIS MENU, THE FOLLOWING SYMBOLS ARE USED:

- (D) - Contains Dairy
- (E) - Contains Egg
- (G) - Contains Gluten

Please email us directly to enquire about food allergies and other dietary needs - we'd be glad to assist!

Healthier choices with good nutritional values.

These should be selected carefully and eaten in moderation. Though items may contain good nutrients, they may also contain high sodium, fat, or sugar.

These should be enjoyed rarely. These dishes may contain high sodium, fat, or sugar.

GRADE	Pre-order and A la carte			Pre-order only			A la carte only
	Morning Tea	Asian	Western	Vegetarian	Friendly Flavours	Allergen-free	Power Bowl
K to G3	Preorder \$2.00	Preorder \$5 includes a portion of fresh fruit			Pre-order only \$5 includes a portion of fresh fruit Please see the separate menu card for our Friendly Flavours menu.	Pre-order only \$5	No a la carte purchases allowed.
G4-5	Pre-order or a la carte \$2.00	Preorder \$5 includes a portion of fresh fruit		Pre-order only \$5 includes a portion of fresh fruit		includes a portion of fresh fruit	A la carte only - \$6.00 per bowl
G6-10	Please see morning tea menu.	A la carte \$5.50				Please see the special allergen-free menu.	
G11-12	A range of snacks and drinks is available for purchase at the canteen.	A range of snacks and drinks is available for purchase at the canteen.				Please get in touch with us to discuss your (child's) dietary needs in detail.	

LUNCH MENU



Western and Asian options are available a la carte from our canteen for \$5.50. All of our meal options are available for pre-order for \$5, including a portion of fresh fruit.

WEEK 1	A la carte or Pre-order		Pre-order
	Western	Asian	Vegetarian
19-Oct	Chicken Alfredo pasta, mushrooms (D)(E)(G)	Kung pao chicken, cabbage stir fry, brown rice (G)	Al fungi pasta, mushrooms, green peas (D E G)
20-Oct	Chicken enchilada, grilled vegetables (D)(G)	Beef noodle soup, garlic kailan (E)(G)	Roasted vegetable enchilada, grilled vegetables (D)(G)
21-Oct	Beef Bolognese pasta, green peas (D)(G)	Ginger steamed fish, sautéed broccoli, brown rice (G)	13 vegetables pomodoro pasta, green peas (D)(E)(G)
22-Oct	BBQ chicken, buttered green beans, potato gratin (D)(G)	Chicken nasi lemak, omelette, cucumber (E)	BBQ beans, buttered French beans, potato gratin (D)(G)
23-Oct	Grilled chicken burger, mushrooms, French fries (D)(E)(G)	Chicken cutlet, sautéed cabbage, seaweed rice	Mushroom patty burger, French fries (D)(E)(G)
WEEK 2	A la carte or Pre-order		Pre-order
	Western	Asian	Vegetarian
26-Oct	Beef chilli con carne, corn, Mexican rice	Thai chicken green curry, eggplant, brown rice (G)	Thai green vegetable curry, boiled egg, brown rice (G)
27-Oct	Chicken spinach wrap, baked mixed potatoes (D)(G)	Dry soy ramen, miso fish, corn, edamame (E)(G)	Dry soy ramen, miso tofu, corn edamame (E)(G)
28-Oct	Chicken Alfredo pasta, mushrooms (D)(E)(G)	Kung pao chicken, cabbage stir fry, brown rice (G)	Al fungi pasta, mushrooms, green peas (D E G)
29-Oct	Chicken lasagne, pomodoro sauce (D)(E)(G)	Chicken fried rice, beansprouts (E)(G)	13 vegetable lasagne, sautéed mixed vegetables (D)(E)(G)
30-Oct	Beef meat lover, tomato & olive pizza, roast vegetables (D)(G)	Japanese fried chicken, broccoli, rice (G)	Grilled vegetables pizza, roast vegetables (D)(G)

WEEK 3	A la carte or Pre-order		Pre-order
	Western	Asian	Vegetarian
02-Nov	Halloween special: Black fried noodles, char siew chicken, pea shoots (D)(E)(G)	Halloween special: 'Bloody' Meatballs marina, purple beetroot pasta (D)(E)(G)	Halloween special: Bloody roasted vegetables marina, purple beetroot pasta (D)(E)(G)
03-Nov	Roasted chicken, gravy, mash potato, French beans (D)(G)	Singapore bee hoon, baked fish, braised mushrooms (E)(G)	Stir-fry bee hoon noodles, braised mushroom and egg (D)(G)
04-Nov	Chicken aglio olio pasta, spinach (D)(E)(G)	Thai basil chicken, omelette, long beans brown rice (E)(G)	Spinach mushroom aglio olio pasta (D)(E)(G)
05-Nov	Cottage pie, sautéed mushrooms (D)(G)	Butter chicken, biryani rice, pickled vegetables (acar) (D)	Tandoori tofu, biryani rice, pickled vegetables (acar)
06-Nov	Chicken hot dog, French fries, bean con carne (D)(E)(G)	Soy glazed crispy chicken, sautéed broccoli, brown rice (G)	Crispy Tofu hot dog bun, French fries, bean con carne (D)(E)(G)

WEEK 4	A la carte or Pre-order		Pre-order
	Western	Asian	Vegetarian
09-Nov	Chicken stew, mushroom, root vegetables (D)(G)	Buttered chicken curry, chickpeas masala, pita bread (D)(G)	Buttered vegetable curry, chickpeas masala, pita bread (D)(E)(G)
10-Nov	Beef enchilada, sautéed French beans (D)(G)	Chicken chow mein, wok fried pea shoots (E)(G)	BBQ beans enchilada, sautéed French beans (D)(E)(G)
11-Nov	Chicken Bolognese pasta, 13 vegetables mix (D)(E)(G)	Ginger steamed chicken, long beans, brown rice	13 vegetable marinara pasta (D)(E)(G)
12-Nov	Mac & cheese baked pasta, grilled chicken, mixed vegetables (D)(E)(G)	Garlic fried rice, sautéed minced chicken, pea shoots (D)(E)(G)	Mac & cheese baked pasta, mixed vegetables (D)(E)(G)
13-Nov	Beef cheeseburger, French fries (D)(E)(G)	Crispy fish, vegetable stir-fry, brown rice	Chickpea patty burger, French fries (D)(E)(G)

WEEK 5	A la carte or Pre-order		Pre-order
	Western	Asian	Vegetarian
16-Nov	Oven baked chicken, sautéed broccoli, brown rice	Japanese chicken curry, eggplant, peas, brown rice (G)	Japanese vegetable curry, eggplant, peas, brown rice (G)
17-Nov	BBQ chicken burrito, roasted potatoes (D)(G)	Beef Char kway teow, garlic kailan (E)(G)	BBQ beans burrito, roasted potatoes (D)(E)(G)
18-Nov	Chicken carbonara pasta, green peas (D)(E)(G)	Hainanese chicken rice, bok choy (G)	Pumpkin carbonara pasta, green peas (D)(E)(G)
19-Nov	Beef lasagne, sautéed mixed vegetables (D)(E)(G)	Thai pineapple fried rice, crispy chicken, long beans (E)(G)	13 vegetables lasagne, sautéed mixed vegetables (D)(E)(G)
20-Nov	Cornflakes chicken, mixed mushroom, mashed potatoes, sauce (D)(G)	Teriyaki chicken, mushroom, spring onion pizza, salad (D)(G)	Teriyaki mixed mushrooms, spring onion pizza, salad (D)(G)

WEEK 6	A la carte or Pre-order		Pre-order
	Western	Asian	Vegetarian
23-Nov	Chicken con carne taco bowl, tomato salsa, cheese, rice (D)(G)	Lemongrass steamed fish, roast tomatoes, brown rice	Mexican bean salsa taco bowl, tomato, cheese, rice, tortilla (D)(E)(G)
24-Nov	Honey mustard chicken, garlic bread, baked beans, coleslaw (D)(E)(G)	Chicken mee soto, noodles, beansprouts, broth (G)	Grilled tofu steak, garlic bread, baked beans, coleslaw (D)(E)(G)
25-Nov	Beef meatball marina pasta, mixed vegetables (D)(E)(G)	Chicken rendang, long beans, brown rice (G)	Grilled vegetable marinara pasta, mixed vegetables (D)(E)(G)
26-Nov	Chicken shepherds pie, sautéed mushrooms (D)(G)	Beef bulgogi, cabbage kimchi. Seaweed rice (G)	Vegetable ragout shepherds pie, sautéed mushrooms (D)(G)
27-Nov	BBQ chicken hot dog, potato wedges, cabbage slaw (D)(E)(G)	Japanese fried chicken, broccoli, rice (G)	Sweet potato hot dog, potato wedges, cabbage slaw (D)(E)(G)

WEEK 7	A la carte or Pre-order		Pre-order
	Western	Asian	Vegetarian
30-Nov	Chicken enchilada, grilled vegetables (D)(G)	Beef noodle soup, garlic kailan (E)(G)	Roasted vegetable enchilada, grilled vegetables (D)(G)
01-Dec	Beef Bolognese pasta, green peas (D)(G)	Ginger steamed fish, sautéed broccoli, brown rice (G)	13 vegetables pomodoro pasta, green peas (D)(E)(G)
02-Dec	BBQ chicken, buttered green beans, potato gratin (D)(G)	Chicken nasi lemak, omelette, cucumber (E)	BBQ beans, buttered French beans, potato gratin (D)(G)
03-Dec	Grilled chicken burger, mushrooms, French fries (D)(E)(G)	Chicken cutlet, sautéed cabbage, seaweed rice	Mushroom patty burger, French fries (D)(E)(G)
04-Dec	Beef chilli con carne, corn, Mexican rice	Thai chicken green curry, eggplant, brown rice (G)	Thai green vegetable curry, boiled egg, brown rice (G)

WEEK 8	A la carte or Pre-order		Pre-order
	Western	Asian	Vegetarian
07-Dec	Chicken spinach wrap, baked mixed potatoes (D)(G)	Dry soy ramen, miso fish, corn, edamame (E)(G)	Dry soy ramen, miso tofu, corn edamame (E)(G)
08-Dec	Chicken Alfredo pasta, mushrooms (D)(E)(G)	Kung pao chicken, cabbage stir fry, brown rice (G)	Al fungi pasta, mushrooms, green peas (D E G)
09-Dec	Chicken lasagne, pomodoro sauce (D)(E)(G)	Chicken fried rice, beansprouts (E)(G)	13 vegetable lasagne, sautéed mixed vegetables (D)(E)(G)
10-Dec	BBQ chicken, buttered green beans, potato gratin (D)(G)	Chicken nasi lemak, omelette, cucumber (E)	BBQ beans, buttered French beans, potato gratin (D)(G)
11-Dec	Grilled chicken burger, mushrooms, French fries (D)(E)(G)	Chicken cutlet, sautéed cabbage, seaweed rice	Mushroom patty burger, French fries (D)(E)(G)

WEEK 9	A la carte or Pre-order		Pre-order
	Western	Asian	Vegetarian
14-Dec	Beef chilli con carne, corn, Mexican rice	Thai chicken green curry, eggplant, brown rice (G)	Thai green vegetable curry, boiled egg, brown rice (G)
15-Dec	Garlic fried rice, sautéed minced chicken, pea shoots (D)(E)(G)	Roasted turkey, gravy, chestnut stuffing, brusselsprouts, cranberry compote (D)(E)(G)	Roasted parsnips, festive stuffing, Brussel sprouts, cranberry compote (D)(E)(G)
16-Dec	Rosemary chicken, sautéed vegetables, pilaf rice	Teriyaki fish, cabbage stir fry, brown rice	Rosemary cauliflower steak, sautéed vegetables, pilaf rice (D)
17-Dec	BBQ Turkey sliders (D)(E)(G)	Tandoori turkey pizza, yoghurt base (D)(G)	Vegetarian Cottage Pie (D)(E)(G)
18-Dec	Beef meat lover, tomato & olive pizza, roast vegetables (D)(G)	Japanese fried chicken, broccoli, rice (G)	Grilled vegetables pizza, roast vegetables (D)(G)



EATING WELL DOESN'T HAVE A MINIMUM AGE.

At Victus Catering, we believe that healthy eating is an essential and important part of life, no matter your age.

We put lots of effort into designing nutritious and delicious menus, but we recognise that sometimes, we all need a little more. That's why we've designed our **Power Bowl** - a build-it-yourself meal:



Our selections change regularly, as we try to rotate through different ingredients and flavours from around the world. As with all of our food, we cook everything fresh daily!

It's a great way to eat a varied diet, and even tailor your meal for your active lifestyle. For the younger ones amongst us, it's also a fantastic way to learn about making good eating choices.

Try a Power Bowl - available a-la-carte only for \$6 per bowl.