



WE HOPE YOU HAVE HAD A GREAT FIRST TERM!

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

We've been busy serving up fresh and healthy meals to the Nexus 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 facilities.victus@nexus.edu.sg

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!

LUNCH MENU



Every meal is \$5 - add \$1.50 for Milo. Please select your meals using our easy pre-order Excel sheet, and email us the sheet and a screenshot of your bank transfer confirmation to nexus.ordering@victuscatering.asia to confirm.

WEEK 1	A la carte or Pre-order			Pre-order
	Western	Asian	Plant Based	Allergy-free
28-Sep	Shredded egg, stir-fry vegetable beehoon (E)(G)	Spinach & cheese pizza (D)(G)	N/A	Vegetable casserole, rice
29-Sep	Roasted charsiu chicken, rice, kailan (G)	Chunky beef stew, winter vegetables, mashed potatoes (D)	Tofu, vegetable fried rice (G)	Chicken stir-fry vegetable beehoon noodles
30-Sep	Fried turmeric fish, steamed okra, brown rice (G)	Chicken fajitas, brown rice, beans, cheese (D)(G)	Mushroom fajitas, rice, beans, cheese (D)(G)	Steamed chicken, garlic kailan, brown rice
1-Oct	Hainanese chicken rice, cucumber, tomato (G)	Baked lemon fish, green beans, crushed potatoes (D)(G)	Tomato broccoli, green peas rice (D)(G)	Baked chicken, green beans, roast potatoes
2-Oct	Sweet soy beef brisket, Asian greens, garlic rice (G)	BBQ chicken pizza, capsicum, tomatoes (D)(G)	Teriyaki tofu, vegetable fritter, rice (G)	Sautéed minced beef, broccoli, brown rice

WEEK 2	A la carte or Pre-order			Pre-order
	Western	Asian	Plant Based	Allergy-free
5-Oct	Yang chow fried rice, vegetable spring roll (E)(G)	Vegetable pasta bake (D)(G)	NA	Oven baked ratatouille, rice
6-Oct	Beef fried kway teow, bean sprouts (E)(G)	Chicken chop, French fries, baked beans, coleslaw (E)(G)	Grilled vegetarian tomato pasta (D)(G)	Grilled chicken chop, baked beans, corn, rice
7-Oct	Soy sauce chicken, kailan, rice (G)	Tomato fish stew, bread roll (D)(G)	Sweet & sour tofu, broccoli, rice (G)	Rice puff crusted chicken, broccoli, brown rice
8-Oct	Grilled teriyaki fish, pickled cucumber, rice (G)	Chicken cacciatore, mushroom, pasta (D)(G)	Mixed vegetable fajitas, black beans, rice(D)(G)	Mexican chicken fajitas, rice
9-Oct	Chicken nuggets, sweet & sour sauce, French bean, rice (E)(G)	Chicken burger, potato wedges (D)(E)(G)	Margherita cheese pizza (D)(G)	Poached chicken, rice, broccoli

HOLIDAY - ENJOY YOUR BREAK!

WEEK 3	A la carte or Pre-order			Pre-order
	Western	Asian	Plant Based	Allergy-free
26-Oct	Boiled egg, fried tempeh, cucumber, coconut rice (E)(G)	Mexican bean chili, tortilla chips, sour cream (D)(G)	NA	Mexican bean chili, rice
27-Oct	Butter chicken, biryani rice, papadum, achar (D)(G)	Beef meatballs, Neapolitan sauce, pasta (D)(E)(G)	Minestrone pasta (G)	Grilled chicken, minestrone vegetables, rice
28-Oct	Fish ball meepok, choy sum vegetable (E)(G)	Chicken jambalaya, onion, capsicum, rice	Vegetable jambalaya, onion, capsicum, rice	Chicken jambalaya
29-Oct	Steamed chicken with ginger-garlic, peashoot, rice (G)	Fish chowder and bread roll (D)(G)	Mapo tofu, egg, spring onions, rice (E)(G)	Teochew steamed fish, tofu, rice
30-Oct	Baked chicken "Bat Wings", mee tai bak "worm noodles" (G)	Burnt "hand meat" burger (D)(E)(G)	"Bloody" Mac & Cheese (D)(E)(G)	Roast wings with rice noodles

WEEK 4	A la carte or Pre-order			Pre-order
	Western	Asian	Plant Based	Allergy-free
2-Nov	Mapo mushroom tofu, egg, broccoli, rice (E)(G)	Creamy spinach Bolognese pasta (D)(G)	NA	Mushroom Bolognese, rice
3-Nov	Chicken hor fun, Asian greens, gravy (D)(E)(G)	Beef lasagne (D)(G)	Vegetable baked pasta (D)(G)	Grilled chicken, corn succotash, rice
4-Nov	Thai basil beef, eggs, rice (E)(G)	Herb crusted fish, marinara sauce, pasta (D)(G)	Braised tofu, mixed vegetables, rice (G)	Sautéed beef & onions, mushrooms, rice
5-Nov	Fried mee tai bak, fish cake (E)(G)	Roast chicken, carrots, corn, roast potatoes, gravy (D)(G)	Vegetable fried noodles (E)(G)	Chicken chop, baked beans, green peas, rice
6-Nov	Chicken manchurian, pineapple, capsicum, rice (E)(G)	Chicken chop, coleslaw, garlic bread (E)(G)(D)	Falafel wrap (D)(E)(G)	Roast chicken, carrots, corn, roast potatoes

WEEK 5	A la carte or Pre-order			Pre-order
	Western	Asian	Plant Based	Allergy-free
9-Nov	Century egg, vegetable congee, fried shallots	Pumpkin & thyme pizza (D)(G)	NA	Pan-fried tempeh, green peas, brown rice
10-Nov	Beef bulgogi, grilled capsicum, rice (G)	BBQ chicken, glazed carrots, potato scaloppini (D)(G)	Japanese vegetable potato croquette	Baked fish, corn, brown rice
11-Nov	Tandoori chicken, mint yoghurt dip, coconut rice (D)(G)	Breaded fish & chips, tartare sauce	Stir-fry mixed vegetable, fragrant rice (G)	Grilled chicken, mixed vegetables, rice
12-Nov	Professional Development Day			
13-Nov	Deepavali/Diwali Public Holiday in lieu			

WEEK 6	A la carte or Pre-order			Pre-order
	Western	Asian	Plant Based	Allergy-free
16-Nov	Peranakan braised vegetable stew, rice (G)	Vegetarian lasagne (D)(E)(G)	NA	Vegetable casserole, brown rice
17-Nov	Tandoori chicken, mint yoghurt dip, coconut rice (D)(G)	Roast beef brisket, steamed potatoes, cauliflower gratin (D)(E)(G)	Grilled vegetable cauliflower pasta bake (D)(E)(G)	Turmeric chicken, dahl, coconut rice
18-Nov	Honey miso glazed fish, green beans, rice (G)	Braised chicken, lentils, root vegetables (D)	Roast broccoli and carrots, warm lentil salad (D)	Baked fish, green beans, brown rice
19-Nov	Stir-fry beef and spring onion, egg, rice (E)(G)	Roast chicken, root vegetables, gravy (G)	Braised stir-fried eggplant, egg, brown rice (E)(G)	Roast chicken, root vegetables, potato
20-Nov	Orange chicken, bak choy, rice (E)(G)	Fish burger, tartar sauce, French fries (D)(E)(G)	Sticky glazed tofu, Asian greens and rice (E)(G)	Thai beef basil, eggplants, rice

WEEK 7	A la carte or Pre-order			Pre-order
	Western	Asian	Plant Based	Allergy-free
23-Nov	Shredded egg, stir-fry vegetable beehoon (E)(G)	Spinach & cheese pizza (D)(G)	NA	Vegetable casserole, rice
24-Nov	Roasted charsiu chicken, rice, kailan (G)	Chunky beef stew, winter vegetables, mashed potatoes (D)	Tofu, vegetable fried rice (G)	Chicken stir-fry vegetable beehoon noodles
25-Nov	Fried turmeric fish, steamed okra, brown rice (G)	Chicken fajitas, brown rice, beans, cheese (D)(G)	Mushroom fajitas, rice, beans, cheese (D)(G)	Steamed chicken, garlic kailan, brown rice
26-Nov	Butter turkey, pineapple achar, turmeric rice	Roast turkey, Brussels sprouts, roast vegetables, gravy, cranberry jelly	Festive roasted vegetables, sundried tomato pasta	Roast turkey, broccoli, gravy & cranberry jelly
27-Nov	Sweet soy beef brisket, Asian greens, garlic rice (G)	BBQ chicken pizza, capsicum, tomatoes (D)(G)	Teriyaki tofu, vegetable fritter, rice (G)	Sautéed minced beef, broccoli, brown rice

WEEK 8	A la carte or Pre-order			Pre-order
	Western	Asian	Plant Based	Allergy-free
30-Nov	Yang chow fried rice, vegetable spring roll (E)(G)	Vegetable pasta bake (D)(G)	NA	Oven baked ratatouille, rice
1-Dec	Beef fried kway teow, bean sprouts (E)(G)	Chicken chop, French fries, baked beans, coleslaw (E)(G)	Grilled vegetarian tomato pasta (D)(G)	Grilled chicken chop, baked beans, corn, rice
2-Dec	Soy sauce chicken, kailan, rice (G)	Tomato fish stew, bread roll (D)(G)	Sweet & sour tofu, broccoli, rice (G)	Rice puff crusted chicken, broccoli, brown rice
3-Dec	Grilled teriyaki fish, pickled cucumber, rice (G)	Chicken cacciatore, mushroom, pasta (D)(G)	Mixed vegetable fajitas, black beans, rice(D)(G)	Mexican chicken fajitas, rice
4-Dec	Chicken nuggets, sweet & sour sauce, French bean, rice (E)(G)	Chicken burger, potato wedges (D)(E)(G)	Margherita cheese pizza (D)(G)	Poached chicken, rice, broccoli

WEEK 9	A la carte or Pre-order			Pre-order
	Western	Asian	Plant Based	Allergy-free
7-Dec	Boiled egg, fried tempeh, cucumber, coconut rice (E)(G)	Mexican bean chili, tortilla chips, sour cream (D)(G)	NA	Mexican bean chili, rice
8-Dec	Butter chicken, biryani rice, papadum, achar (D)(G)	Beef meatballs, Neapolitan sauce, pasta (D)(E)(G)	Minestrone pasta (G)	Grilled chicken, minestrone vegetables, rice
9-Dec	Fish ball meepok, choy sum vegetable (E)(G)	Chicken jambalaya, onion, capsicum, rice	Vegetable jambalaya, onion, capsicum, rice	Chicken jambalaya
10-Dec	Steamed chicken with ginger-garlic, peashoot, rice (G)	Fish chowder and bread roll (D)(G)	Mapo tofu, egg, spring onions, rice (E)(G)	Teochew steamed fish, tofu, rice
11-Dec	Honey lemon chicken, corn, rice (D)(E)(G)	Beef cheeseburger, potato wedges (D)(E)(G)	Sweet and sour tempeh, rice (E)(G)	Poached chicken, vegetables, rice

WEEK 10	A la carte or Pre-order			Pre-order
	Western	Asian	Plant Based	Allergy-free
14-Dec	Mapo mushroom tofu, egg, broccoli, rice (E)(G)	Creamy spinach Bolognese pasta (D)(G)	NA	Mushroom Bolognese, rice
15-Dec	Chicken hor fun, Asian greens, gravy (D)(E)(G)	Beef lasagne (D)(G)	Vegetable baked pasta (D)(G)	Grilled chicken, corn succotash, rice
16-Dec	Butter turkey, pineapple achar, turmeric rice (D)(G)	Roast turkey, brussels sprouts, roast vegetables, gravy, cranberry jelly (D)(G)	Festive roasted vegetables, sundried tomato pasta (G)	Grilled chicken, pineapple achar, turmeric rice
17-Dec	Fried mee tai bak, fish cake (E)(G)	Roast chicken, carrots, corn, roast potatoes, gravy (D)(G)	Vegetable fried noodles (E)(G)	Chicken chop, baked beans, green peas, rice
18-Dec	Tandoori turkey pizza, yoghurt base (D)(G)	BBQ Turkey sliders (D)(E)(G)	Vegetarian Cottage Pie (D)(G)	Roast turkey, broccoli, gravy & cranberry jelly

HOLIDAY - ENJOY YOUR BREAK!

GREEN - ENJOY REGULARLY

Healthier choices with good nutritional values.

AMBER – EAT OCCASIONALLY

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

RED – INDULGE SPARINGLY

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