

FRIENDLY FLAVOURS

The Winstedt School | Jan & Feb 2021

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

All meals are \$9. Add \$1.50 for Milo. Please email your order to tw@victuscatering.asia

WEEK 1	
Welcome! Please email your order to tw@victuscatering.asia	
13-Jan	Steamed chicken, baby kalia, brown rice (G)
14-Jan	Fish nuggets, green peas, crushed potatoes (D)(E)(G)
15-Jan	Tomato pasta, mixed vegetables (D)(G)
WEEK 2	
18-Jan	Baked creamy pasta, steamed broccoli (D)(G)
19-Jan	Roast chicken, baked beans, pasta (D)(G)
20-Jan	Steamed fish, carrot, crushed potatoes
21-Jan	Baked fish, kidney beans, brown rice
22-Jan	Margherita cheese pizza, mix green salad (D)(G)
WEEK 3	
25-Jan	Boiled egg, mixed bean, brown rice (E)(G)
26-Jan	Meatball tomato pasta (D)(E)(G)
27-Jan	Fish ball noodles soup, steamed corn (G)
28-Jan	Steamed chicken, Asian greens, rice (G)
29-Jan	Beef patty, potato wedges, roast carrots (E)(G)
WEEK 4	
1-Feb	Broccoli tomato pasta (G)(E)
2-Feb	Beef lasagne buttered mix vegetables (D)(G)(E)
3-Feb	Battered fish, marinara pasta (D)(G)(E)
4-Feb	Chicken nuggets, carrots, roasted potatoes (D)(E)(G)
5-Feb	Carbonara mushroom pasta (D)(G)(E)

WEEK 5	
8-Feb	Tomato pizza (D)(G)
9-Feb	BBQ chicken, carrots, brown rice
10-Feb	Fish fingers, fries, tartare sauce (D)(E)(G)
11-Feb	Chinese New Year - Enjoy your break!
12-Feb	

WEEK 7	
22-Feb	Mushroom pizza (D)(G)
23-Feb	BBQ chicken, corn, brown rice (G)
24-Feb	Fish nuggets, chips, steamed cauliflower (D)(E)(G)
25-Feb	Baked fish, root vegetables, rice
26-Feb	Beef meatball marinara pasta, mixed vegetables (D)(E)(G)