

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	
11-Aug	Grilled chicken, glazed carrots, brown rice (D)
12-Aug	Beef Bolognese, pasta, green peas (D)(E)(G)
13-Aug	Seared fish, brown rice, green beans
14-Aug	Barbeque chicken, sautéed mushroom, French fries (G)
WEEK 2	
17-Aug	Buttered pasta, roasted chicken, grilled corn kernel (D)(G)
18-Aug	Oven baked chicken, glazed carrots, brown rice (D)
19-Aug	Chicken alfredo, pasta, mushrooms (D)(E)(G)
20-Aug	Seared fish, brown rice, sautéed mixed vegetables
21-Aug	Beef pepperoni, beef minced, tomato & olive pizza, chips (D)(G)
WEEK 3	
24-Aug	Buttered pasta, roasted chicken, grilled cauliflower (D)(G)
25-Aug	Roasted chicken, gravy, mash potato, French beans (D)(G)
26-Aug	Chicken aglio alio pasta, spinach (D)(E)(G)
27-Aug	Seared fish, sautéed mushroom, brown rice
28-Aug	Chicken sausage, Sautéed broccoli, French fries (D)

WEEK 4	
31-Aug	Buttered pasta, roasted chicken, roasted carrots (D)(E)(G)
01-Sep	Seared fish, brown rice, French beans,
02-Sep	Chicken bolognese, pasta, 13 vegetables mix (D)(E)(G)
03-Sep	Baked chicken, mixed vegetables, brown rice
04-Sep	Beef patties, sautéed mushroom, French fries (E)(G)

WEEK 5	
07-Sep	Pasta, roasted chicken, sautéed mix vegetables (D)(E)(G)
08-Sep	Brown rice, steamed broccoli, baked chicken
09-Sep	Chicken carbonara, pasta, green peas (D)(E)(G)
10-Sep	Seared fish, long beans, brown rice
11-Sep	Tomato & cheese pizza, chips (D)(G)

WEEK 6	
14-Sep	Pasta, roasted chicken, grilled vegetables (D)(E)(G)
15-Sep	Seared fish, baked beans, brown rice (G)
16-Sep	Beef meatball marinara, pasta, mixed vegetables (D)(E)(G)
17-Sep	Baked chicken, brown rice, steamed carrots,
18-Sep	BBQ chicken sausage, coleslaw, potato wedges (G)

WEEK 7	
21-Sep	Grilled chicken, glazed carrots, brown rice (D)
22-Sep	Beef Bolognese, pasta, green peas (D)(E)(G)
23-Sep	Seared fish, brown rice, green beans
24-Sep	Barbeque chicken, sautéed mushroom, French fries (G)
25-Sep	Buttered pasta, roasted chicken, grilled corn kernel (D)(G)

WEEK 8	
28-Sep	Oven baked chicken, glazed carrots, brown rice (D)
29-Sep	Chicken alfredo, pasta, mushrooms (D)(E)(G)
30-Sep	Seared fish, brown rice, sautéed mixed vegetables