

# ALLERGEN MENU

GEMS World Academy Singapore | Aug - Sep 2020

Our allergen-free meals contain no gluten, egg or dairy.

All meals are \$5 and include a portion of fruit. Available for pre-order only so we can serve your specific allergen requests. Please email us at [gems@victuscatering.asia](mailto:gems@victuscatering.asia) to order

WEEK 1	Allergy
11-Aug	Roasted vegetable enchilada, grilled vegetables (D)(G)
12-Aug	13 vegetables pomodoro pasta, green peas (D)(E)(G)
13-Aug	BBQ beans, buttered French beans, potato gratin (D)(G)
14-Aug	Mushroom patty burger, French fries (D)(E)(G)
WEEK 2	Allergy
17-Aug	(AF) Beef chilli con carne, corn, Mexican rice
18-Aug	(AF) Roasted chicken, glazed carrots, brown rice
19-Aug	(AF) Crispy chicken, cabbage stir fry brown rice
20-Aug	(AF) Chicken fried rice, beansprouts
21-Aug	(AF) Chicken tenders, rice, broccoli
WEEK 3	Allergy
24-Aug	(AF) Baked fish, cabbage stir-fry, brown rice
25-Aug	(AF) Roasted chicken, gravy, mash potato, French beans
26-Aug	(AF) Thai basil chicken, long beans, brown rice
27-Aug	(AF) Seared fish, sautéed mushroom, brown rice
28-Aug	(AF) Crispy chicken, sautéed broccoli, French fries

WEEK 4	Allergy
31-Aug	(AF) Chicken stew, mushroom, root vegetables
01-Sep	(AF) Seared fish, brown rice, French beans,
02-Sep	(AF) Ginger steam chicken, long beans, brown rice
03-Sep	(AF) Fried rice, sautéed minced chicken, pea shoots
04-Sep	(AF) Fish goujons, French fries, cabbage slaw

WEEK 5	Allergy
07-Sep	(AF) Oven baked chicken, sautéed broccoli, brown rice
08-Sep	(AF) Beef fried rice noodles, steamed kailan
09-Sep	(AF) Lemongrass, ginger chicken rice, sauteed bok choy
10-Sep	(AF) Thai pineapple fried rice, crispy chicken, long beans
11-Sep	(AF) Cornflakes chicken, mushrooms, mashed potatoes

WEEK 6	Allergy
14-Sep	(AF) Lemongrass steam fish, roast tomatoes, brown rice
15-Sep	(AF) Chicken Mee soto, rice noodles, beansprouts, broth
16-Sep	(AF) Beef meatball marina, mixed vegetables, mash potatoes
17-Sep	(AF) Beef bulgogi, cabbage kimchi. Seaweed rice
18-Sep	(AF) Chicken tenders, potato wedges, broccoli

WEEK 7	Allergy
21-Sep	(AF) Roasted chicken, glazed carrots, brown rice
22-Sep	(AF) Ginger steamed fish, sautéed broccoli, brown rice
23-Sep	(AF) Roast chicken, nasi lemak, cucumber
24-Sep	(AF) Gluten free chicken cutlet, cabbage, seaweed rice
25-Sep	(AF) Beef chilli con carne, corn, Mexican rice

WEEK 8	Allergy
28-Sep	(AF) Roasted chicken, glazed carrots, brown rice
29-Sep	(AF) Crispy chicken, cabbage stir fry brown rice
30-Sep	(AF) Chicken fried rice, beansprouts