

THE MENU

FLAVOURS OF THE WORLD

Drinks and a range of healthy snacks are available for purchase at school. Our allergy-free menu (meals without (D)airy, (E)gg or (G)luten) is available for pre-order only. Please see our separate “Friendly Flavours” menu for dishes suited to more sensitive tastes.

IN THIS MENU, THE FOLLOWING SYMBOLS ARE USED:

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

Any queries? Please get in touch at facilities.victus@nexus.edu.sg - we promise to respond within 48 working hours during term time.

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 facilities.victus@nexus.edu.sg to confirm.

WEEK 1	A la carte or Pre-order			Pre-order
	Asian	Western	Plant Based	Allergy-free
11-Jan	Shredded egg, stir-fry vegetable beehoon (E)(G)	Mushrooms & cheese pizza (D)(G)	NA	Vegetable casserole, rice
12-Jan	Roasted char siu chicken, baby kalia, brown rice (G)	Tomato braised beef stew, carrots and broccoli, mashed potatoes (D)	Fried tofu, mixed vegetable, brown rice (G)	Chicken stir-fry capsicums, brown rice
13-Jan	Fried turmeric fish, curried eggplant, brown rice (G)	Roasted chicken, brown rice, beans, cheese (D)(G)	Mushroom fajitas, rice, beans, cheese (D)(G)	Steamed chicken, garlic kalia, brown rice
14-Jan	Marinated ginger and garlic chicken rice, soy braised greens (G)	Baked lemon fish, green beans, crushed potatoes (D)(G)	Tomato broccoli, green peas rice (D)(G)	Baked chicken, green beans, roast potatoes
15-Jan	Beef tomato ragout pasta, garlic green peas (E)(D)(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
	Asian	Western	Plant Based	Allergy-free
18-Jan	Egg fried rice, mixed vegetables, vegetable spring roll (E)(G)	Creamy cheese baked pasta (D)(G)	NA	Oven baked ratatouille, rice
19-Jan	Beef fried kway teow, pea shoots (E)(G)	Chicken chop, French fries, baked beans, coleslaw (E)(G)	Grilled vegetarian tomato pasta (D)(G)	Grilled chicken chop, baked beans, corn, rice
20-Jan	Soy sauce chicken, kalia, rice (G)	Fish stew white sauce, carrots potato, bread roll (D)(G)	Sweet & sour tofu, broccoli, rice (G)	Rice puff crusted chicken, broccoli, brown rice
21-Jan	Baked honey miso fish, pickled cucumber, rice (G)	Chicken parmesan tomato pasta (D)(E)(G)	Mixed vegetable fajitas, beans, rice(D)(G)	Mexican chicken fajitas, rice
22-Jan	Chicken nuggets, sweet & sour sauce, capsicums, rice (E)(G)	Chicken burger, fries, tomato lettuce (D)(E)(G)	Margherita cheese pizza (D)(G)	Poached chicken, broccoli, brown rice

WEEK 3	A la carte or Pre-order			Pre-order
	Asian	Western	Plant Based	Allergy-free
25-Jan	Boiled egg, fried tempeh, cucumber, coconut rice (E)(G)	Mexican bean chili, tortilla chips, sour cream (D)(G)	NA	Mexican bean stew, French bean, rice
26-Jan	Coconut curry chicken, biryani rice, turmeric cauliflower (D)(G)	Beef meatballs, Neapolitan sauce, pasta (D)(E)(G)	Minestrone pasta (G)	Grilled chicken, minestrone vegetables, rice
27-Jan	Fish ball noodles, choy sum vegetable (E)(G)	Cajun spiced chicken, onion, capsicum, brown rice	Vegetable jambalaya, onion, capsicum, rice	Baked chicken, mixed vegetables, brown rice
28-Jan	Steamed chicken with ginger-garlic, pea shoot, rice (G)	Fish chowder and bread roll (D)(G)	Mapo tofu, egg, spring onions, rice (E)(G)	steamed fish, tofu, rice
29-Jan	Honey garlic fried chicken, broccoli, rice (D)(E)(G)	Beef cheeseburger, potato wedges (D)(E)(G)	Sweet and sour tempeh, rice (E)(G)	Poached chicken, vegetables, rice

WEEK 4	A la carte or Pre-order			Pre-order
	Asian	Western	Plant Based	Allergy-free
1-Feb	Mapo mushroom tofu, egg, broccoli, rice (E)(G)	Tofu and bean, Bolognese pasta (D)(G)	NA	Mushroom Bolognese, rice
2-Feb	Chicken hor fun, Asian greens(D)(E)(G)	Beef lasagne (D)(G)	Vegetable baked pasta (D)(G)	Grilled chicken, corn succotash, rice
3-Feb	Thai basil minced beef, eggs, rice (E)(G)	Herb crusted fish, marinara sauce, pasta (D)(G)	Braised tofu, mixed vegetables, rice (G)	Sautéed beef & onions, mushrooms, rice
4-Feb	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
5-Feb	Sweet and sour chicken, pineapple, capsicum, rice (E)(G)	Chicken chop, coleslaw, garlic bread (E)(G)(D)	Carbonara mushroom pasta (D)(E)(G)	Roast chicken, carrots, corn, roast potatoes

WEEK 5	A la carte or Pre-order			Pre-order
	Asian	Western	Plant Based	Allergy-free
8-Feb	Egg stir fried vegetable noodles (D)(E)(G)	Sundried tomato pizza (D)(G)	NA	Pan-fried tempeh, green peas, brown rice
9-Feb	Beef bulgogi, grilled capsicum, onions, brown rice (G)	Roasted BBQ chicken, glazed carrots, potato wedges (D)(G)	Stir fried glass noodles, spinach, hardboiled egg (E)	Baked chicken, steamed corn, brown rice
10-Feb	Butter chicken, cucumber raita, biryani rice(D)(G)	Breaded fish & chips, tartare sauce	Stir-fry mixed vegetable, fragrant rice (G)	Grilled chicken, mixed vegetables, rice
11-Feb	Chinese New Year - Enjoy your break!			
12-Feb				

WEEK 6	A la carte or Pre-order			Pre-order
	Asian	Western	Plant Based	Allergy-free
15-Feb	Braised mushroom tofu vegetable stew, rice (G)	Macaroni and cheese (D)(E)(G)	NA	Vegetable casserole, brown rice
16-Feb	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
17-Feb	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
18-Feb	Stir-fry beef and spring onion, egg, rice (E)(G)	Roasted chicken, root vegetables, gravy (G)	Braised stir-fried eggplant, egg, brown rice (E)(G)	Roast chicken, root vegetables, potato
19-Feb	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
	Asian	Western	Plant Based	Allergy-free
22-Feb	Egg stir fried vegetable noodles (D)(E)(G)	Trio of mushroom pizza (D)(G)	NA	Sticky glazed tofu, green peas, brown rice
23-Feb	Black pepper beef, roasted cauliflower broccoli, rice (G)	Roasted BBQ chicken, glazed carrots, baked potato (D)(G)	Stir fried glass noodles, spinach, hardboiled egg (E)(G)	Baked chicken, steamed corn, brown rice
24-Feb	Chicken Pahadi, cauliflower aloo gobi, coconut rice (D)(G)	Breaded fish & chips, tartare sauce (D)(E)(G)	Stir-fry mixed vegetable, fragrant rice (G)	Grilled chicken, mixed vegetables, rice
25-Feb	Steamed fish tomatoes spring onions, brown rice (G)	Chicken chasseur, mushroom, carrots, steamed potato (D)(G)	Broccoli beehoon noodle soup (G)	Tomato chicken stew, root vegetables, rice
26-Feb	Scissor curry rice, fried chicken cutlet, cabbage, curry sauce (E)(G)	Beef meatball marinara pasta, mixed vegetables (D)(E)(G)	Tomato cheese pizza (D)(G)	Roasted fish, marinara sauce, rice

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 moderately high sodium, fat, or sugar.

RED – INDULGE SPARINGLY

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

FRIENDLY FLAVOURS

Nexus International School Singapore | Jan - Mar 2021

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 facilities.victus@nexus.edu.sg

WEEK 1	
11-Jan	Margherita pizza, mixed green salad (D)(G)
12-Jan	Roasted chicken, broccoli, mashed potato (D)
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 6	
15-Feb	Macaroni and cheese (D)(E)(G)
16-Feb	Roast beef, tomato pasta bake (D)(E)(G)
17-Feb	Fish nuggets, green beans, brown rice (D)(E)(G)
18-Feb	Braised beef slices, root vegetables, potato (G)
19-Feb	Sautee minced beef, eggplants, rice (G)

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)