



Menu Week 1



Monday
27-Oct-25

Tuesday
28-Oct-25

Wednesday
29-Oct-25

Thursday
30-Oct-25

Friday
31-Oct-25

Meal Plan/ Ala-Carte Options

Menu A		Pollo a La Brasa (Chicken Drumstick) Marinated in an Authentic Peruvian Sauce, Spiced Corn Salsa Steamed Rice 	Char Siew Chicken Rice Flavour Rice Stir Fried Xiao Bai Cai 	Asian Fried Fish with Lemon Coriander Sauce Steamed Rice Long Cabbage and Mushroom 	South Texan Rubbed Chicken Thigh South Texan Rubbed Chicken Thigh Sides; Roasted Sweet Pots, Pit Beans, Red Cabbage Salad 
Menu B		Teriyaki Beef Wrap Asian Slaw, chili 	Spaghetti Pasta beef Bolognese Grated Parmesan 	Braised Beef Burritos Spiced Braised Beef, Mexican beans, Lettuce, Tomatoes, Avocado, Signature Sauce 	Lime Roasted Chicken Taco (Lime Toasted Chicken) , Slaw, Paprika Roasted Corn, Smashed Avo Guac, Sour Cream, Grated Cheese 
Vegetarian		Baked Light (Plant Base Chicken) (Vegetarian) Steamed Rice, Asian Broccoli & Carrot 	*Plant Milk* Soya fillet (Vegetarian) Mango Relish & Chipotle Sauce Sides; Buttermilk Fennel & Corn Slaw Potato Wedges, Charred Corn Cob 	Spicy Texas Veggie Burger (Vegetarian) Chipotle Mayo +Jalapenos + Cheddar Cheese Sides; Sweet Pot Fries , Crunchy Courgette Fries 	Glass Noodles (Sliced Beef with Ginger & Spring Onion in Vegetarian Oyster Sauce / Tofu with Ginger & Sprong Onion in Vegetarian Oyster Sauce (Vegetarian) Stir Fried Cabbage and Carrot 
Allergen Controlled Meals		Pollo a La Brasa (Chicken Drumstick) Marinated in an Authentic Peruvian Sauce, Spiced Corn Salsa	baked Chicken Steamed Rice Stir Fried Xiao Bai Cai	Asian Fried Fish with Lemon Coriander Sauce Steamed Rice Long Cabbage and Mushroom 	South Texan Rubbed Chicken Thigh South Texan Rubbed Chicken Thigh Sides; Roasted Sweet Pots, Pit Beans, Red Cabbage Salad
The Deli & Pastalicious are only available at Level 5 Cafeteria West Wing (Not available for Pre Order)					
The Deli		Teriyaki Beef Wrap Asian Slaw, Chilli  Lemon Chicken Sub Roll Sundried Tomato, Rocket Lettuce, Lemon Mustard Dressing 	Salad Bar & Wrap 	Lightly Toasted Panini Beef Salami, Sundried Tomato, Mozzarella, Basil  Cream Cheese Bagel Dill, Cucumber, Pickled Onion 	Chicken Banh Mi Marinated Chicken, Crunchy Vegetable, Pickled Chilli, Coriander  Grilled Fish Wrap Marinated Grilled Fish, Tartare Sauce, Lettuce, Pickled Onion 
Pastalicious		Pasta – Spaghetti Pasta Sauce – Tomato Basil cream & Mushroom Cream Sauce Protein – Roasted Cajun chicken 	Pasta – Fusilli Pasta Sauce – Tomato Basil & Garlic Cream Sauce Protein – Seared Tilapia 	Pasta – Linguine Pasta Sauce – Tomato Basil Cream & Basil pesto Cream Sauce Protein – Chicken Meatballs 	Braised Beef soup Yellow Noodle Sio Pei Chye 

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Allergen:





Menu Week 2



Monday
3-Nov-25

Tuesday
4-Nov-25

Wednesday
5-Nov-25

Thursday
6-Nov-25

Friday
7-Nov-25

Meal Plan/ Ala-Carte Options

Menu A

Korean Ground Beef Bowl
Rice, Seasoned Beef, Pickled carrot and onion, Shredded Fried egg, Sriracha



Buffalo Chicken Bowl
Quinoa, Sweet Potato, Carrots, Pickled Onions, Avocado, Ranch dressing



Butter Chicken
Steamed Rice
Steamed Cauliflower and Green Pea



Spaghetti Pasta
pesto Cream (nut free)
Marinated Grilled fish



Baked Spice Crumb Fish Fillet
Extra: Sweet Potato Fries, Mushy Peas/ Garden Peas, Baked Beans, Pickled Onions, Gherkins



Menu B

Hainanese Chicken Rice
Chicken Flavour Rice
Stir Fried Xiao Bai Cai



Steamed Snapper
Ginger + Spring Onion
Bee Tai Mak
Asian Cauliflower, Carrot



Kung Pao Chicken
Steamed Rice
Steamed Cauliflower and Green Pea



Mojo Chicken and Rice Bowl
Marinated chicken, Black Beans, Mango, Red Onion, Avocado, Fresh Herbs and Lime



Chicken Korma Curry
Steamed Rice
Steamed Cauliflower and Green Pea



Vegetarian

Plant Base Korean Ground Beef Bowl
Rice, Seasoned Plant Base Beef, Pickled carrot and onion, Shredded Fried egg, Sriracha



Tofu-ish and Chips
'Plant' Tartare Sauce
Extra: Chunky Chips, Mushy Peas/ Garden Peas, Baked Beans, Pickled Onions, Gherkins



Plant Base Fish
Spiced Chips + Smashed Edamame Beans + Masala Mayo
Extras: Sweet Potato Fries, Mushy Peas / Garden Peas, Baked Beans, Pickled Onions, Gherkins



Mojo Chicken plant base and Rice Bowl
Marinated chicken, Black Beans, Mango, Red Onion, Avocado, Fresh Herbs and Lime



Baked Spice Crumb Fish Stick
Extra: Sweet Potato Fries, Mushy Peas/ Garden Peas, Baked Beans, Pickled Onions, Gherkins



Allergen Controlled Meals

Hainanese Chicken Rice
steamed rice
Stir Fried Xiao Bai Cai



Steamed Snapper
Ginger + Spring Onion
steamed rice
Asian Cauliflower, Carrot



Butter Chicken
Steamed Rice
Steamed Cauliflower and Green Pea



Mojo Chicken and Rice Bowl
Marinated chicken, Black Beans, Mango, Red Onion, Avocado, Fresh Herbs and Lime



Chicken Korma Curry
Steamed Rice
Steamed Cauliflower and Green Pea



The Deli & Pastalicious are only available at Level 5 Cafeteria West Wing (Not available for Pre Order)

The Deli

Salad Bar & Wrap



Chicken Ceaser Wrap
Cos Lettuce, Italian Dressing
Vietnamese Beef Sub Roll
Marinated Beef, Crunchy Vegetable, Pickled Chilli, Coriander



Salad Bar & Wrap



Lightly Toasted Panini
Tuna, Sweet Corn, Mozzarella Cheese, Red onion
Toasted Turkish Bread
Beetroot Spread, Baby Spinach, Avocado, Roasted Capsicum, Goats Cheese



Roasted Mushroom Panini
Marinated Mushroom, Roasted Peppers, Cheese Rocket, Sundried Tomato
Grilled Buffalo Chicken Sando
Marinated Buffalo Chicken, Slaw, Ranch Dressing



Pastalicious

Pasta – Penne Pasta
Sauce – Tomato Basil & Parmesan Cheese sauce
Protein – Beef Meatballs



Pasta – Spaghetti Pasta
Sauce – Tomato Basil cream & Mushroom Cream Sauce
Protein – Roasted Cajun chicken



Pasta – Fusilli Pasta
Sauce – Tomato Basil & Garlic Cream Sauce
Protein – Seared Tilapia



Pasta – Linguine Pasta
Sauce – Tomato Basil Cream & Basil pesto Cream Sauce
Protein – Chicken Meatballs



Braised Beef soup
Yellow Noodle
Sio Pei Chye



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Allergen:





Menu Week 3



Monday
10-Nov-25

Tuesday
11-Nov-25

Wednesday
12-Nov-25

Thursday
13-Nov-25

Friday
14-Nov-25

Meal Plan/ Ala-Carte Options

Normal Protien A	Hearty Beef Tagine with Aromatic Couscous Charred Broccoli and Cauliflower 	Saffron Chicken Tagine Herb Roasted Chickpeas Local Cauliflower & Mushroom 	Moroccan Lamb Stew Herbed Cous Cous With Pomegranate Asian Cauliflower, Carrot and Capsicum 	Braised Lentils with Butternut Squash and Merguez Sausage Steamed Rice 	Firecracker Chicken Curry Steamed Rice, Vegetable, Tamarind + Chili + Ginger + Soy 
	Asian Sautéed Chicken with Mushroom in Vegetarian Oyster Sauce Steamed Rice Charred Broccoli and Cauliflower 	Taiwanese Style Beef Bee Hoon with Vegetables Asian Cauliflower, Carrot and Capsicum 	Tso Chicken Eggless Fried Rice Local Cauliflower & Mushroom 	Thai Basil Minced Chicken Steamed Rice Cabbage and Long Beans 	Teriyaki Salmon Fish Garlic Fried Rice Stirred Fried Long Cabbage with Carrot and Mushroom 
	Roasted sweet potato & Chickpea bowl (Vegetarian) Avocado, Brown Rice, Garlic Spinach, Chipotle dressing 	Crunchy Roll bowl (Vegetarian) Edamame, Brown Rice, Fried Tofu, Avocado, Cucumber, Jalapeno, Teriyaki Dressing 	plant base Tso Chicken Eggless Fried Rice Local Cauliflower & Mushroom 	Thai Coconut Quinoa Bowl (Vegetarian) Coconut Quinoa, Roasted Sweet Potato, Cabbage salad, Thai Spicy dressing 	Teriyaki veg fish sick Garlic Fried Rice Stirred Fried Long Cabbage with Carrot and Mushroom 
	Asian Sautéed Chicken with Mushroom Steamed Rice Charred Broccoli and Cauliflower	Taiwanese Style Beef Bee Hoon with Vegetables Local Cauliflower & Mushroom	Tso Chicken Eggless Fried Rice Local Cauliflower & Mushroom	Thai Basil Minced Chicken Steamed Rice Cabbage and Long Beans	Firecracker Chicken Curry Steamed Rice, Vegetable, Tamarind + Chili + Ginger + Soy
	Allergen Controlled Meals				

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The Deli	Salad Bar & Wrap 	Chicken Tikka Wrap Cos Lettuce, Pickled Red Onion, Yogurt Dressing  Caprese Sandwich Tomato, Mozzarella, Basil, Nut Free Pesto 	Salad Bar & Wrap 	Mexican Torta Crispy Chicken, Tomato, Avocado, Cheese, Pita Bean Spread, Jalapeno  Tuscan Chicken Wrap Roasted Chicken, Mozzarella, Basil, Ripe Tomato, Creamy Italian Dressing 	Tortilla Toastie Egg, Tomato, Spinach  Cheese Topped Bloomer Toastie Chicken Ham, Cheese 
	Pasta – Penne Pasta Sauce – Tomato Basil & Parmesan Cheese sauce Protein – Beef Meatballs 	Pasta – Spaghetti Pasta Sauce – Tomato Basil cream & Mushroom Cream Sauce Protein – Roasted Cajun chicken 	Pasta – Fusilli Pasta Sauce – Tomato Basil & Garlic Cream Sauce Protein – Seared Tilapia 	Pasta – Linguine Pasta Sauce – Tomato Basil Cream & Basil pesto Cream Sauce Protein – Chicken Meatballs 	Braised Beef soup Yellow Noodle Sio Pei Chye 

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Menu Week 4



Monday
17-Nov-25

Tuesday
18-Nov-25

Wednesday
19-Nov-25

Thursday
20-Nov-25

Friday
21-Nov-25

Meal Plan/ Ala-Carte Options

Normal Protein A

Teriyaki Chicken Rice Bowl
Grilled chicken, Roasted Red Capsicum,
Edamame, Brown Rice, Teriyaki Sauce



Crispy Buffalo Chicken Bowl
Jasmine Rice, Celery, Carrot, Avocado, Green
Onion, Ranch Dressing



Sweet Chili Chicken Meatball Bowl
Cabbage, Jasmine Rice, Spring onion



Sweet & Sticky Orange Chicken
Fragrant rice & Fried Shallot
Stir Fried Xiao Bai Cai



Stirred Fried Noodle served with Sliced
Chicken, Vegetables in Homemade Sze
Chuan sauce



Normal Protein B

Sichuan (Sliced Beef) with Onion and Dried
Chilli
Steamed Rice
White Cabbage with Beancurd Skin



Sweet & Sour Fish
Fried Kuay Teow
Stir Fried Cabbage and Carrot



Teriyaki Seabass Fillet
Steamed Rice
Steamed Broccoli and Carrot



Ginger Beef & Broccoli Bowl
Carrot, Capsicum, Jasmine Rice, Spring Onion



Assorted Yong Tao Fu with Chilli Black Bean
Sauce
Steamed Rice
Nai Bai Vegetables



Vegetarian

Thai Green Curry (Vegetarian)
Chickpeas + Roasted Squash + Aubergine +
Steamed Jasmine Rice



Sweet & Sour Tofu (Vegetarian)
Fried Kuay Teow
Stir Fried Cabbage and Carrot



Vegetables in Hot Garlic Sauce (Vegetarian)
Steamed Rice and Chilli Jam



Braised Plant Base Chicken and Mushroom
(Vegetarian)
Stir Fried Xiao Bai Cai
steamed rice



Stirred Fried Noodle served with Vegetables
in Homemade Sze Chuan sauce (Vegetarian)



Allergen Controlled Meals

Sichuan (Sliced Beef) with Onion and Dried
Chilli
Steamed Rice
White Cabbage with Beancurd Skin



Sweet & Sour Fish
steamed rice
Stir Fried Cabbage and Carrot

steam Seabass Fillet
Steamed Rice
Steamed Broccoli and Carrot

Sweet & Sticky Orange Chicken
Fragrant rice & Fried Shallot
Stir Fried Xiao Bai Cai

seabass with Chilli Black Bean Sauce
Steamed Rice
Nai Bai Vegetables



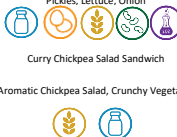
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The Deli

Salad Bar & Wrap



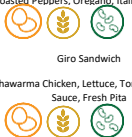
Big Mac Crunch Wrap
Mac Sauce, Ground Beef, American Cheese,
Pickles, Lettuce, Onion
Curry Chickpea Salad Sandwich
Aromatic Chickpea Salad, Crunchy Vegetable



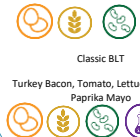
Salad Bar & Wrap



Italian Sub
Turkey Ham, Beef Salami, Provolone,
Roasted Peppers, Oregano, Italian Dressing
Gyro Sandwich
Shawarma Chicken, Lettuce, Tomato, Garlic
Sauce, Fresh Pita



Char Siew Chicken Sub
Chicken, Pickled Veg, Char Siew Sauce
Classic BLT
Turkey Bacon, Tomato, Lettuce, Cheese,
Paprika Mayo



Pastalicious

Pasta – Pennei Pasta
Sauce – Tomato Basil & Parmesan Cheese sauce
Protein – Beef Meatballs



Pasta – Spaghetti Pasta
Sauce – Tomato Basil cream & Mushroom Cream
Sauce
Protein – Roasted Cajun chicken



Pasta – Fusilli Pasta
Sauce – Tomato Basil & Garlic Cream Sauce
Protein – Seared Tilapia



Pasta – Linguine Pasta
Sauce – Tomato Basil Cream & Basil pesto Cream
Sauce
Protein – Chicken Meatballs



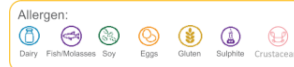
Braised Beef soup
Yellow Noodle
Sio Pei Chye



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Menu Week 5



Monday
24-Nov-25

Tuesday
25-Nov-25

Wednesday
26-Nov-25

Thursday
27-Nov-25

Friday
28-Nov-25

Meal Plan/ Ala-Carte Options

Normal Protein A	Japanese Donburi Rice Bowls "Te-ri-yak-ee Glazed Shrooms Katsu Chicken + Pickled Cucumber "	Char Siew Chicken Flavour Rice Stir Fried Xiao Bai Cai	Thai Roasted (Sliced Beef) Steamed Rice Broccoli and Carrot	Korean Ground Beef Bowl Rice, Seasoned Beef, Pickled carrot and onion, Fried egg, Sriracha	Chicken Katsu Curry Carrot, potato, Japanese rice, pickles
	Asian Fried Fish with Lemon Coriander Sauce Steamed Rice Long Cabbage with Carrot and Mushroom	Chicken Masak Lemak Curry Steamed Rice Long Bean and Carrot	Seared Fish Steamed Rice Broccoli and Carrot	Black Pepper Chicken Steamed Rice Cauliflower and Cherry Tomato	Mediterranean(Mediterranean Ground Raeff) Spiced pumpkin, Hummus, Yoghurt Sauce, Cucumber, Tomatoes, pickled Onion, Crumbled Feta, Brown Rice
	Vegetarian Japanese Donburi Rice Bowls "Te-ri-yak-ee Glazed Shrooms Crispy Soft Tofu (Vegetarian) + Pickled Cucumber "	Plant Base Char Siew Chicken Flavour Rice Stir Fried Xiao Bai Cai	Vegetable Lasagna, Garlic Bread (Vegetarian) Vegetable Lasagna Topped with Tomato Sauce, served with Garlic Bread	Black Pepper Tofu (Vegetarian) Steamed Rice Cauliflower and Cherry Tomato	Korean Tofu (Vegetarian) Glass Noodles Stir Fried Cabbage and Carrot
Allergen Controlled Meals	Asian Fried Fish with Lemon Coriander Sauce Steamed Rice Long Cabbage with Carrot and Mushroom	Chicken Masak Lemak Curry steamed rice Long Bean and Carrot	Thai Roasted (Sliced Beef) Steamed Rice Broccoli and Carrot	Black Pepper Chicken Steamed Rice Cauliflower and Cherry Tomato	Korean Chicken Glass Noodles Stir Fried Cabbage and Carrot

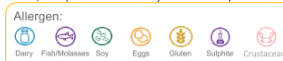
The Deli & Pastalicious are only available at Level 5 Cafeteria West Wing (Not available for Pre Order)

The Deli	Salad Bar & Wrap 	Crispy Chicken Wrap Cos Lettuce, Pickles, Lettuce, Tomato, Honey Mustard Dressing Philly Cheese Steak Sautéed Beef, Capsicum, Melted Cheese 	Salad Bar & Wrap 	Chicken Pesto Panini Grilled Chicken, Tomato, Mozzarella, Basil, Nut Free Pesto Tuna Melt Rich Tuna Filling, Melted Cheese, Toasted Sourdough 	Turkey Lavash Wrap Slice Roast Turkey, Rocket, Goats' Cheese, Red Peppers, Cucumber, Greek Yoghurt Dressing Grilled Chicken Mojo Cubano Chicken, Beef Salami, Swiss Cheese, Mustard, Pickle
	Pastalicious Pasta – Penne Pasta Sauce – Tomato Basil & Parmesan Cheese sauce Protein – Beef Meatballs 	Pasta – Spaghetti Pasta Sauce – Tomato Basil cream & Mushroom Cream Sauce Protein – Roasted Cajun chicken 	Pasta – Fusilli Pasta Sauce – Tomato Basil & Garlic Cream Sauce Protein – Seared Tilapia 	Pasta – Linguine Pasta Sauce – Tomato Basil Cream & Basil pesto Cream Sauce Protein – Chicken Meatballs 	Braised Beef soup Yellow Noodle Sio Pei Chye

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Menu Week 6



Monday
1-Dec-25

Tuesday
2-Dec-25

Wednesday
3-Dec-25

Thursday
4-Dec-25

Friday
5-Dec-25

Meal Plan/ Ala-Carte Options

Normal Protein A

Japanese Donburi Rice Bowls
Te-ri-yak-ee Glazed Shrooms
(Baked Teriyaki Salmon) + Pickled Cucumber

Citrus Chicken
Egg Fried Rice, Broccoli and Carrot

Indian Butter Chicken
Steamed Rice
Spinach and Onion

Sweet and Sour
Steamed Jasmine Rice + pineapple + peppers + onions
Cabbage and Long Beans

Chicken Chow Mein
Egg noodles + Sliced chicken + Carrots + Cabbage + Spring onions

Normal Protein B

Honey Glaze Chicken
Steamed Rice
Oven Baked Eggplant and Zucchini

Teriyaki Fish
Steamed Rice
Broccoli and Carrot

Hainanese Chicken Rice
Flavour Rice
Stir Fried Xiao Bai Cai

Thai Basil Minced Chicken
Steamed Rice
Cabbage and Long Beans

Korean Braised (Sliced Beef)
Steamed Rice
Stir Fried Cabbage and Carrot

Vegetarian

Mixed Vegetable, Chickpea Tagine
Tabbouleh (Vegetarian)

Thai Yellow Curry (Vegetarian)
Coconut + Turmeric + Butternut + Soya
Steamed Rice
Broccoli and Carrot

Thai Veggie Noodle Bowl

(Fish) / Sweet & Sour Plant Base Chicken (Vegetarian)
Steamed Jasmine Rice + pineapple + peppers + onions
Cabbage and Long Beans

Sweet & Sour Tofu Bowl (Vegetarian)
Stir Fried Cabbage and Carrot

Allergen Controlled Meals

Honey Glaze Chicken
Steamed Rice
Oven Baked Eggplant and Zucchini

Citrus Chicken
Fried Rice, Broccoli and Carrot

Indian Butter chicken
Steamed Rice
Spinach and Onion

Thai Basil Minced Chicken
Steamed Rice
Cabbage and Long Beans

~~Korean Braised (Sliced Beef)~~
Steamed Rice
Stir Fried Cabbage and Carrot

The Deli & Pastalicious are only available at Level 5 Cafeteria West Wing (Not available for Pre Order)

The Deli

Salad Bar & Wrap

Chicken Caesar Wrap
Cos Lettuce, Italian Cheese
Beef Pastrami Sub Roll
Monterey Jack Cheese, Pickle

Salad Bar & Wrap

Roast Beef & Caramelised Onion Sandwich
Sliced Roast Beef, Caramelised Onions, Baby Spinach, Mayo
Tuna Melt Toastie
Tuna Mayo, Sweetcorn, Cheese

Mozzarella, Tomato & Basil Panini
Fresh Mozzarella, Sliced Tomato, Pesto, Basil
BBQ Chicken Toastie
Shredded BBQ Chicken, Red Onion, Cheese

Pastalicious

Pasta – Penne Pasta
Sauce – Tomato Basil & Parmesan Cheese sauce
Protein – Beef Meatballs

Pasta – Spaghetti Pasta
Sauce – Tomato Basil cream & Mushroom Cream Sauce
Protein – Roasted Cajun chicken

Pasta – Fusilli Pasta
Sauce – Tomato Basil & Garlic Cream Sauce
Protein – Seared Tilapia

Pasta – Linguine Pasta
Sauce – Tomato Basil Cream & Basil pesto Cream Sauce
Protein – Chicken Meatballs

Braised Beef soup
Yellow Noodle
Sio Pei Chye

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Menu Week 7



Monday
8-Dec-25

Tuesday
9-Dec-25

Wednesday
10-Dec-25

Thursday
11-Dec-25

Friday
12-Dec-25

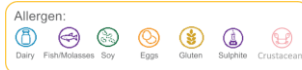
Meal Plan/ Ala-Carte Options

Normal Protein A	Asian BBQ Beef Balls Eggs Fried Rice Sauteed Spinach and Carrot 	Chinese Noodle with Braised Chicken and Mushroom Stir Fried Xiao Bai Cai Fried Vegetable Gyoza 	Firecracker Chicken Curry Tamarind + Chili + Ginger + Soy 	Korean Chicken Rice Bowl Fried Egg + Citrus Radish Salad 	BBQ Chicken Wings BBQ Beans French Fries
	South Texan Rubbed Chicken Thigh Sides; Roasted Sweet Potato, Pit Beans, Red Cabbage Salad 	Hawaiian (Beef) Burger Teriyaki-glazed (Beef Patty), grilled pineapple, lettuce, mayo 	Teriyaki Fish Garlic Rice Stirred Fried Long Cabbage with Carrot and Mushroom 	Sticky Fish with Honey Soy Sauce Steamed Rice Stir Fried Cabbage and Carrot 	Sliced Beef Hor Fun Stir Fried Xiao Bai Cai Fried Vegetable Gyoza
	Asian BBQ Tofu Balls Eggs Fried Rice Sauteed Spinach and Carrot 	Hawaiian plant base Burger Teriyaki-glazed plant base patties, grilled pineapple, lettuce, mayo 	Vegetable Bake Garlic bread 	plant base Korean Chicken Rice Bowl Fried Egg + Citrus Radish Salad 	BBQ beancurd BBQ Beans French Fries
	South Texan Rubbed Chicken Thigh Sides; Roasted Sweet Potato, Pit Beans, Red Cabbage Salad	Braised Chicken and Mushroom Stir Fried Xiao Bai Cai steamed rice 	steam Fish Garlic rice Stirred Fried Long Cabbage with Carrot and Mushroom 	Sticky Fish with Honey Soy Sauce Steamed Rice Stir Fried Cabbage and Carrot 	baked chicken wing steamed rice Stir Fried Xiao Bai Cai

The Deli & Pastalicious are only available at Level 5 Cafeteria West Wing (Not available for Pre Order)

The Deli	Salad Bar & Wrap 	Chicken Banh Mi Marinated Chicken + Crunchy Veg + Pickled Chili + Coriander Grilled Fish Bap Marinated Grilled Fish + Tartare + Lettuce + Pickled Onions 	Salad Bar & Wrap 	Lightly Toasted Panini Tuna + Mozzarella Toasted Turkish bread Turkey Ham, Cranberry, Swiss Cheese 	Shroom Cubano Marinated Mushroom + Roasted Peppers + Cheese + Mustard + Pickle Grilled Chicken Mojo Cubano Chicken + Beef Salami + Swiss Cheese + Mustard + Pickle
	Pasta – Pennel Pasta Sauce – Tomato Basil & Parmesan Cheese sauce Protein – Beef Meatballs 	Pasta – Spaghetti Pasta Sauce – Tomato Basil cream & Mushroom Cream Sauce Protein – Roasted Cajun chicken 	Pasta – Fusilli Pasta Sauce – Tomato Basil & Garlic Cream Sauce Protein – Seared Tilapia 	Pasta – Linguine Pasta Sauce – Tomato Basil Cream & Basil pesto Cream Sauce Protein – Chicken Meatballs 	Braised Beef soup Yellow Noodle Sio Pei Chye

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Menu Week 8



Monday
15-Dec-25

Tuesday
16-Dec-25

Wednesday
17-Dec-25

Thursday
18-Dec-25

Friday
19-Dec-25

Meal Plan/ Ala-Carte Options

Normal Protein A

(Beef) & Mushroom Stroganoff Baked
Chicken, mushrooms, creamy paprika sauce, rice

Sweet Soy Glazed Fish Bowl
Steamed Bok Choy, Julienned Carrots, Edamame, Steamed Rice

Beef Goulash
Beef Stew, Paprika, Onions, Bell Peppers, Potatoes

Japanese Teriyaki (Sliced Beef) Rice Bowl
Steamed Broccoli, Carrots, Edamame

Sliced Chicken Baked Mac & Cheese With Broccoli
Baked Mac & Cheese With Broccoli
Elbow Pasta, Creamy Cheese Sauce, Chopped

Normal Protein B

Nyonya Chicken Curry
Steamed Rice
Steamed Carrot and Corn

Baked Chicken Satay Skewer with Satay Sauce
Coconut Rice
Sayur Lodeh

Thai Basil Minced Chicken
Steamed Rice
Cabbage and Long Beans

Sticky Fish with Honey Soy Sauce
Steamed Rice
Stir Fried Long Cabbage and Carrot

Assorted Yong Tao Fu with Chilli Black Bean Sauce
Steamed Rice
Nai Bai Vegetables

Vegetarian

Summer grain Bowl with Green Goddess Dressing (Vegetarian)
Farro, cucumber, Sweet Corn, Peach, Cherry tomatoes, Basil, Coriander

Lentil Shepherd's Pie (Vegetarian)
Lentils, Tomato-based gravy, Creamy Mashed Potato



Ratatouille With Cheese-topped Polenta (Vegetarian)
Stewed Zucchini, Eggplant, Bell Peppers, Tomato Sauce, Baked Polenta Rounds, Cheese Crust.



Plant Base Sausage (Vegetarian) & Gratin Potato
Baked Sliced Potato with Onion, Cream and topped with Cheese

Mediterranean Vegetable Gratin (Vegetarian)
Zucchini, eggplant, tomatoes, potatoes, herbs, cheese

Allergen Controlled Meals

Nyonya Chicken Curry
Steamed Rice
Steamed Carrot and Corn



Sweet Soy Glazed Fish Bowl
Steamed Bok Choy, Julienned Carrots, Edamame, Steamed Rice



Thai Basil Minced Chicken
Steamed Rice
Cabbage and Long Beans



Sticky Fish with Honey Soy Sauce
Steamed Rice
Stir Fried Long Cabbage and Carrot

chicken with Chilli Black Bean Sauce
Steamed Rice
Nai Bai Vegetables



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The Deli

Salad Bar & Wrap

Teriyaki Beef Wrap
Asian Slaw, Chili
Lemon Chicken Sub Roll
Sundried Tomato, Rocket Lettuce, Lemon Mustard Dressing

Salad Bar & Wrap

Lightly Toasted Panini
Beef Salami, Sundried Tomato, Mozzarella, Basil
Cream Cheese Bagel
Dill, Cucumber, Pickled Onion

Chicken Banh Mi
Marinated Chicken, Crunchy Veg, Pickled Chili, Coriander
Grilled Fish Bap
Marinated Grilled Fish, Tartare, Lettuce, Pickled Onions

Pastalicious

Pasta – Penne Pasta
Sauce – Tomato Basil & Parmesan Cheese sauce
Protein – Beef Meatballs

Pasta – Spaghetti Pasta
Sauce – Tomato Basil cream & Mushroom Cream Sauce
Protein – Roasted Cajun chicken

Pasta – Fusilli Pasta
Sauce – Tomato Basil & Garlic Cream Sauce
Protein – Seared Tilapia

Pasta – Linguine Pasta
Sauce – Tomato Basil Cream & Basil pesto Cream Sauce
Protein – Chicken Meatballs

Braised Beef soup
Yellow Noodle
Sio Pei Chye

*Peanuts and tree nuts are not utilized in products and dishes served by Chartwells in the premises of the Nexus. However, some products and dishes may contain traces of peanuts/tree nuts.

*Our allergen-controlled meal does not contain dairy, egg and gluten.

*Menu is subjected to changes due to products' availability.

Allergen:

