

VICTUS CATERING 

Nexus International School Menu

August – October 2026



Food Information

- Our kitchen is not Halal-certified. Our food is pork-free and lard-free. Most ingredients are from certified Halal suppliers, especially our meats.
- We strictly prohibit peanuts and tree nuts in our kitchens. However, some products may unavoidably contain “traces of” nuts or tree nuts from the supplier.
- While all due care is taken to remove all bones are in meat or fish, some small bones or fragments may remain after processing.



Portion Sizes

Each meal is freshly cooked and lovingly packed by our team every morning to an approved specification with portion sizes based on Singapore and international nutrition guidelines.

Primary Pre-orders

- 100g of Protein
- 60g of Vegetables
- 120g of Carbohydrates

Secondary

- 120g Protein
- 80g Vegetables
- 150g Carbohydrates



How to read this menu

Please see the separate Learning Lunches menu for Early Years.

For Primary (Year 1 – Year 2), these options are available for pre-order only:

Options available for pre-order (N-Y4) - \$6.80							
			Options available for at-school purchase (Y5-Y13) - \$7.50				
Young Eaters	Asian	Toscana	Western	Vegetarian	Toscana	SenseAsia	Special

For Year 3 onwards and Secondary, purchases are made over the counter, with these options available:

Options available for pre-order (N-Y4) - \$6.80							
			Options available for at-school purchase (Y5-Y13) - \$7.50				
Young Eaters	Asian	Toscana	Western	Vegetarian	Toscana	SenseAsia	Special

Menu items are displayed like this:

Main Item vegetables and carbohydrates (G)(E)(D)(S)(Z)		Roasted Chicken corn, broccoli, roasted potatoes & gravy (G)(D)
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Each day has a unique menu, and there are six menu weeks which loop through the term.

We review our menus every term and make changes for variety and where feedback necessitates.

Allergen Key

- AF: Allergy-Friendly
- D: Dairy
- E: Egg
- G: Gluten
- VGN: Vegan (i.e. no milk or eggs used in preparation)
- VEG: Vegetarian (includes eggs/milk)
- S: Soy
- Z: Sesame
- : Fun Food



Pricing and Availability

School Section	Preorder All Lunchbox Options	A la carte			
		Western Set	SenseAsia	Toscana	Spices
	A choice of Western, Asian or Vegetarian dishes.	Daily changing dish, inspired by European, American and Middle Eastern cuisines.	Fresh Asian flavours: our take on economy rice (菜饭 cai fan). Menus change weekly.	Everyone's favourite - fresh baked pizzas, and tasty pastas.	Our special is a culinary adventure through exciting global cuisines - all for a very fair price.
Early Years Nursery and Kindergarten	Learning Lunches are coordinated by the school. Please refer to the Early Years menu for information.				
Lower Primary Year 1-2	\$6.80 Junior Portion				
Upper Primary Year 3 - Year 6	N/A	\$7.50 Full Sized Complete Meal No customisation	Set Meal (1 Protein/Veg/Carb) \$7.50 A la carte meal Proteins \$3.50 each Vegetables \$2.20 each Carbs \$2.00 each	Pastas \$6.80/7.50 Meat Pizzas \$5.80/slice Veg Pizzas \$4.80/slice	N/A
Secondary Year 7 - Year 13				All Pastas/Pizzas include: - a portion of fruit or - a small side salad.	\$7/8



Monday	Tuesday	Wednesday	Thursday	Friday
Yoghurt Parfait fruit compote, granola \$4.50 Cut fruit cup \$4 Veggie Sticks + dip \$4 Whole fruit \$1.50 Teriyaki Glazed Chicken Meatballs (G)(Z) (4pcs) \$3.50 Roti Prata , sausage & cheese (G)(V) \$3.50 Waffles & Fruit Compote (G)(V) \$3.50 Homemade Cheesy Toast (G)(D)(V) \$3.50	Yoghurt Parfait fruit compote, granola \$4.50 Cut fruit cup \$4 Veggie Sticks + dip \$4 Whole fruit \$1.50 Big Chicken Pau (G)(Z) \$3.50 Plant-based Lo Mai Kai (G)(Z)(S)(VEG) \$3.50 Pain au Chocolat (D)(G) \$3.50 Popcorn Chicken (G)(D) \$3.50	Yoghurt Parfait fruit compote, granola \$4.50 Cut fruit cup \$4 Veggie Sticks + dip \$4 Whole fruit \$1.50 Baked Chicken Wings (G)(S) \$3.50 Vegetable Mee Tai Mak (G)(V) \$3.50 Pancakes & Apple Compote (G)(V) \$3.50 Baked Pizza Rolls (G)(V) \$3.50	Yoghurt Parfait fruit compote, granola \$4.50 Cut fruit cup \$4 Veggie Sticks + dip \$4 Whole fruit \$1.50 Vegetable Curry Puff (2pcs) (G)(V) \$3.50 Jing Du Dumplings (4pcs) (Z)(G)(S) \$3.50 Butter Croissant (G)(D)(V) \$3.50 Loaded Wedges beef bolognese & cheese (G)(D) \$3.50	Yoghurt Parfait fruit compote, granola \$4.50 Cut fruit cup \$4 Veggie Sticks + dip \$4 Whole fruit \$1.50 Chicken Nuggets (G) (5pcs) \$3.50 Nasi Lemak Pot whitebait, half boiled egg, cucumber, sambal (G)(E) \$3.50 French Toast & Fruit Compote (G)(V) \$3.50 Cheesy Garlic Bread (G)(D) \$3.50

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 **Flexischools**



Order and top up with the Flexischools app

Snacks

Healthy Value Choices

The Kettle Gourmet Corn Stick Cheese (D) \$0.80
 Oreo (3 Pack) (G) \$0.80
 Bob Snail Natural Fruit Rolls (AF) \$0.80
 Serious Food Co. Organic Popcorn (AF) \$1.00

Puffs

The Kettle Gourmet Yumi Corn Curls \$1.60
 Temole Fruity Puffs, Strawberry Yoghurt Flavour (D) \$3.80
 Temole Veggie Puffs, Carrot Cheese Flavour (D) \$3.80
 Tavola Risotto Chips \$4.50
 Momentum Protein Chips \$4.50

Bars

YoGood Fruit and Berry Muesli Bar (D)(G) \$1.90
 Nature Valley Granola Bar (G) \$1.90

Treats

Aunt Mabel's Milk Chocolate Cookie (D)(E)(G) \$2.40
 Aunt Mabel's Blueberry Muffin (D)(E)(G) \$2.40
 Pukupuku Taiyaki (D)(G) \$2.70
 Pocky (D)(G) \$2.20

Dairy

Marigold Low Fat Fruit Yoghurt (D) \$1.50
 Tamar Valley Kids Fruit Yoghurt Pouches (D) \$3.50

Drinks

Juices, Fruity Drinks and Water

Footprint Water Carton \$1.40
 Peel Fresh Less Sugar Fruit Juice \$1.70*
 Mogu Mogu Fruit Juice with Nata de Coco \$1.70*
 QOO White Grape Juice \$1.70*
 Ribena \$2.50
 Coco Life Natural Coconut Water \$2.50

Dairy and Alternatives

Yakult Gold Low Sugar (D) \$1.00
 Marigold Low Fat Milk (D) \$1.50
 Milo (D) \$1.50
 VitaSoy (S) \$1.50
 Oatbedient Oat Milk \$2.70

Sports and Vitamins

100 Plus Zero \$2.30*
 100 Plus Lemon Lime \$2.30*
 Vitamin Well \$4.10*

Teas and Coffees

Authentic Tea House Ayataka Green Tea \$1.60*
 Seasons Ice Lemon Tea \$1.70*
 Seasons Jasmine Green Tea \$1.70*
 Prefer Iced Black Coffee \$4.50
 Prefer Iced White Coffee \$4.60*

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Products with a * include a \$0.10 deposit.
 Return the empty bottle/can to any Return Right machine for a refund.

Options available for pre-order (Y1–Y2) – \$6.80						Options available for at-school purchase (Y3–Y13) – \$7.50		
Young Eaters		Asian	Toscana	Western	Vegetarian	Toscana	SenseAsia	Spices
Mon 10 Aug	Celebrating Singapore's 61st Birthday 🇸🇬 Place orders up till 11:59 pm tonight, for school tomorrow Don't forget to top up your e-wallet!					Complete your meal with a free garden salad or a whole fruit. Mon/Wed/Fri <i>Pasta of the Day</i> - Beef Bolognese Sauce (D)(G) \$7.50 - Vegetable and Tomato Marinara Sauce (V)(G) \$6.80 <i>Fresh-Baked Slices</i> - Margherita Pizza (D)(G) \$4.80 - Chicken & Capsicum Pizza (D)(G) \$5.80 Tues/Thurs <i>Pasta of the Day</i> - Chef's Daily Special Meat Sauce (D)(G) \$7.50 - Vegetable and Tomato Marinara Sauce (V)(G) \$6.80 <i>Fresh-Baked Slices</i> - Margherita Pizza (D)(G) \$4.80 - Beef Pepperoni Pizza (D)(G) \$5.80	Mix & Match \$7.50 for a full meal Pick 1 protein, 1 veg and 1 carb <i>Proteins \$3.50</i> - Stir-fried Hot Bean Paste Beef (G)(S)(Z) - Crispy Sweet & Sour fish (G)(S)(Z) - Cereal Chicken & Curry Leaves (E)(G) <i>Vegetables \$2.20</i> - Braised Daikon (G)(S)(Z) - Vegetarian Oyster Sauce Braised Kai Lan (G)(S)(Z) - Stir-fried Bean Sprouts & Carrots (G)(S)(Z) <i>Carbohydrates \$2.00</i> - Steamed Rice - Fried Rice/Noodle of the Day (G)(S)(Z)	Mon/Wed/Fri Tandoori Butter Chicken (D) \$8.00 Chana Masala (AF)(VGN) \$7.00 served as a set with Pilaf Rice, Mini Naan, Cucumber Raita, Tomato & Red Onion Salad (D)(G) Tue/Thu Moroccan Spiced Chicken Wrap garlic chili sauce, lettuce, tomato, pickled onions & mint (G) \$7.00 Roasted Veg Wrap red cabbage, cucumber & baby spinach & sesame ginger dressing (G) \$7.00
Tue 11 Aug	Turkey Ham & Cheese Sandwich brown bread, mashed honey glazed carrots & tater tots (D)(G)	Stir-fried Hot Bean Paste Beef steamed rice, bean sprouts and spring onions (G)(S)(Z)	Baked Dory & Creamy Asparagus Penne sauteed zucchini (G)(D)	Herbed Roasted Chicken mushroom sauce, mashed potatoes, broccoli & carrots (G)(D)	Vegetable Korma (coconut curry) fragrant rice, green beans, cauliflower (AF)			
Wed 12 Aug	Margherita Pizza chopped broccoli & mushrooms (D)(G)	Sweet & Sour Fish sauteed garlic bok choy, carrots, steamed rice (G)(S)(Z)	Smoky Chicken Sausage Pizza spinach & mushroom (D)(G)	 Beef Cheeseburger cheddar cheese, warm green beans salad, fries (D)(E)(G)	Stir-Fried Tempeh, Tofu & Mushrooms steamed rice, bok choy, carrots (AF)			
Thu 13 Aug	Baked Salmon & Egg Fried Rice smashed edamame (E)(G)(S)	Honey Garlic Chicken garlic rice, broccoli and cabbage (G)(S)(Z)	Italian Beef Meatball Penne Marinara zucchini & corn, parmesan (G)(D)	Baked Cajun Fish Mexican-style rice, capsicum & sweet corn (AF)	Mushroom & Cheese Quesadilla creamed spinach (D)(G)			
Fri 14 Aug	Stir-fried Sweet Soy Sauce Minced Chicken steamed rice & chopped bok choy (G)(S)	Ginger & Soy Braised Beef steamed rice, daikon and carrots (G)(S)(Z)	Roasted Chicken & Capsicum Pizza French beans & pumpkin (D)(G)	Creamy Lemon Salmon spring onion mashed potatoes, French beans & roasted pumpkin (D)	Indian Spiced Lentil Dal steamed basmati rice, okra & tomato (AF)			

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	Young Eaters	Asian	Toscana	Western	Vegetarian	Toscana	SenseAsia	Spices
Mon 17 Aug	Tuna Mac & Cheese corn kernels, broccoli (D)(G)	Chicken Bulgogi spinach, beansprouts, onion, rice (G)(Z)(S)	Tuna Tomato Gluten-free Pasta green beans, spinach (AF)	Lamb Stew roasted cauliflower, zucchini, crushed potato (D)	Vegan Mapo Tofu shiitake mushrooms, sautéed garlic bok choy, carrots, steamed rice (AF)	Complete your meal with a free garden salad or a whole fruit. Mon/Wed/Fri <i>Pasta of the Day</i> - Tuna Mac & Cheese (D)(G) \$7.50 - Vegetable and Tomato Marinara Sauce (V)(G) \$6.80	Mix & Match \$7.50 for a full meal Pick 1 protein, 1 veg and 1 carb <i>Proteins \$3.50</i> - Stir-fried Thai Basil Beef (G)(Z) - Crispy Mala Fish Bites (G)(E) - Butter Chicken (D)(G)	Mon/Wed/Fri Chicken Curry (G) \$8.00 Yellow Lentil Dal (AF) \$7.00
Tue 18 Aug	Chicken & Cheese Sandwich brown bread, tater tots & baby beans (D)(G)	Beef Char Kway Teow egg, bean sprouts, chye sim (E)(G)(S)	Beef Pepperoni Pizza green beans & broccoli (D)(G)	Baked Salmon & Dory Pie puff pastry, broccoli & carrots (D)(G)	Sauteed Tempeh with Capsicum stir-fried chap choy & steamed rice (AF)	<i>Fresh-Baked Slices</i> - Margherita Pizza (D)(G) \$4.80 - Beef Salami Pizza (D)(G) \$5.80	- Garlic Bok Choy (G) - Stir-fried Asian Vegetables (G) - Cauliflower Aloo Gobi (AF)	served as a set with Pilaf Rice, Mini Naan, Cucumber Raita, Tomato & Red Onion Salad
Wed 19 Aug	Tempura Fish with Egg Fried Rice mixed veggies (G)(E)	Thai Fish Fried Rice mixed vegetables & kai lan (AF)	Beef Bolognese Penne sweet corn & mushrooms, parmesan (G)(D)	Chicken Bangers & Mash onion gravy, mashed potatoes, green peas (D)(G)	Wok Fried Silver Needle Noodles (Mee Tai Bak) Braised Tofu & Mixed Vegetables (AF)(S)	Tues/Thurs <i>Pasta of the Day</i> - Chef's Daily Special Meat Sauce (D)(G) \$7.50 - Vegetable and Tomato Marinara Sauce (V)(G) \$6.80	<i>Vegetables \$2.20</i> - Steamed Rice - Fried Rice/Noodle of the Day (G)(S)(Z)	Tue/Thu Smoky Lamb Kebab cucumber yoghurt, mint, tomato & lettuce (D)(G) \$7.00 Chickpea Falafel hummus, lettuce, tomatoes, pickled onions (G)(VGN) \$7.00
Thu 20 Aug	Braised Beef mashed potato & smashed peas (D)	Butter Chicken cauliflower aloo gobi, yellow rice (D)(G)	Margherita Pizza Mediterranean vegetables (D)(G)	Beef Chili Con Carne mixed beans, corn salsa, rice (AF)(Mild Spice) <i>*Pre-order only: see Special</i>	Provencal Vegetable Potato Gnocchi tomato sauce & parmesan (D)(G)			
Fri 21 Aug	Chicken Nuggets 😊 baked potato wedges, mashed honey carrots, tomato (G)	Beef Hamburger Patty mild Japanese curry, udon noodles, carrots, edamame beans (G)(D)	Creamy Salmon & Pea Nut-free Pesto Penne Pasta baked asparagus (D)(G)	😊 Fish & Chips peas, tartare sauce (D)(E)(G)	Vegetarian Nasi Lemak tempeh, cucumber, braised cabbage, coconut rice (AF)	<i>Fresh-Baked Slices</i> - Margherita Pizza (D)(G) \$4.80 - Italian Chicken & Capsicum Pizza (D)(G) \$5.80		

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	Young Eaters	Asian	Toscana	Western	Vegetarian	Toscana	SenseAsia	Spices
Mon 24 Aug	Steamed Fish vegetable stew, mixed brown rice (G)	Ginger & Spring Onion Steamed Dory sautéed garlic bok choy, carrots, steamed rice (G)(S)	Creamy Smoked Duck & Mushroom Pasta spinach (D)(G)	Roasted Chicken corn, broccoli, roasted potatoes & gravy (G)(D)	Vegetable Chow Mein tofu, cabbage, carrots (AF)	Complete your meal with a free garden salad or a whole fruit. Mon/Wed/Fri <i>Pasta of the Day</i> - Garlic Chicken & Cheese Sauce (D)(G) \$7.50 - Vegetable and Tomato Marinara Sauce (V)(G) \$6.80	Mix & Match \$7.50 for a full meal Pick 1 protein, 1 veg and 1 carb <i>Proteins \$3.50</i> - Beef Rendang (G) - Char Siu Chicken (G)(S)(Z) - Ginger and Spring Onion Dory (G)(S) <i>Vegetables \$2.20</i> - Kai Lan & Crispy Garlic (G) - Stir-fried Chinese Cabbage (G) - Chap Chye (G) <i>Carbohydrates \$2.00</i> - Steamed Rice - Fried Rice/Noodle of the Day (G)(S)(Z)	Mon/Wed/Fri Tandoori Butter Chicken (D) \$8.00 Chana Masala (AF)(VGN) \$7.00
Tue 25 Aug	Chicken Tomato & Parmesan Penne Pasta chopped cauliflower (D)(G)	Char Siu Chicken rice, garlic kai lan (G)(S)(Z)	Beef Meat Lovers Pizza steamed cauliflower (D)(G)	Moroccan-Style Lamb Tagine carrots, tomatoes, and fragrant pilaf rice (AF)	Steamed Silken Tofu shiitake mushroom, scallion noodles & kai lan (G)(S)(V)(Z)	<i>Fresh-Baked Slices</i> - Margherita Pizza (D)(G) \$4.80 - Beef Pepperoni Pizza (D)(G) \$5.80		served as a set with Pilaf Rice, Mini Naan, Cucumber Raita, Tomato & Red Onion Salad (D)(G)
Wed 26 Aug	Margherita Pizza chopped broccoli, mashed carrots (D)(G)	Vietnamese-style Stir-fried Beef tomato, zucchini, rice (G)(S)(Z)	Chicken Meatballs tomato sauce, green beans, pasta (G)	Baked Salmon spring onion mashed potato, asparagus, green beans (AF)	Vegetable Curry tandoori tempeh, biryani rice (AF)	Tues/Thurs <i>Pasta of the Day</i> - Chef's Daily Special Meat Sauce (D)(G) \$7.50 - Vegetable and Tomato Marinara Sauce (V)(G)) \$6.80		Tue/Thu Moroccan Spiced Chicken Wrap garlic chili sauce, lettuce, tomato, pickled onions & mint (G) \$7.00
Thu 27 Aug	Chicken Bolognese diced zucchini, gluten-free pasta (AF)	Ginger Fish Fried Bee Hoon pea shoots (G)(S)(Z)	Chicken & Tomato Gluten-free Pasta green beans, zucchini (AF)	Chicken Fajitas corn & tomato salsa, wheat tortilla (G)	Wok Fried Silver Needle Noodles (Mee Tai Bak) mixed mushrooms, Nai Bai (G)(S)(E)			Roasted Veg Wrap red cabbage, cucumber & baby spinach & sesame ginger dressing (G) \$7.00
Fri 28 Aug	Egg Mayo Sandwich cucumber & lettuce potato wedges (E)(G)	Steamed Ginger Chicken baby kai lan, mixed rice (G)(S)(Z)	Tomato Tuna Pasta Bake buttered corn (D)(G)	 Beef Cheeseburger cheddar cheese, corn, potato wedges (D)(E)(G)	Smashed Tofu & Tempeh sayur lodeh (vegetables stewed in a coconut broth) (AF)	<i>Fresh-Baked Slices</i> - Margherita Pizza (D)(G) \$4.80 - BBQ Chicken Pizza (D)(G) \$5.80		

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	Young Eaters	Asian	Toscana	Western	Vegetarian	Toscana	SenseAsia	Spices
Mon 31 Aug	Chicken Meatball Pasta tomato sauce, sweet corn (D)(G)	Stir-fried Cumin Lamb cabbage, braised eggplant & steamed rice (AF)	Beef Lasagne mixed California vegetables, pomodoro sauce (D)(G)(E)	Roasted Sea Bass green beans, cherry tomatoes, crushed potatoes & lemon cream sauce (D)	Chinese Steamed Egg Custard asparagus & cauliflower, steamed rice (G)(V)(Z)	Complete your meal with a free garden salad or a whole fruit. Mon/Wed/Fri <i>Pasta of the Day</i> - Beef Bolognese Sauce (D)(G) \$7.50 - Vegetable and Tomato Marinara Sauce (V)(G) \$6.80 <i>Fresh-Baked Slices</i> - Margherita Pizza (D)(G) \$4.80 - Turkey Ham Hawaiian Pizza (D)(G) \$5.80 Tues/Thurs <i>Pasta of the Day</i> - Chef's Daily Special Meat Sauce (D)(G) \$7.50 - Vegetable and Tomato Marinara Sauce (V)(G) \$6.80 <i>Fresh-Baked Slices</i> - Margherita Pizza (D)(G) \$4.80 - Mixed Meat Lovers Pizza (D)(G) \$5.80	Mix & Match \$7.50 for a full meal Pick 1 protein, 1 veg and 1 carb <i>Proteins \$3.50</i> - Black Pepper Beef (G)(S) - Singapore Chicken Curry (G) - Thai Sweet Chilli Fish Bites (G)(E) <i>Vegetables \$2.20</i> - Glazed Carrots, Cabbage & Tofu (G)(S) - Eggplant with Garlic Sauce (G)(S) - Asparagus & Quail Eggs (E)(G)(S) <i>Carbohydrates \$2.00</i> - Steamed Rice - Fried Rice/Noodle of the Day (G)(S)(Z)	Mon/Wed/Fri Chicken Curry (G) \$8.00 Yellow Lentil Dal (AF) \$7.00 served as a set with Pilaf Rice, Mini Naan, Cucumber Raita, Tomato & Red Onion Salad Tue/Thu Smoky Lamb Kebab cucumber yoghurt, mint, tomato & lettuce (D)(G) \$7.00 Chickpea Falafel hummus, lettuce, tomatoes, pickled onions (G)(VGN) \$7.00
Tue 1 Sep	Stir-fried Thai Minced Chicken soft chopped green beans, steamed white rice (AF)(Non-spicy)	Soy-glazed Dory Fish sweet corn, broccoli, steamed rice (G)(S)	Margherita Pizza grilled vegetables with thyme & basil (D)(G)	Rosemary-Garlic Roasted Chicken tomato rice, grilled vegetables (D)	Yellow Lentil Dal okra, cauliflower, steamed rice (AF) <i>*Pre-order only: see Special</i>			
Wed 2 Sep	Baked Breaded Fish Fingers potato wedges, buttered smashed peas (D)(G)	Hainanese Chicken Rice carrots, bok choy (G)(S)	Lemon Baked Fish capsicum, spinach, aglio olio gluten-free pasta (AF)	Braised Beef Brisket mashed potatoes, broccoli & peas (D)(G)	Zucchini Pasta Bake marinara sauce, mozzarella cheese, sautéed carrots & mushrooms (D)(G)(V)			
Thu 3 Sep	Cheese & Tomato Sandwich on brown tater tots & baby beans (D)(G)	Taiwanese-style Mince Beef Noodles bok choy & capsicum (G)(S)	Herby Chicken & Nut-Free Pesto Pizza green beans (D)(G)	 Crispy Fish Burger cherry tomatoes, green beans, potato wedges, tartare sauce (D)(E)(G)	Braised Tofu steamed rice, garlic kai lan (AF)			
Fri 4 Sep	 Chicken Hot Dog mixed California vegetables (G)(D)	Teriyaki Salmon spinach, pickled root vegetables, steamed rice (G)(S)	Creamy Beef & Bell Pepper Penne Ragu mixed California vegetables (D)(G)	Cajun Roasted Chicken tortilla wrap, rice, mixed beans, cheese, lettuce, tomato (D)(G)	Vegetable & Chickpea Coconut Korma cauliflower pakora, steamed rice (AF)			

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	Young Eaters	Asian	Toscana	Western	Vegetarian	Toscana	SenseAsia	Spices
Mon 7 Sep	Penne Pasta tomato sauce, parmesan & buttered corn (G)(D)	Thai Green Fish Curry fragrant rice, choy sum, mushrooms (AF)	Beef Bolognese Penne Pasta peas & sweet corn (G)(D)	Chicken Bangers & Mash onion gravy, carrots (G)	Egg Fried Rice braised tofu, sauteed long beans & carrots (E)(G)	<i>Complete your meal with a free garden salad or a whole fruit.</i> Mon/Wed/Fri <i>Pasta of the Day</i> - Chicken Meatball Marinara Sauce (D)(G) \$7.50 - Vegetable and Tomato Marinara Sauce (V)(G) \$6.80	Mix & Match \$7.50 for a full meal Pick 1 protein, 1 veg and 1 carb <i>Proteins \$3.50</i> - Butter Chicken (G)(D) - Thai Fish Curry (G)(S) - Beef Bulgogi (G) <i>Vegetables \$2.20</i> - Garlic Bok Choy (G)(S) - Cauliflower Aloo Gobi (AF) - Braised Asian Mushroom & Choy Sum (G)(S)	Mon/Wed/Fri Tandoori Butter Chicken (D) \$8.00 Chana Masala (AF)(VGN) \$7.00
Tue 8 Sep	Chicken Katsu Sandwich wholemeal bread, baked potato wedges & smashed edamame (E)(D)(G)	Nasi Lemak spiced chicken, long beans, rich coconut rice (G)	Margherita Pizza asparagus & edamame (D)(G)	Grilled Salmon lemon butter sauce, mashed potatoes, asparagus (D)	Stir-fried Tempeh fried bee hoon, long beans & tomato (AF)	<i>Fresh-Baked Slices</i> - Margherita Pizza (D)(G) \$4.80 - Beef Pepperoni Pizza (D)(G) \$5.80	<i>Carbohydrates \$2.00</i> - Steamed Rice - Fried Rice/Noodle of the Day (G)(S)(Z)	served as a set with Pilaf Rice, Mini Naan, Cucumber Raita, Tomato & Red Onion Salad (D)(G) Tue/Thu Moroccan Spiced Chicken Wrap garlic chili sauce, lettuce, tomato, pickled onions & mint (G) \$7.00 Roasted Veg Wrap red cabbage, cucumber & baby spinach & sesame ginger dressing (G) \$7.00
Wed 9 Sep	Soy-glazed Mini Diced Beef egg fried rice (G)(E)(S)	Beef Bulgogi steamed rice, zucchini & carrots (G)	Penne Pasta tomato, mushroom and zucchini sauce (G)(D)	BBQ Chicken Thigh spicy potato wedges, corn on the cob (G)	Vegetarian Chilli rice, tortilla chips, capsicum, sweet corn (AF)	<i>Pasta of the Day</i> - Chef's Daily Special Meat Sauce (D)(G) \$7.50 - Vegetable and Tomato Marinara Sauce (V)(G) \$6.80		
Thu 10 Sep	Cheesy Pizza french fries, coleslaw (D)(G)	Sweet & Sour Fish fried rice, Asian greens (AF)	Chicken Parmigiana pomodoro sauce, carrots & broccoli (D)(G)	Beef Cheeseburger fries, edamame (D)(E)(G)	Baked Egg & Chickpea Shakshuka tomato, capsicum, flatbread (G)(E)			
Fri 11 Sep	Popcorn Chicken potato wedges, buttered chopped cauliflower (D)(E)(G)	Gluten-free Soy Sauce Chicken Rice garlic Asian greens (AF)(S)	Beef Pepperoni Pizza green beans & cauliflower (D)(G)	Fish & Chips peas, tartare sauce (D)(E)(G)	Roasted Vegetable Potato Gnocchi creamy mushroom sauce & parmesan (D)(G)	<i>Fresh-Baked Slices</i> - Margherita Pizza (D)(G) \$4.80 - Beef Meat Lovers' Pizza (D)(G) \$5.80		

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	Young Eaters	Asian	Toscana	Western	Vegetarian	Toscana	SenseAsia	Spices
Mon 14 Sep	Garlic Chicken Mac & Cheese sweet corn, chopped broccoli (D)(G)	Beef Gyudon Rice Bowl shredded cabbage, edamame beans (G)(S)	Tuna Pasta Bake mixed vegetables (D)(G)	Chicken Cacciatore roasted baby potatoes & mixed vegetables (AF)	Vegetarian Fried Bee Hoon braised egg & broccoli (G)(E)	Complete your meal with a free garden salad or a whole fruit. Mon/Wed/Fri <i>Pasta of the Day</i> - Chef's Daily Special Meat Sauce (D)(G) \$7.50 - Vegetable and Tomato Marinara Sauce (V)(G) \$6.80	Mix & Match \$7.50 for a full meal Pick 1 protein, 1 veg and 1 carb <i>Proteins \$3.50</i> - Ginger & Soy Braised Beef (G)(S) - Fish Karaage Bites & Japanese Curry (E)(G) - Steamed Egg & Minced Chicken (G)(S)(Z)	Mon/Wed/Fri Chicken Curry (G) \$8.00 Yellow Lentil Dal (AF) \$7.00
Tue 15 Sep	Tuna Mayo Sandwich brown bread, sliced cherry tomatoes & tater tots (G)(E)	Fish Karaage Bites mild Japanese curry, steamed rice, cabbage & carrots (E)(G)	 Smoky Chicken Sausage Pizza sweet corn & peas (G)(D)	Smoky Beef Chilli bean & herb Mexican-style rice, sweet corn, tortilla chips (AF)	Palak Paneer Pilaf Rice & Chickpeas (D)(G)	<i>Fresh-Baked Slices</i> - Margherita Pizza (D)(G) \$4.80 - Smoky Chicken Sausage Pizza (D)(G) \$5.80	Steamed Egg & Minced Chicken (G)(S)(Z)	served as a set with Pilaf Rice, Mini Naan, Cucumber Raita, Tomato & Red Onion Salad
Wed 16 Sep	Steamed Egg with Minced Chicken mixed veggies, steamed rice (G)(E)(Z)	Chicken Dumplings with Stir-fried Noodles bok choy (E)(G)(Z)	Beef Lasagne mixed California vegetables, pomodoro sauce (D)(G)(E)	Baked Salmon mashed potato, sauce vierge, broccoli & carrots (AF)	Baked Claypot Rice braised mushroom, bok choy (Z)(G)		<i>Vegetables \$2.20</i> - Braised Asian Greens & Tofu (G)(S) - Sauteed Pea Shoots (G)(S) - Wok-fried Broccoli & Garlic (G)(S)	Tue/Thu Smoky Lamb Kebab cucumber yoghurt, mint, tomato & lettuce (D)(G) \$7.00
Thu 17 Sep	Stir-fried Sweet Soy Minced Beef chopped bok choy, brown rice (G)(S)	Stir-fried Oyster Sauce Beef rice noodles, napa cabbage (G)	Tuna & Cherry Tomato Gluten-free Pasta sauteed zucchini (AF)	Lebanese Chicken Shawarma garlic yoghurt sauce, pita, chickpea salad (D)(G)	Tomato & Cheese Quesadilla buttered corn (D)(G)	Tues/Thurs <i>Pasta of the Day</i> - Beef Lasagne (D)(G) \$7.50 - Vegetable and Tomato Marinara Sauce (V)(G) \$6.80	<i>Carbohydrates \$2.00</i> - Steamed Rice - Fried Rice/Noodle of the Day (G)(S)(Z)	Chickpea Falafel hummus, lettuce, tomatoes, pickled onions (G)(VGN) \$7.00
Fri 18 Sep	Margherita Pizza chopped broccoli, smashed carrots (D)(G)	Kung Pao Crispy Fish steamed rice, Asian greens (G)(S)(Z)	Chicken Meatballs Pasta tomato sauce, green beans (G)	Braised Mutton Casserole mashed potatoes, steamed carrots & broccoli (AF)	Lentil & Butternut Squash Curry rice, stir-fried okra (AF)	<i>Fresh-Baked Slices</i> - Margherita Pizza (D)(G) \$4.80 - BBQ Chicken Pizza (D)(G) \$5.80		

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	Young Eaters	Asian	Toscana	Western	Vegetarian	Toscana	SenseAsia	Spices
Mon 21 Sep	Beef Bolognese Penne Pasta buttered corn (G)(D)	Soy Sauce Poached Chicken fragrant rice, sautéed long beans and carrots (G)(S)(Z)	Margherita Pizza broccoli & carrots (D)(G)	Tuscan Slow-braised Beef in Tomato Sauce herb-roasted potatoes, sautéed zucchini & tomato (AF)	Baked Eggplant Parmigiana marinara sauce, zucchini and carrots (G)(D)	Complete your meal with a free garden salad or a whole fruit. Mon/Wed/Fri <i>Pasta of the Day</i> - Beef Bolognese Sauce (D)(G) \$7.50 - Vegetable and Tomato Marinara Sauce (V)(G) \$6.80	Mix & Match \$7.50 for a full meal Pick 1 protein, 1 veg and 1 carb <i>Proteins \$3.50</i> - Stir-fried Hot Bean Paste Beef (G)(S)(Z) - Crispy Sweet & Sour fish (G)(S)(Z) - Cereal Chicken & Curry Leaves (E)(G)	Mon/Wed/Fri Tandoori Butter Chicken (D) \$8.00 Chana Masala (AF)(VGN) \$7.00
Tue 22 Sep	Turkey Ham & Cheese Sandwich brown bread, smashed honey carrots & tater tots (D)(G)	Stir-fried Hot Bean Paste Beef steamed rice, bean sprouts and spring onions (G)(S)(Z)	Baked Dory & Creamy Asparagus Penne sauteed zucchini (G)(D)	Herbed Roasted Chicken mushroom sauce, mashed potatoes, broccoli & carrots (G)(D)	Vegetable Korma (coconut curry) fragrant rice, green beans, cauliflower (AF)	<i>Fresh-Baked Slices</i> - Margherita Pizza (D)(G) \$4.80 - Chicken & Capsicum Pizza (D)(G) \$5.80	<i>Vegetables \$2.20</i> - Braised Daikon (G)(S)(Z) - Vegetarian Oyster Sauce Braised Kai Lan (G)(S)(Z) - Stir-fried Bean Sprouts & Carrots (G)(S)(Z)	served as a set with Pilaf Rice, Mini Naan, Cucumber Raita, Tomato & Red Onion Salad (D)(G)
Wed 23 Sep	Margherita Pizza chopped broccoli & mushrooms (D)(G)	Sweet & Sour Fish sautéed garlic bok choy, carrots, steamed rice (G)(S)(Z)	Smoky Chicken Sausage Pizza spinach & mushroom (D)(G)	 Beef Cheeseburger cheddar cheese, warm green beans salad, fries (D)(E)(G)	Stir-Fried Tempeh, Tofu & Mushrooms steamed rice, bok choy, carrots (AF)	Tues/Thurs <i>Pasta of the Day</i> - Chef's Daily Special Meat Sauce (D)(G) \$7.50 - Vegetable and Tomato Marinara Sauce (V)(G)) \$6.80	<i>Carbohydrates \$2.00</i> - Steamed Rice - Fried Rice/Noodle of the Day (G)(S)(Z)	Tue/Thu Moroccan Spiced Chicken Wrap garlic chili sauce, lettuce, tomato, pickled onions & mint (G) \$7.00 Roasted Veg Wrap red cabbage, cucumber & baby spinach & sesame ginger dressing (G) \$7.00
Thu 24 Sep	Baked Salmon & Egg Fried Rice smashed edamame (E)(G)(S)	Honey Garlic Chicken garlic rice, broccoli and cabbage (G)(S)(Z)	Italian Beef Meatball Penne Marinara zucchini & corn, parmesan (G)(D)	Baked Cajun Fish Mexican-style rice, capsicum & sweet corn (AF)	Spanish Potato & Onion Tortilla creamed spinach & peas (D)(E)			
Fri 25 Sep	Stir-fried Sweet Soy Sauce Minced Chicken steamed rice & chopped bok choy (G)(S)	Ginger & Soy Braised Beef steamed rice, daikon and carrots (G)(S)(Z)	Roasted Chicken & Capsicum Pizza French beans & pumpkin (D)(G)	Creamy Lemon Salmon spring onion mashed potatoes, French beans & roasted pumpkin (D)	Indian Spiced Lentil Dal steamed basmati rice, okra & tomato (AF)	<i>Fresh-Baked Slices</i> - Margherita Pizza (D)(G) \$4.80 - Beef Pepperoni Pizza (D)(G) \$5.80		

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	Young Eaters	Asian	Toscana	Western	Vegetarian	Toscana	SenseAsia	Spices
Mon 28 Sep	Tuna Mac & Cheese corn, chopped broccoli (D)(G)	Chicken Bulgogi spinach, beansprouts, onion, rice (G)(Z)(S)	Tuna Tomato Gluten-free Pasta green beans, spinach (AF)	Lamb Stew roasted cauliflower, zucchini, crushed potato (D)	Vegan Mapo Tofu shiitake mushrooms, sautéed garlic bok choy, carrots, steamed rice (AF)	<i>Complete your meal with a free garden salad or a whole fruit.</i> Mon/Wed/Fri <i>Pasta of the Day</i> - Tuna Mac & Cheese (D)(G) \$7.50 - Vegetable and Tomato Marinara Sauce (V)(G) \$6.80	Mix & Match \$7.50 for a full meal Pick 1 protein, 1 veg and 1 carb <i>Proteins \$3.50</i> - Stir-fried Thai Basil Beef (G)(Z) - Crispy Mala Fish Bites (G)(E) - Butter Chicken (D)(G)	Mon/Wed/Fri Chicken Curry (G) \$8.00 Yellow Lentil Dal (AF) \$7.00
Tue 29 Sep	Chicken & Cheese Sandwich brown bread, tater tots & baby beans (D)(G)	Beef Char Kway Teow egg, bean sprouts, chye sim (E)(G)(S)	Beef Pepperoni Pizza green beans & broccoli (D)(G)	Baked Salmon & Dory Pie puff pastry, broccoli & carrots (D)(G)	Plant Based Duck Char Siu stir-fried chap chay & steamed rice (G)(V)	<i>Fresh-Baked Slices</i> - Margherita Pizza (D)(G) \$4.80 - Beef Salami Pizza (D)(G) \$5.80	<i>Vegetables \$2.20</i> - Garlic Bok Choy (G) - Stir-fried Asian Vegetables (G) - Cauliflower Aloo Gobi (AF)	served as a set with Pilaf Rice, Mini Naan, Cucumber Raita, Tomato & Red Onion Salad
Wed 30 Sep	Egg Fried Rice mixed veggies (G)(V)	Thai Fish Fried Rice mixed vegetables & kai lan (AF)	Beef Bolognese Penne sweet corn & mushrooms, parmesan (G)(D)	Chicken Bangers & Mash onion gravy, mashed potatoes, green peas (D)(G)	Ricotta & Spinach Lasagna eggplant, capsicum (D)(G)(E)(V)	Tues/Thurs <i>Pasta of the Day</i> - Chef's Daily Special Meat Sauce (D)(G) \$7.50 - Vegetable and Tomato Marinara Sauce (V)(G)) \$6.80	<i>Carbohydrates \$2.00</i> - Steamed Rice - Fried Rice/Noodle of the Day (G)(S)(Z)	Tue/Thu Smoky Lamb Kebab cucumber yoghurt, mint, tomato & lettuce (D)(G) \$7.00 Chickpea Falafel hummus, lettuce, tomatoes, pickled onions (G)(VGN) \$7.00
Thu 1 Oct	Braised Beef mashed potato & smashed peas (D)	Butter Chicken cauliflower aloo gobi, yellow rice (D)(G)	Margherita Pizza Mediterranean vegetables (D)(G)	Beef Chili Con Carne mixed beans, corn salsa, rice (AF)(Mild Spice) <i>*Pre-order only: see Special</i>	Plant Based Burger brioche bun, potato wedges, steamed carrots (D)(E)(G)(V)			
Fri 2 Oct	 Chicken Nuggets baked potato wedges, smashed honey carrots, diced tomato (G)	Beef Hamburger Patty mild Japanese curry, udon noodles, carrots, edamame beans (G)(D)	Creamy Salmon & Pea Nut-free Pesto Penne Pasta baked asparagus (D)(G)	 Fish & Chips peas, tartare sauce (D)(E)(G)	Vegetarian Nasi Lemak tempeh, cucumber, braised cabbage, coconut rice (AF)	<i>Fresh-Baked Slices</i> - Margherita Pizza (D)(G) \$4.80 - Italian Chicken & Capsicum Pizza (D)(G) \$5.80		

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						Options available for at-school purchase (Y3–Y13) - \$7.50		
	Young Eaters	Asian	Toscana	Western	Vegetarian	Toscana	SenseAsia	Spices
Mon 5 Oct	Steamed Fish vegetable stew, mixed brown rice (G)	Ginger & Spring Onion Steamed Dory sautéed garlic bok choy, carrots, steamed rice (G)(S)	Creamy Smoked Duck & Mushroom Pasta spinach (D)(G)	Roasted Chicken corn, broccoli, roasted potatoes & gravy (G)(D)	Vegetable Chow Mein tofu, cabbage, carrots (AF)	<i>Complete your meal with a free garden salad or a whole fruit.</i> Mon/Wed/Fri <i>Pasta of the Day</i> - Garlic Chicken & Cheese Sauce (D)(G) \$7.50 - Vegetable and Tomato Marinara Sauce (V)(G) \$6.80	Mix & Match \$7.50 for a full meal Pick 1 protein, 1 veg and 1 carb <i>Proteins \$3.50</i> - Beef Rendang (G) - Char Siu Chicken (G)(S)(Z) - Ginger and Spring Onion Dory (G)(S) <i>Vegetables \$2.20</i> - Kai Lan & Crispy Garlic (G) - Stir-fried Chinese Cabbage (G) - Chap Chye (G) <i>Carbohydrates \$2.00</i> - Steamed Rice - Fried Rice/Noodle of the Day (G)(S)(Z)	Mon/Wed/Fri Tandoori Butter Chicken (D) \$8.00 Chana Masala (AF)(VGN) \$7.00 <i>served as a set with Pilaf Rice, Mini Naan, Cucumber Raita, Tomato & Red Onion Salad (D)(G)</i> Tue/Thu Moroccan Spiced Chicken Wrap garlic chili sauce, lettuce, tomato, pickled onions & mint (G) \$7.00 Roasted Veg Wrap red cabbage, cucumber & baby spinach & sesame ginger dressing (G) \$7.00
Tue 6 Oct	Chicken Tomato & Parmesan Penne Pasta chopped cauliflower (D)(G)	Char Siu Chicken rice, garlic kai lan (G)(S)(Z)	Beef Meat Lovers Pizza steamed cauliflower (D)(G)	Moroccan-Style Lamb Tagine carrots, tomatoes, and fragrant pilaf rice (AF)	Steamed Silken Tofu shiitake mushroom, scallion noodles & kai lan (G)(S)(V)(Z)			
Wed 7 Oct	Margherita Pizza chopped broccoli, smashed carrots (D)(G)	Vietnamese-style Stir-fried Beef tomato, zucchini, rice (G)(S)(Z)	Chicken Meatballs tomato sauce, green beans, pasta (G)	Baked Salmon spring onion mashed potato, asparagus, green beans (AF)	Vegetable Curry tandoori tempeh, biryani rice (AF)	<i>Fresh-Baked Slices</i> - Margherita Pizza (D)(G) \$4.80 - Beef Pepperoni Pizza (D)(G) \$5.80 Tues/Thurs <i>Pasta of the Day</i> - Chef's Daily Special Meat Sauce (D)(G) \$7.50 - Vegetable and Tomato Marinara Sauce (V)(G)) \$6.80		
Thu 8 Oct	Chicken Bolognese diced zucchini, pasta (G)	Ginger Fish Fried Bee Hoon pea shoots (G)(S)(Z)	Chicken & Tomato Gluten-free Pasta green beans, zucchini (AF)	Chicken Fajitas corn & tomato salsa, wheat tortilla (G)	Stir-fried Mee Tai Bak mixed mushroom, nai bai (G)(S)(E)			
Fri 9 Oct	No School - Learning Conference Have a lovely half term break!					<i>Fresh-Baked Slices</i> - Margherita Pizza (D)(G) \$4.80 - BBQ Chicken Pizza (D)(G) \$5.80		

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Monday	Tuesday	Wednesday	Thursday	Friday
Homemade Soup of the Day bread roll (G)(may contain dairy – check at counter) \$4.0				
Roasted Eggplant Wrap Baby Spinach, Sun-Dried Tomatoes, Hummus & Basil Spread (G) \$7.0 Turkey Ham & Cheese Breakfast Muffin (G)(D) \$6.5 Smoked Salmon & Cream Cheese Bagel (D)(G) \$7.5 Three Cheese Toastie mozzarella, cheddar & emmental (D)(G) \$7.0	Falafel & Garlic Yoghurt Wrap spinach & romaine (D)(G) \$7.5 Chicken Parmesan Sandwich romaine lettuce, tomato salsa & mayo (G)(D)(E) \$7.5 Beef Pastrami & Pickled Onion Sandwich tomato, cabbage slaw (E)(G) \$8.0 Tuna Melt , cheddar & mozzarella (D)(G) \$7.0 Jalapeno Cream Cheese Bagel (G)(D) \$6.5	Mixed Mushrooms & Hummus eggplant, peppers, romaine & basil (G) \$7.0 Beef Pastrami & Pickled Onion Sandwich tomato, cabbage slaw (E)(G) \$8.0 Three Cheese Toastie mozzarella, cheddar & emmental (D)(G) \$7.0 Emmental, Cheese & Egg Bagel (D)(G)(E) \$7.0	Roasted Eggplant Wrap Baby Spinach, Sun-Dried Tomatoes, Hummus & Basil Spread (G) \$7.0 Turkey Ham & Cheese Breakfast Muffin (G)(D) \$6.5 Chicken Parmesan Sandwich romaine lettuce, tomato salsa & mayo (G)(D)(E) \$7.5 Fish & Chips Wrap Fried fish fillet, chips, slaw & tartar sauce (G)(E) \$7.0 Smoked Salmon & Cream Cheese Bagel (G)(D) \$7.5	Falafel & Garlic Yoghurt Wrap spinach & romaine (D)(G) \$7.5 Tuna Melt , cheddar & mozzarella (D)(G) \$7.0 Three Cheese Toastie mozzarella, cheddar & emmental (D)(G) \$7.0 Jalapeno Cream Cheese Bagel (G)(D) \$6.5
Potato & Lentil Salad red onions, corn, cucumber, dijon mustard dressing, mint & sunflower seeds (AF) \$6.50	Classic Chicken Caesar beef bacon bits & croutons (G)(D)(E) \$7.00	Classic Tuna Nicoise citrus yoghurt, boiled egg, tomatoes, green beans & red onion (E) \$7.00	Curried Cauliflower & Potato Salad orange, pumpkin seeds, basil pistou, cherry tomatoes, pickled onions (AF) \$6.50	Tandoori Chicken Pasta Salad baby spinach, cucumber & coriander (G) \$7.00
VALUE POT Korean Sticky Chicken Wings steamed rice (GF) \$5.50	VALUE POT Samosa & Onion Bhaji yellow rice (AF) \$5.50	VALUE POT Thai Style Fried Rice (AF) \$5.50	VALUE POT Char Kway Teow (GF) - Vegetable and egg (AF)(VEG) \$5.50 - Braised beef & egg (E) \$6.50	VALUE POT Loaded Potato Wedges - BBQ Beef & Cheese (D) \$6.50 - Cheese (VEG)(D) \$5.50
and a whole selection of other light bites from \$3 onwards Whole fruits, fruit cups... Viennoiserie, muffins, cakes... Pies and puffs... Yoghurt pots and parfaits				

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Barista Coffee

Espresso \$3.50

Cortado \$4.00

Americano M4.0 | L5.0

Cappuccino/Latte M5.5 | L6.5

Mocha M6.5 | L7.5

Other Prepared Drinks

Teas M4.0 | L5.0

Matcha Latte M6.5 | L7.5

Chai Latte M6.5 | L7.5

Hot Chocolate M6.5 | L7.5

Passionfruit Green Tea \$5.5

**We use Cowpresso Golden Cup Blend beans,
small-batch roasted in Singapore.**

Tasting notes:

*Milk chocolate is the dominant flavour here, accompanied with
caramel and macadamia sweetness and finishing off with a bold
dried fruit aftertaste.*

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