

VICTUS CATERING 

Nexus Learning Lunches Menu

August – October 2026



All snacks are allergen-free	
Monday	Diced Watermelon
Tuesday	Cut Banana
Wednesday	Fruit Jello Cup <i>Our gelatine is Halal and vegetarian</i>
Thursday	Diced White Dragonfruit
Friday	Apple Compote

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.

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	International	Vegetarian	Allergy-friendly No Dairy/Egg/Gluten
Mon 10 Aug	Celebrating Singapore's 61st Birthday 🇸🇬		
Tue 11 Aug	Herb Roasted Chicken mushroom sauce, mashed potatoes, broccoli and carrots (G)(D)	Vegetable Korma (coconut curry) fragrant rice, green beans, cauliflower (AF)	
Wed 12 Aug	Margherita Pizza chopped broccoli & mushrooms (D)(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)	Mushroom & Cheese Quesadilla creamed spinach (D)(G)	Baked Cajun Fish Mexican-style rice, capsicum and sweet corn (AF)
Fri 14 Aug	Stir-fried Sweet Soy Sauce Minced Chicken steamed rice & chopped bok choy (G)(S)	Indian Spiced Lentil Dal steamed basmati rice, okra & tomato (AF)	

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Mon 17 Aug	Tuna Mac & Cheese corn kernels, broccoli (D)(G)	Vegan Mapo Tofu Shiitake Mushrooms, Sauté Garlic Bok Choy, Carrots, Steamed Rice (AF)	
Tue 18 Aug	Chicken & Cheese Sandwich brown bread, tater tots & baby beans (D)(G)	Sauteed Tempeh with Capsicum Stir-fried Chap Chay & Steamed Rice (AF)	
Wed 19 Aug	Tempura Fish with Egg Fried Rice mixed veggies (G)(E)	Wok Fried Silver Needle Noodles (Mee Tai Bak) Braised Tofu & Mixed Vegetables (AF)(S)	
Thu 20 Aug	Provençal Vegetable Potato Gnocchi tomato sauce & parmesan (D)(G)(VEG)		Mild Beef Chili Con Carne Mixed Beans, Corn Salsa, Rice (AF)
Fri 21 Aug	Chicken Nuggets baked potato wedges, mashed honey carrots, tomato (G)	Vegetarian Nasi Lemak tempeh, cucumber, braised cabbage, coconut rice (AF)	

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Mon 24 Aug	Steamed Fish vegetable stew, mixed brown rice (G)	Vegetable Chow Mein Tofu, Cabbage, Carrot (AF)	
Tue 25 Aug	Chicken Tomato & Parmesan Penne Pasta chopped cauliflower (D)(G)	Steamed Silken Tofu shiitake mushroom, scallion noodles & kai lan (G)(S)(V)(Z)	Moroccan-Style Lamb Tagine carrots, tomatoes, and fragrant pilaf rice (AF)
Wed 26 Aug	Margherita Pizza chopped broccoli, mashed carrots (D)(G)(VEG)	Mild Vegetable Curry tandoori tempeh, biryani rice (AF)	Baked Salmon spring onion mashed potato, asparagus, green beans (AF)
Thu 27 Aug	Ginger Fish with Fried Bee Hoon pea shoots (G)(S)(Z)	Wok Fried Silver Needle Noodles (Mee Tai Bak) mixed mushrooms, nai bai (G)(S)(E)	Chicken Bolognese Diced Zucchini, Gluten-free Pasta (AF)
Fri 28 Aug	Tomato Tuna Pasta Bake buttered corn (D)(G)	Egg Mayo Sandwich cucumber & lettuce, potato wedges (E)(G)(VEG)	Smashed Tofu & Tempeh Sayur Lodeh (Coconut Vegetable Stew) (AF)(VEG)

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Mon 31 Aug	Chicken Meatball Pasta tomato sauce, sweet corn (D)(G)	Chinese Steamed Egg Custard asparagus & cauliflower, steamed rice (G)(V)(Z)	Stir Fried Cumin Lamb cabbage, braised eggplant & steamed rice (AF)
Tue 1 Sep	Soy-glazed Dory Fish sweet corn, broccoli, steamed rice (G)(S)	Yellow Lentil Dal okra, cauliflower, steamed rice (AF)	Stir-fried Thai Minced Chicken soft chopped green beans, steamed white rice (AF)(Non-spicy)
Wed 2 Sep	Braised Beef Brisket mashed potatoes, broccoli & peas (D)(G)	Zucchini Pasta Bake marinara sauce, mozzarella cheese, sautéed carrots & mushrooms (D)(G)(V)	Lemon Baked Fish capsicum, spinach, aglio olio gluten-free pasta (AF)
Thu 3 Sep	Cheese & Tomato Sandwich on brown tater tots & baby beans (D)(G)(VEG)	Braised Tofu steamed rice, garlic kai lan (AF)(S)	Mild Beef Chili Con Carne Mixed Beans, Corn Salsa, Rice (AF)
Fri 4 Sep	Creamy Beef & Bell Pepper Penne Ragù mixed California vegetables (D)(G)	Vegetable & Chickpea Coconut Korma cauliflower pakora, steamed rice (AF)	

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Mon 7 Sep	Chicken Bangers & Mash onion gravy, carrots (G)	Penne Pasta tomato sauce, parmesan & buttered corn (G)(D)	Thai Green Fish Curry fragrant rice, choy sum, mushrooms (AF)
Tue 8 Sep	Grilled Salmon lemon butter sauce, mashed potatoes, asparagus (D)	Stir-fried Tempeh fried bee hoon, long beans & tomato (AF)	
Wed 9 Sep	Soy-glazed Mini Diced Beef egg fried rice (G)(E)(S)	Vegetarian Chilli rice, tortilla chips, capsicum, sweet corn (AF)	
Thu 10 Sep	Cheesy Pizza french fries, coleslaw (D)(G)	Baked Egg & Chickpea Shakshuka tomato, capsicum, flatbread (G)(E)	Sweet & Sour Fish fried rice, Asian greens (AF)
Fri 11 Sep	Roast Chicken potato wedges, buttered chopped cauliflower (D)(G)	Roasted Vegetables with Potato Gnocchi creamy mushroom sauce & parmesan (D)(G)	Gluten-free Soy Sauce Chicken Rice garlic Asian greens (AF)(S)

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Mon 14 Sep	Beef Gyudon Rice Bowl shredded cabbage, edamame beans (G)(S)	Vegetarian Fried Bee Hoon braised egg & broccoli (G)(E)	Chicken Cacciatore roasted baby potatoes & mixed vegetables (AF)
Tue 15 Sep	Tuna Mayo Sandwich brown bread, sliced cherry tomatoes & tater tots (G)(E)	Palak Paneer pilaf rice & chickpeas (D)(G)	Mild Beef Chilli Mexican bean rice, sweet corn, tortilla chips (AF)
Wed 16 Sep	Steamed Egg with Minced Chicken mixed veggies, steamed rice (G)(E)(Z)	Baked Claypot Rice braised mushroom, bok choy (Z)(G)	Baked Salmon mashed potato, sauce vierge, broccoli & carrots (AF)
Thu 17 Sep	Stir-fried Sweet Soy Minced Beef chopped bok choy, brown rice (G)(S)	Tomato & Cheese Quesadilla buttered corn (D)(G)	Tuna & Cherry Tomato Gluten-free Pasta sauteed zucchini (AF)
Fri 18 Sep	Margherita Pizza chopped broccoli, smashed carrots (D)(G)	Lentil & Butternut Squash Curry rice, stir-fried okra (AF)	

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Tue 22 Sep	Herb Roasted Chicken mushroom sauce, mashed potatoes, broccoli and carrots (G)(D)	Vegetable Korma (coconut curry) fragrant rice, green beans, cauliflower (AF)	
Wed 23 Sep	Margherita Pizza chopped broccoli & mushrooms (D)(G)	Stir-Fried Tempeh, Tofu & Mushrooms steamed rice, bok choy, carrots (AF)	
Thu 24 Sep	Baked Salmon & Egg Fried Rice smashed edamame (E)(G)(S)	Mushroom & Cheese Quesadilla creamed spinach (D)(G)	Baked Cajun Fish Mexican-style rice, capsicum and sweet corn (AF)
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Tue 29 Sep	Chicken & Cheese Sandwich brown bread, tater tots & baby beans (D)(G)	Sauteed Tempeh with Capsicum Stir-fried Chap Chay & Steamed Rice (AF)	
Wed 30 Sep	Tempura Fish with Egg Fried Rice mixed veggies (G)(E)	Wok Fried Silver Needle Noodles (Mee Tai Bak) Braised Tofu & Mixed Vegetables (AF)(S)	
Thu 1 Oct	Provençal Vegetable Potato Gnocchi tomato sauce & parmesan (D)(G)(VEG)		Mild Beef Chili Con Carne Mixed Beans, Corn Salsa, Rice (AF)
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Tue 6 Oct	Chicken Tomato & Parmesan Penne Pasta chopped cauliflower (D)(G)	Steamed Silken Tofu shiitake mushroom, scallion noodles & kai lan (G)(S)(V)(Z)	Moroccan-Style Lamb Tagine carrots, tomatoes, and fragrant pilaf rice (AF)
Wed 7 Oct	Margherita Pizza chopped broccoli, mashed carrots (D)(G)(VEG)	Mild Vegetable Curry tandoori tempeh, biryani rice (AF)	Baked Salmon spring onion mashed potato, asparagus, green beans (AF)
Thu 8 Oct	Ginger Fish with Fried Bee Hoon pea shoots (G)(S)(Z)	Wok Fried Silver Needle Noodles (Mee Tai Bak) mixed mushrooms, nai bai (G)(S)(E)	Chicken Bolognese Diced Zucchini, Gluten-free Pasta (AF)
Fri 9 Oct	No School - Learning Conference Have a lovely half term break!		

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