



**DOVER COURT
INTERNATIONAL
SCHOOL
SINGAPORE**

**EDITION 2
AUGUST - DECEMBER 2019**

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ALLERGENS KEY: CONTAINS (D) - DAIRY ; (E) - EGG; (G) - GLUTEN

WEEK 1	MORNING TEA	WESTERN	ASIAN	VEGETARIAN	ALLERGY (pre order only)
19-Aug	Yoghurt Granola	Spaghetti chicken Bolognese (D)(G)	Soy beef brisket, broccoli, brown rice (G)	Braised tofu, egg, fragrant soy sauce, broccoli, rice (E)(G)	Chicken Bolognese, rice
20-Aug	Cranberry Loaf	Beef lasagne (D)(G)	Chicken nasi lemak (coconut rice) (E)(G)	Cheesy vegetable pasta bake (D)(G)	Grilled chicken, corn succotash, rice
21-Aug	Veggie stick, hummus	Herb crusted fish, marinara sauce, pasta (D)(G)	Japanese chicken patty, eggs, rice, mushroom brown sauce (E)(G)	Claypot beancurd vegetables, rice (E)(G)	Sautéed beef & onions, mushrooms, rice
22-Aug	Banana Chia Muffin	Roast chicken, carrots, corn, roast potatoes, gravy (D)(G)	Grilled miso salmon, dry ramen noodles (G)	Chickpea marsala, papadum, biryani rice (G)	Chicken chop, baked beans, green peas, rice
23-Aug	Fruit Salad	Crispy fish & chips, coleslaw (E)(G)	Honey chicken, butter corn, rice (D)(E)(G)	Super quinoa salad bowl (D)	Roast chicken, carrots, corn, roast potatoes

WEEK 2	MORNING TEA	WESTERN	ASIAN	VEGETARIAN	ALLERGY (pre order only)
26-Aug	Yoghurt Granola	Chicken meatballs, cauliflower mac & cheese (D)(E)(G)	Chicken teriyaki, vegetable yakisoba noodles (G)	Stir-fry vegetable yakisoba (G)	Saute mince beef, green peas, brown rice
27-Aug	Cranberry Loaf	BBQ chicken leg, glazed carrots, potato scaloppini (D)(G)	Korean beef bulgogi, capsicum, rice (G)	Grilled miso tofu, dry ramen noodles (G)	Pan-fried salmon, corn, brown rice
28-Aug	Veggie stick, hummus	Tomato chicken stew, root vegetables, pasta (G)	Grilled fish, mixed vegetable fried rice (E)(G)	Sunny egg, stir-fry mixed vegetable, fragrant rice (E)(G)	Grilled chicken, mixed vegetables, rice
29-Aug	Banana Chia Muffin	Salmon pasta, broccoli, Napolitana sauce (D)(E)(G)	Chicken, vegetables, rice noodles, egg gravy (horfun) (E)(G)	Vegetable fried noodles, egg omelette (E)(G)	Tomato chicken stew, root vegetables, rice
30-Aug	Fruit Salad	Bangers & mash (D)(G)	Scissor curry rice, fried chicken cutlet, beansprouts, curry sauce	Vegetable horfun (E)(G)	Roast fish, marinara sauce, rice

WEEK 3	MORNING TEA	WESTERN	ASIAN	VEGETARIAN	ALLERGY (pre order only)
2-Sep	Yoghurt Granola	Chicken meatloaf, roasted carrots, mashed potatoes (D)(E)(G)	Beef pattie, Japanese vegetable curry, rice (G)	Grilled mixed vegetables, mashed potatoes, gravy (G)	Braised beef & peas, mashed potatoes, gravy
3-Sep	Cranberry Loaf	Shepherd's pie (D)(E)(G)	Teriyaki chicken, green peas, ramen noodles (G)	Vegetarian lasagne (D)(E)(G)	Gluten free popcorn chicken, broccoli, brown rice
4-Sep	Veggie stick, hummus	Grilled honey rosemary chicken, roasted vegetables & potatoes (G)	Soy garlic chicken, mixed vegetables, brown rice (G)	Fried tofu omelette, vegetables, brown rice (E)(G)	Grilled chicken, roasted vegetables, rice
5-Sep	Banana Chia Muffin	Homemade chicken noodle soup (G)	Indian fish curry, local vegetables, rice (G)(D)	Moroccan vegetable stew, rice (D)	Moroccan chicken casserole, rice
6-Sep	Fruit Salad	Beef pepperoni & capsicum pizza (D)(G)	San choy bau - minced chicken & lettuce cups, fragrant rice	Silken tofu, soba noodles, sweet soy broth (G)	Minced beef, grilled Mediterranean vegetables, rice

WEEK 4	MORNING TEA	WESTERN	ASIAN	VEGETARIAN	ALLERGY (pre order only)
9-Sep	Yoghurt Granola	Mexican ground chicken, tomato salsa, beans, rice, cheese (D)(G)(D)(G)	Chicken fried noodles (E)(G)	Sunny egg, vegetable fried rice (E)(G)	Grilled fish, mixed vegetable fried rice (no egg or no soy sauce)
10-Sep	Cranberry Loaf	Honey mustard roast chicken, grilled tomatoes, potato salad (E)	Thai basil beef, egg, broccoli, rice (E)(G)	Grilled tempeh, pumpkin, potato salad (D)(G)	Minced chicken, mixed vegetables, rice
11-Sep	Veggie stick, hummus	Chicken pasta bake, corn, pea, tomatoes (D)(G)	Dry fishball noodles, bok choy	Steamed tofu, wonton noodles, bok choy (G)	Poached chicken, bok choy, rice
12-Sep	Banana Chia Muffin	Herb crusted fish, garlic bread, baked beans, coleslaw (D)(E)(G)	Honey chicken, miso ramen, bean sprouts (G)	Mixed vegetables, spaghetti, napolitana sauce (G)	Beef Bolognese, rice
13-Sep	Fruit Salad	Beef chili con carne, tomato salsa, sour cream, tortilla chips (D)(G)	Soy chicken rice, broccoli, rice (G)	Bean chili con carne, tomato salsa, sour cream, tortilla chips (D)(G)	Pan-fried salmon, broccoli, rice

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WEEK 5	MORNING TEA	WESTERN	ASIAN	VEGETARIAN	ALLERGY (pre order only)
16-Sep	Yoghurt Granola	Chicken parmigiana, cheesy cauliflower gratin, potato wedges (D)(E)(G)	Chicken fried rice (E)(G)	Braised mushrooms, soy sauce noodles, bok choy (G)	Chicken, roast cauliflower, mashed potatoes
17-Sep	Cranberry Loaf	BBQ chicken, glazed carrots, mashed potatoes, gravy (D)(G)	Teriyaki chicken meatballs, broccoli, rice (D)(E)(G)	Vegetable & broccoli cheesy rice bake (D)(G)	Chicken fried rice (no egg or soy sauce)
18-Sep	Veggie stick, hummus	Mexican chicken, lime rice, corn (D)(E)	Japanese beef patty, eggs, rice, mushroom brown sauce (E)(G)	Scrambled eggs, rice, mushroom brown sauce (D)(E)(G)	Grilled chicken, corn, lime rice
19-Sep	Banana Chia Muffin	Spaghetti beef Bolognese (D)(G)	Chicken chow mein (E)(G)	Vegetarian fried noodles (E)(G)	Beef, vegetarian fried noodles
20-Sep	Fruit Salad	Chicken tenders, french fries, bbq sauce, sautéed corn (D)(E)(G)	Honey soy salmon, cauliflower, green peas, rice (G)	Vegetable minestrone soup, pasta (G)	Poached chicken, vegetable minestrone soup, rice

WEEK 6	MORNING TEA	WESTERN	ASIAN	VEGETARIAN	ALLERGY (pre order only)
23-Sep	Yoghurt Granola	Baked salmon, creamed spinach, mac & cheese (D)(E)(G)	Honey-soy chicken, Asian greens, brown rice (G)	Stir-fry vegetable noodles (G)	Beef Bolognese, corn, rice
24-Sep	Cranberry Loaf	Poached chicken, vegetable minestrone soup, pasta (G)	Japanese chicken & egg rice bowl (E)(G)	Mixed grilled vegetables, potato salad (E)(G)	Grilled chicken, tomato, rice
25-Sep	Veggie stick, hummus	Beef meat loaf, roasted carrots, mashed potatoes (D)(E)(G)	Steamed chicken omelette, mushrooms, brown rice (E)(G)	Steamed egg, mushrooms, brown rice (E)(G)	Poached chicken, green peas, carrots, rice
26-Sep	Banana Chia Muffin	Creamy chicken pasta, broccoli (D)(G)	Teriyaki fish, Japanese noodles, bok choy (G)	Creamy pumpkin, broccoli pasta (D)(G)	Grilled chicken, pumpkin, rice
27-Sep	Fruit Salad	Victus Pizza - beef pepperoni, mushrooms, olives, capsicum, onions (D)	Grilled chicken, sunny egg, mie goreng, mixed vegetables (G)	Sunny egg, mie goreng, mixed vegetables (E)(G)	Baked fish, mixed vegetables, brown rice

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WEEK 7	MORNING TEA	WESTERN	ASIAN	VEGETARIAN	ALLERGY (pre order only)
30-Sep	Yoghurt Granola	Creamy chicken mushroom carbonara, pasta (D)(G)	Beef stir-fry vegetables, Singapore noodles (E)(G)	Shredded egg, stir-fry vegetable beehoon (E)(G)	Chunky beef & vegetable casserole, rice
1-Oct	Cranberry Loaf	Chunky beef stew, winter vegetables, mashed potatoes (D)	Roast chicken, vegetable fried rice (E)(G)	Tofu, vegetable fried rice (E)(G)	Chicken stir-fry vegetable beehoon noodles
2-Oct	Veggie stick, hummus	Chicken quesadilla, red rice, beans (D)(G)	Steamed fish, soy sauce, garlic kailan, brown rice (G)	Mushroom quesadilla, red rice, beans (D)(G)	Steamed fish, garlic kailan, brown rice
3-Oct	Banana Chia Muffin	BBQ baked fish, green beans, roast potatoes (D)(G)	Hainanese chicken rice, cucumber, tomato (G)	Tomato scrambled eggs, green peas rice (D)(E)(G)	Baked chicken, green beans, roast potatoes
4-Oct	Fruit Salad	BBQ chicken pizza, capsicum, tomatoes (D)(G)	Teriyaki fish, tempura vegetables, rice (G)(E)	Teriyaki tofu, vegetable fritter, rice (E)(G)	Sautéed minced beef, broccoli, brown rice

WEEK 8	MORNING TEA	WESTERN	ASIAN	VEGETARIAN	ALLERGY (pre order only)
7-Oct	Yoghurt Granola	Beef meatballs, green peas, pasta (D)(E)(G)	Chicken miso ramen, corn, egg (E)(G)	Ratatouille (French vegetable stew), pasta (D)(G)	Tomato beef stew, rice
8-Oct	Cranberry Loaf	Chicken chop, garlic bread, baked beans, coleslaw (E)(G)	Minced beef, vegetable fried rice (E)(G)	Gado gado, Indonesian vegetable salad, sunflower sauce (D)(E)(G)	Oven-baked fish, red capsicum pickles (escabeche), rice
9-Oct	Veggie stick, hummus	Mexican chicken fajitas, tortilla wrap (D)(G) (D)(G)	Fish horfun, rice noodles, egg gravy	Tempeh sweet & sour sauce, broccoli, rice (G)	Cornflake chicken, broccoli, brown rice
10-Oct	Banana Chia Muffin	Grilled fish, potato wedges, Mediterranean vegetables, lemon butter sauce (D)(E)	Soy sauce chicken rice, garlic broccoli stir-fry (G)	Mixed vegetable fajitas, black beans, rice(D)(G)	Mexican chicken fajitas, rice
11-Oct	Fruit Salad	Beef cheese burger, potato wedges (D)(E)(G)	Chicken nuggets, sweet & sour sauce, broccoli, rice (E)(G)	Tomato cheese pizza (D)(G)	Poached chicken, rice, broccoli

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WEEK 9	MORNING TEA	WESTERN	ASIAN	VEGETARIAN	ALLERGY (pre order only)
21-Oct	Yoghurt Granola	Chicken meatballs, cauliflower mac & cheese (D)(E)(G)	Chicken teriyaki, vegetable yakisoba noodles (G)	Stir-fry vegetable yakisoba (G)	Saute mince beef, green peas, brown rice
22-Oct	Cranberry Loaf	BBQ chicken leg, glazed carrots, potato scaloppini (D)(G)	Korean beef bulgogi, capsicum, rice (G)	Grilled miso tofu, dry ramen noodles (G)	Pan-fried salmon, corn, brown rice
23-Oct	Veggie stick, hummus	Tomato chicken stew, root vegetables, pasta (G)	Grilled fish, mixed vegetable fried rice (E)(G)	Sunny egg, stir-fry mixed vegetable, fragrant rice (E)(G)	Grilled chicken, mixed vegetables, rice
24-Oct	Banana Chia Muffin	Salmon pasta, broccoli, Napolitana sauce (D)(E)(G)	Chicken, vegetables, rice noodles, egg gravy (horfun) (E)(G)	Vegetable fried noodles, egg omelette (E)(G)	Tomato chicken stew, root vegetables, rice
25-Oct	Fruit Salad	Bangers & mash (D)(G)	Scissor curry rice, fried chicken cutlet, beansprouts, curry sauce (D)(E)(G)	Vegetable horfun (E)(G)	Roast fish, marinara sauce, rice

WEEK 10	MORNING TEA	WESTERN	ASIAN	VEGETARIAN	ALLERGY (pre order only)
28-Oct	DEEPAVALI				
29-Oct	Yoghurt Granola	Shepherd's pie (D)(E)(G)	Teriyaki chicken, green peas, ramen noodles (G)	Vegetarian lasagne (D)(E)(G)	Gluten free popcorn chicken, broccoli, brown rice
30-Oct	Cranberry Loaf	Grilled honey rosemary chicken, roasted vegetables & potatoes (G)	Soy garlic chicken, mixed vegetables, brown rice (G)	Fried tofu omelette, vegetables, brown rice (E)(G)	Grilled chicken, roasted vegetables, rice
31-Oct	Veggie stick, hummus	Halloween Special - "bloody" mac & cheese, chicken	Halloween Special - Chicken "bat wing", mixed vegetable fried rice (E)(G)	Moroccan vegetable stew, rice (D)	Moroccan chicken casserole, rice
1-Nov	Banana Chia Muffin	Beef pepperoni & capsicum pizza (D)(G)	San choy bau - minced chicken & lettuce cups, fragrant rice	Silken tofu, soba noodles, sweet soy broth (G)	Minced beef, grilled Mediterranean vegetables, rice

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WEEK 11	MORNING TEA	WESTERN	ASIAN	VEGETARIAN	ALLERGY (pre order only)
4-Nov	Yoghurt Granola	Mexican ground chicken, tomato salsa, beans, rice, cheese (D)(G) (D)(G)	Chicken fried noodles (E)(G)	Sunny egg, vegetable fried rice (E)(G)	Grilled fish, mixed vegetable fried rice (no egg or no soy sauce)
5-Nov	Cranberry Loaf	Honey mustard roast chicken, grilled tomatoes, potato salad (E)	Thai basil beef, egg, broccoli, rice (E)(G)	Grilled tempeh, pumpkin, potato salad (D)(G)	Minced chicken, mixed vegetables, rice
6-Nov	Veggie stick, hummus	Chicken pasta bake, corn, pea, tomatoes (D)(G)	Dry fishball noodles, bok choy	Steamed tofu, wonton noodles, bok choy (G)	Poached chicken, bok choy, rice
7-Nov	Banana Chia Muffin	Herb crusted fish, garlic bread, baked beans, coleslaw (D)(E)(G)	Honey chicken, miso ramen, bean sprouts (G)	Mixed vegetables, spaghetti, napolitana sauce (G)	Beef Bolognese, rice
8-Nov	Fruit Salad	Beef chili con carne, tomato salsa, sour cream, tortilla chips (D)(G)	Soy chicken rice, broccoli, rice (G)	Bean chili con carne, tomato salsa, sour cream, tortilla chips (D)(G)	Pan-fried salmon, broccoli, rice

WEEK 12	MORNING TEA	WESTERN	ASIAN	VEGETARIAN	ALLERGY (pre order only)
11-Nov	Yoghurt Granola	Chicken parmigiana, cheesy cauliflower gratin, potato wedges (D)(E)(G)	Chicken fried rice (E)(G)	Braised mushrooms, soy sauce noodles, bok choy (G)	Chicken, roast cauliflower, mashed potatoes
12-Nov	Cranberry Loaf	BBQ chicken, glazed carrots, mashed potatoes, gravy (D) (G)	Teriyaki chicken meatballs, broccoli, rice (D)(E)(G)	Vegetable & broccoli cheesy rice bake (D)(G)	Chicken fried rice (no egg or soy sauce)
13-Nov	Veggie stick, hummus	Mexican chicken, lime rice, corn (D)(E)	Japanese beef patty, eggs, rice, mushroom brown sauce (E)(G)	Scrambled eggs, rice, mushroom brown sauce (D) (E)(G)	Grilled chicken, corn, lime rice
14-Nov	Banana Chia Muffin	Spaghetti beef Bolognese (D)(G)	Chicken chow mein (E)(G)	Vegetarian fried noodles (E) (G)	Beef, vegetarian fried noodles
15-Nov	Fruit Salad	Chicken tenders, french fries, bbq sauce, sautéed corn (D)(E)(G)	Honey soy salmon, cauliflower, green peas, rice (G)	Vegetable minestrone soup, pasta (G)	Poached chicken, vegetable minestrone soup, rice

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WEEK 13	MORNING TEA	WESTERN	ASIAN	VEGETARIAN	ALLERGY (pre order only)
18-Nov	Yoghurt Granola	Baked salmon, creamed spinach, mac & cheese (D)(E)(G)	Honey-soy chicken, Asian greens, brown rice (G)	Stir-fry vegetable noodles (G)	Beef Bolognese, corn, rice
19-Nov	Cranberry Loaf	Poached chicken, vegetable minestrone soup, pasta (G)	Japanese chicken & egg rice bowl (E)(G)	Mixed grilled vegetables, potato salad (E)(G)	Grilled chicken, tomato, rice
20-Nov	Veggie stick, hummus	Beef meat loaf, roasted carrots, mashed potatoes (D)(E)(G)	Steamed chicken omelette, mushrooms, brown rice (E)(G)	Steamed egg, mushrooms, brown rice (E)(G)	Poached chicken, green peas, carrots, rice
21-Nov	Banana Chia Muffin	Creamy chicken pasta, broccoli (D)(G)	Teriyaki fish, Japanese noodles, bok choy (G)	Creamy pumpkin, broccoli pasta (D)(G)	Grilled chicken, pumpkin, rice
22-Nov	Fruit Salad	Roast turkey, caramelised Brussels sprouts, bread stuffing, cranberry sauce (D)	Grilled chicken, sunny egg, mie goreng, mixed vegetables (G)	Sunny egg, mie goreng, mixed vegetables (E)(G)	Baked fish, mixed vegetables, brown rice

WEEK 14	MORNING TEA	WESTERN	ASIAN	VEGETARIAN	ALLERGY (pre order only)
25-Nov	Yoghurt Granola	Creamy chicken mushroom carbonara, pasta (D)(G)	Beef stir-fry vegetables, Singapore noodles (E)(G)	Shredded egg, stir-fry vegetable beehoon (E)(G)	Chunky beef & vegetable casserole, rice
26-Nov	Cranberry Loaf	Chunky beef stew, winter vegetables, mashed potatoes (D)	Roast chicken, vegetable fried rice (E)(G)	Tofu, vegetable fried rice (E)(G)	Chicken stir-fry vegetable beehoon noodles
27-Nov	Veggie stick, hummus	Chicken quesadilla, red rice, beans (D)(G)	Steamed fish, soy sauce, garlic kailan, brown rice (G)	Mushroom quesadilla, red rice, beans (D)(G)	Steamed fish, garlic kailan, brown rice
28-Nov	Banana Chia Muffin	BBQ baked fish, green beans, roast potatoes (D)(G)	Hainanese chicken rice, cucumber, tomato (G)	Tomato scrambled eggs, green peas rice (D)(E)(G)	Baked chicken, green beans, roast potatoes
29-Nov	Fruit Salad	BBQ chicken pizza, capsicum, tomatoes (D)(G)	Teriyaki fish, tempura vegetables, rice (G)(E)	Teriyaki tofu, vegetable fritter, rice (E)(G)	Sautéed minced beef, broccoli, brown rice

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WEEK 15		WESTERN	ASIAN	VEGETARIAN	ALLERGY (pre order only)
2-Dec	Yoghurt Granola	Beef meatballs, green peas, pasta (D)(E)(G)	Chicken miso ramen, corn, egg (E)(G)	Ratatouille (French vegetable stew), pasta (D) (G)	Tomato beef stew, rice
3-Dec	Cranberry Loaf	Chicken chop, garlic bread, baked beans, coleslaw (E) (G)	Minced beef, vegetable fried rice (E)(G)	Gado gado, Indonesian vegetable salad, sunflower sauce (D)(E)(G)	Oven-baked fish, red capsicum pickles (escabeche), rice
4-Dec	Veggie stick, hummus	Mexican chicken fajitas, tortilla wrap (D)(G) (D)(G)	Fish horfun, rice noodles, egg gravy	Tempeh sweet & sour sauce, broccoli, rice (G)	Cornflake chicken, broccoli, brown rice
5-Dec	Banana Chia Muffin	Grilled fish, potato wedges, Mediterranean vegetables, lemon butter sauce (D)(E)	Soy sauce chicken rice, garlic broccoli stir-fry (G)	Mixed vegetable fajitas, black beans, rice(D)(G)	Mexican chicken fajitas, rice
6-Dec	Fruit Salad	Beef cheese burger, potato wedges (D)(E)(G)	Chicken nuggets, sweet & sour sauce, broccoli, rice (E) (G)	Tomato cheese pizza (D)(G)	Poached chicken, rice, broccoli

WEEK 16		WESTERN	ASIAN	VEGETARIAN	ALLERGY (pre order only)
9-Dec	Yoghurt Granola	Spaghetti chicken Bolognese (D)(G)	Soy beef brisket, broccoli, brown rice (G)	Braised tofu, egg, fragrant soy sauce, broccoli, rice (E) (G)	Chicken Bolognese, rice
10-Dec	Cranberry Loaf	Beef lasagne (D)(G)	Chicken nasi lemak (coconut rice) (E)(G)	Cheesy vegetable pasta bake (D)(G)	Grilled chicken, corn succotash, rice
11-Dec	Veggie stick, hummus	Herb crusted fish, marinara sauce, pasta (D)(G)	Japanese chicken patty, eggs, rice, mushroom brown sauce (E)(G)	Claypot beancurd vegetables, rice (E)(G)	Sautéed beef & onions, mushrooms, rice
12-Dec	Banana Chia Muffin	Roast chicken, carrots, corn, roast potatoes, gravy (D)(G)	Grilled miso salmon, dry ramen noodles (G)	Chickpea marsala, papadum, biryani rice (G)	Chicken chop, baked beans, green peas, rice
13-Dec	Fruit Salad	Roast turkey, roast vegetables, bread stuffing, gravy, cranberry jelly (D)(E)	Honey chicken, butter corn, rice (D)(E)(G)	Roast pumpkin, roast vegetables, bread stuffing, gravy (D)(E)(G)	Roast turkey, carrots, corn, roast potatoes

HAPPY HOLIDAYS

SECONDARY STUDENTS JOIN US AT THE RED DOT RESTAURANT

MAKE YOUR BOWL - CUSTOMIZE YOUR CHOICES



EATING WELL DOESN'T HAVE A MINIMUM AGE.

At Victus Catering, we believe that healthy eating is an essential and important part of life, no matter your age.

We put lots of effort into designing nutritious and delicious menus, but we recognise that sometimes, we all need a little more. That's why we've designed our **Power Bowl** - a build-it-yourself meal:



Our selections change regularly, as we try to rotate through different ingredients and flavours from around the world. As with all of our food, we cook everything fresh daily!

It's a great way to eat a varied diet, and even tailor your meal for your active lifestyle. For the younger ones amongst us, it's also a fantastic way to learn about making good eating choices.

Try a Power Bowl at your canteen today!

