



Dover Court International School
(16th April - 11th May 2018)



Week 1 (16th - 20th of April 2018)

LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WESTERN	Beef Bolognese with Spaghetti and Salad	Honey Mustard Chicken with Mashed Potatoes and Vegetables	Breaded Fish Fillet with Roast Potatoes & Seasonal Vegetables	Beef Stew with Cous Cous and Seasonal Vegetables	Baked Fish with Roast Sweet Potatoes and Seasonal Vegetables
ASIAN	Asian Baked Fish with Brown Rice and Seasonal Vegetable	Thai Basil Beef with Basmati Rice and Eggplant	Black Pepper Chicken with Brown Rice and Asian Greens	Coconut Fish Curry with Seasonal Vegetables and Steamed Rice	Hainanese Chicken Rice with Kailan and Cucumber
VEGETARIAN	Spaghetti with Roasted Vegetable Sauce	Pumpkin and Eggplant Curry with Steamed Rice	Vegetable Curry with Brown Rice and Seasonal Vegetable	Spinach Fritata with Potatoes and Seasonal Vegetables	Vegetable Bee Hoon with Kai Lan
SUBS	Roast Chicken and Basil Mayo Sub with Sliced Watermelon	Pesto Chicken Wrap with Sliced Pineapple	Egg Mayo Sandwich with Low Fat Milk and Sliced Orange	Wholemeal Tuna Mayo Sandwich with Low Fat Milk and Sliced Apple	Wholemeal Chicken Pizza with Salad and Sliced Honeydew
GLUTEN FRIENDLY MEAL	Asian Baked Fish with Brown Rice and Seasonal Vegetables	Honey Mustard Chicken with Mashed Potatoes and Vegetables Stew	Black Pepper Chicken with Brown Rice and Asian Greens	Coconut Fish Curry with Seasonal Vegetables and Steamed Rice	Baked Fish with Roast Sweet Potatoes and Seasonal Vegetables

Week 2 (23th-27th of April 2018)

LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WESTERN	Beef Burger with Wedges and Coleslaw	Tomato Baked Fish with Cous Cous and Seasonal Greens	Beef Cottage Pie with Steamed Vegetables	Roast Chicken with Sauteed Potatoes, Mixed Vegetables and Gravy	Baked Pineapple Fish with Coariander Rice and Steamed Vegetables
ASIAN	Ginger Soy Fish with Steamed Rice and Asian Vegetables	Chicken Curry with Basmati Rice and Vegetable Dhall	Lime and Soy Marinated Steamed Fish with Brown Rice and Kailan	Black Pepper Beef with Brown Rice and Asian Vegetables	Chicken and Vegetables Stir-fried with Brown Rice
VEGETARIAN	Curried Lentils with Steamed Rice and Vegetables	Spaghetti with Roast Vegetable Sauce and Salad	Three Bean Chili with Baked Potatoes and Seasonal Vegetables	Chickpea and Vegetables Curry with Brown Rice	Fussili with Olive, Tomato Sauce and Steamed Vegetables
SUBS	Chicken Tikka Wrap with Sliced Watermelon	Tuna Mayo Sub with Sliced Orange	Roast Chicken and Basil Mayo Sub with Sliced Pineapple	Roast Chicken and Basil Mayo Sub with Sliced Honeydew	Vegetarian Pizza with Salad and Sliced Apple
GLUTEN FRIENDLY MEAL	Ginger Fish with Steamed Rice and Asian Vegetables	Chicken Curry with Basmati Rice and Vegetable Dhall	Beef Cottage Pie with Steamed Vegetables	Black Pepper Beef with Brown Rice and Asian Vegetables	Baked Pineapple Fish with Coariander Rice and Steamed Vegetables

Week 3 (30th April - 4th of May 2018)

LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WESTERN	Beef Ragout with Spaghetti and Seasonal Vegetables	BBQ Chicken with Baked Potatoes and Sweet Corn	Roast Chicken with Cous Cous and Roasted Vegetables	Fish with Dill Sauce, Mashed Potatoes and Green Beans	Braised Beef with Herbed Potatoes and Grilled Vegetables
ASIAN	Sweet and Sour Fish with Steamed Rice and Chinese Cabbage	Coconut Chicken Curry with Chappati and Vegetables	Lime and Soy Marinated Steamed Fish with Brown Rice and Stir-fried Kailan	Beef Masala with Basmati Rice, Dhall and Vegetables	Braised Soy Sauce Chicken with Steamed Rice and Asian Greens
VEGETARIAN	Macaroni Cheese with Seasonal Vegetables	Baked Pumpkin Curry with Basmati Rice and pappad	Baked Potatoes and Baked Beans with Salad	Vegetable Lasagne with Steamed Vegetables	Vegetable Curry with Brown Rice & Asian Greens
SUBS	Grilled Chicken Wrap with Sliced Honeydew	Tuna Mayo Sub with Sliced Orange	Egg Mayo Wholemeal Sandwich with Sliced Pineapple	Roast Chicken & Basil Mayo Sub with Sliced Watermelon	Wholemeal Vegetable Pizza with Salad and Sliced Apple
GLUTEN FRIENDLY MEAL	Sweet and Sour Fish with Steamed Rice and Chinese Cabbage	BBQ Chicken with Baked Potatoes and Sweet Corn	Lime and Soy Marinated Steamed Fish with Brown Rice and Stir-fried Kailan	Beef Masala with Basmati Rice, Dhall and Vegetables	Braised Beef with Herbed Potatoes and Grilled Vegetables

Week 4 (7th-11th of May 2018)

LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WESTERN	Lamb Dijonnaise with Lemon Cous Cous	Baked Fish with Herbed Potatoes and Steamed Vegetables	Beef Stew with Mashed Potato and Grilled Vegetables	Spaghetti and Meatballs with Salad	Chilli Con Corne with Baked Potatoes and Steamed Vegetables
ASIAN	Beef and Broccoli Stir-fry with Steamed Rice and Baby Green Cabbage	Roast Lemon Chicken with Brown Rice and Asian Vegetables	Asian Fish with Steamed Rice and Seasonal Vegetables	Yellow Beef Curry with Basmati Rice and Vegetables	Char Siew Chicken with Steamed Rice and Asian Vegetables
VEGETARIAN	Fussili with Roasted Peppers and Feta with Salad	Chickpea and Vegetables Curry with Steamed Rice	Rainbow Vegetable Chow Mein with Spring Rolls	Potato Masala with Chappati and Dhall Curry	Vegetable Chilli Con Corne with Sauteed Potatoes and Seasonal Vegetables
SUBS	Pesto Chicken Sub with Salad and Sliced Orange	Roast Chicken Wrap with Salad and Sliced Watermelon	Wholemeal Tuna Sandwich with Salad and Sliced Apple	Egg Mayo Sub with Low Fat Milk and Sliced Orange	Wholemeal Ham & Cheese Pizza with Salad and Sliced Pineapple
GLUTEN FRIENDLY MEAL	Beef and Broccoli Stir-fry with Steamed Rice and Baby Green Cabbage	Roast Lemon Chicken, Brown Rice and Asian Vegetables	Asian Fish, Steamed Rice & Seasonal Vegetables	Yellow Beef Curry with Basmati Rice and Vegetables	Char Siew Chicken with Steamed Rice and Asian Vegetables