



**Dover Court International School**  
(5th Feb - 2nd March 2018)



**Week 1 (5th - 9th Feb 2018)**

LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WESTERN	Beef Bolognese with Spaghetti and Baked Mixed Vegetables	Steamed Fish with Lemon Cream Sauce, Blanch carrot ,Broccoli and Raisin Rice	Beef Navarine with Grilled Mixed Vegetables and Roasted Potato	Roasted Chicken leg with chicken jus sauce, Pillaf Rice and braised Cabbage	Grilled Fish with Spaghetti and tomato sauce , Caramelize Carrot
ASIAN	Stir fried chicken leg with Sauted Long Cabbage and Brown Rice	Chinese Fish Curry Style with Sauteed Sio Pie Chye and Steamed	Braised Chicken with ginger soya sauce and blanch French Bean with Garlic soya Sauce, Steamed Rice	Five Spice Braised Beef with Potato, Stir Fried Kailan and Steamed Rice	Baked chicken with Sweet and Sour Sauce with Steamed Cauliflower, Carrot & Brown Rice
VEGETARIAN	Vegetarian Fried Rice, Baby Cabbage and Braised Tofu	Stir-fried Mushroom Sauce Tofu, Stewed Cabbage with Black Fungus & Baby Corn & Steamed Rice	Braised Tofu with Olive Rice and Stir-fried Cabbage	Stir-fried Yellow Noodles, Stir Fried Cabbage Green, Soya Egg	Fried Bee Hoon, Stir Fried Leek, Baby Corn and Celery with Tofu
SUBS	Wholemeal Chicken Sandwich, Salad and Sliced Fruits	Ham & Gherkin Sub with Salad and Sliced Fruits	Egg & Tuna Wrap with Sliced Fruits and Low Fat Milk	Grilled Chicken Sub served with Salad and Sliced Fruits	Grilled Chicken Sub served with Salad and Sliced Fruits
ALLERGEN FRIENDLY MEAL	Stir fried chicken leg with Sauted Long Cabbage and Brown Rice	Chinese Fish Curry Style with Sauteed Sio Pie Chye and Steamed	Braised Tofu with Olive Rice and Stir-fried Cabbage	Stir-fried Yellow Noodles, Stir Fried Cabbage Green, Soya Egg	Baked chicken with Sweet and Sour Sauce with Steamed Cauliflower, Carrot & Brown Rice

**Week 2 (School Vacation)**

LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WESTERN	School Vacation	School Vacation	School Vacation	School Vacation	School Vacation
ASIAN	School Vacation	School Vacation	School Vacation	School Vacation	School Vacation
VEGETARIAN	School Vacation	School Vacation	School Vacation	School Vacation	School Vacation
SUBS	School Vacation	School Vacation	School Vacation	School Vacation	School Vacation
ALLERGEN FRIENDLY MEAL	School Vacation	School Vacation	School Vacation	School Vacation	School Vacation

### Week 3 (19th - 23rd Feb 2018)

LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WESTERN	Roast Chicken Leg, Roasted Herbs Potato with Steamed Mixed Vegetables	Beef Stroganoff with Spaghetti and steamed Vegetables	Grilled Fish with Tomato Sauce, Buttered Rice and Steamed Broccoli	Beef Burger with Fried Wedges and Coleslaw	Slow Cooked Chicken Cacciatore with Baked Potato Noisette
ASIAN	Stir-fried Sliced Beef with Gravy, Tomato Rice and Sautéed Lotus Root with Sweet Peas	Char Siew Chicken with Sautéed Cabbage, Carrots and Steamed Rice	Stir-fried Beef with Capsicum, Baby Cabbage and Olive Rice	Braised Soy Fish, Stir-fried Baby Cabbage with Tomato Rice	Stir-fried Beef with Capsicum, Baby Cabbage and Olive Rice
VEGETARIAN	Singapore Stir-fried Bee Hoon, Braised Eggplant and Kailan	Stir-fried Rice Noodles, Sautéed Cabbage and Blanch Vegetables	Braised Tofu with Sautéed Pumpkin, Lotus Root and Steamed Rice	Steamed Eggs with Tomato Rice and Stir-fried Beansprouts	Braised Tofu with Olive Rice and Stir-fried Cabbage
SUBS	Roast Chicken Sandwich with Sliced Fruits and Salad	Egg Mayo Sandwich, Yoghurt and Sliced Fruits	Wholemeal Chicken Wrap, Sliced Fruits and Salad	Turkey Ham & Cheese Sandwich with Sliced Fruits and Salad	Tuna Wrap served with Sliced Fruit and Yoghurt
ALLERGEN FRIENDLY MEAL	Roast Chicken Leg, Roasted Herbs Potato with Steamed Mixed Vegetables	Stir-fried Rice Noodles, Sautéed Cabbage and Blanch Vegetables	Braised Tofu with Sautéed Pumpkin, Lotus Root and Steamed Rice	Steamed Eggs with Tomato Rice and Stir-fried Beansprouts	Slow Cooked Chicken Cacciatore with Baked Potato Noisette

### Week 4 (26th Feb - 2nd March 2018)

LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WESTERN	Baked Fish with Cream Sauce, Roast Potatoes and Sautéed Ratatouille	Slow Cooked Beef Ragout ,Penne Pasta and Baked Mixed Vegetables	Roasted Chicken with Bbq sauce, Steamed Broccoli and Baked Herbs Potato	Steamed Chicken with Brown Sauce, Mashed Potatoes and Green Mixed Vegetables	Braised Beef with Sauce, Turmeric Rice with Raisin, Sautéed Long Beans
ASIAN	Steamed Fish with Ginger, Olive Rice, Stir-fried Long Beans	Chinese Chicken Curry Style with Turmeric Cabbage and Steamed Rice (NON SPICY)	Stir-fried Beef with Onions, Sautéed Long Cabbage and Steamed Rice	Steamed Fish with Brown Rice and Stir-fried Broccoli & Cauliflower	Butter Chicken with Biryani Rice and Rita (NON SPICY)
VEGETARIAN	Olive Oil Pasta, Ratatouille, Sautéed Mix Vegetables	Stir Fried Mamak Bihon with turmeric cabbage and Egg Curry (NON SPICY)	Vegetable Fried Rice with Steamed Kailan, Suteed Long Cabbage	Stir-fried Yellow Noodles, Stir- fried Broccoli & Cauliflower	Stir-fried Lotus Root and Snow Peas, Stir-fried Kailan and Turmeric Rice
SUBS	Honey Roast Chicken Wrap with Salad and Sliced Fruits	Tuna Sub with Cucumbers, Salad and Sliced Fruits	Naan Bread with Grilled Fish and Sour Cream, Salad and Sliced Fruits	Chicken Sandwich with Sliced Fruits and Low Fat Milk	Wholemeal Chicken Wrap, Salad and Sliced Fruits
ALLERGEN FRIENDLY MEAL	Olive Oil Pasta, Ratatouille, Sautéed Mix Vegetables	Slow Cooked Beef Ragout ,Penne Pasta and Baked Mixed Vegetables	Vegetable Fried Rice with Steamed Kailan, Suteed Long Cabbage	Steamed Fish with Brown Rice and Stir-fried Broccoli & Cauliflower	Braised Beef with Sauce, Turmeric Rice with Raisin, Sautéed Long Beans