



## Monday

3 October 2016

### Western (\$5.00)

French Roast Chicken  
Vegetable Ratatouille  
Brown Rice

### Asian (\$5.00)

Sweet & Sour Fish  
Steamed Broccoli  
Fragrant Rice

### Vegetarian (\$5.00)

Mini Waffles with Yoghurt  
Broccoli Frittata

### Sandwich (\$4.00)

Chicken Ham & Cheese Sub  
with Fruits

### Fruits (\$1.00)

Red Apple

### Beverages

Bottled Water (350ml) \$1.00  
Milk (200ml) \$1.50

## Tuesday

4 October 2016

### Western (\$5.00)

Baked Fish with Mushroom  
Ragu  
Steamed Broccoli  
Potato Roasties

### Asian (\$5.00)

Wok-fried Chicken In Black  
Pepper Sauce  
Cauliflower & Carrot  
Brown Rice

### Vegetarian (\$5.00)

Stir-fried Hongkong Noodles  
Cauliflower & Carrot  
Tomato & Scallion Omelette

### Sandwich (\$4.00)

Garden Veggie Sub  
With Fruits

### Fruits (\$1.00)

Sunmelon

### Beverages

Bottled Water (350ml) \$1.00  
Milk (200ml) \$1.50

## Wednesday

5 October 2016

### Western (\$5.00)

Garlic Grilled Chicken  
Zucchini & Corn  
Penne Salad

### Asian (\$5.00)

Stir-fried Beef In Ginger &  
Scallion  
Cabbage with Mushroom  
Brown Rice

### Vegetarian (\$5.00)

Mushroom & Cheese Frittata  
Zucchini & Corn  
Penne Salad

### Sandwich (\$4.00)

Chicken Teriyaki Sub  
With Fruits

### Fruits (\$1.00)

Orange

### Beverages

Bottled Water (350ml) \$1.00  
Milk (200ml) \$1.50

## Thursday

6 October 2016

### Western (\$5.00)

Pan-grilled Dory Fillet  
Milanese  
Cauliflower & Peas  
Brown Rice

### Asian (\$5.00)

Cantonese BBQ Chicken  
Cucumber & Tomato Slices  
Fragrant Rice

### Vegetarian (\$5.00)

Pasta Napolenta  
Tofu & Chickpeas Salsa  
Cauliflower & Peas

### Sandwich (\$4.00)

Egg & Cheese Sub  
With Fruits

### Fruits (\$1.00)

Watermelon

### Beverages

Bottled Water (350ml) \$1.00  
Milk (200ml) \$1.50

## Friday

7 October 2016

### Western (\$5.00)

Chicken Fajitas  
Roasted Vegetables  
Warm Tortilla

### Asian (\$5.00)

Baked Teriyaki Fish  
Xiao Bai Cai  
Brown Rice

### Vegetarian (\$5.00)

Mexican Beans Stew  
Roasted Vegetables  
Warm Tortilla

### Sandwich (\$4.00)

Tuna Sub with Fruits

### Fruits (\$1.00)

Honeydew

### Beverages

Bottled Water (350ml) \$1.00  
Milk (200ml) \$1.50

EAT

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LIVE

DCIS October 2016 Menu (Upper Primary/Secondary)



# WEEKLY MENU

## Monday

10 October 2016

- Western (\$5.00)  
Baked Dory (Fish)  
Parmigiana  
Steamed Broccoli &  
Cauliflower  
Brown Rice
- Asian (\$5.00)  
Chinese Braised Chicken  
with Mushroom  
French Beans Stirfry  
Fragrant Rice
- Vegetarian (\$5.00)  
Tri-Color Fusilli Primavera  
Steamed Broccoli &  
Cauliflower  
Cheese Frittata
- Sandwich (\$4.00)  
Chicken Ham & Cheese Sub  
with Fruits
- Fruits (\$1.00)  
Red Apple

## Tuesday

11 October 2016

- Western (\$5.00)  
French Beef Stew  
Carrots & Peas  
Brown Rice
- Asian (\$5.00)  
Sweet & Sour Chicken  
Xiao Bai Cai  
Fragrant Rice
- Vegetarian (\$5.00)  
Stir-fried Rice Noodles  
Xiao Bai Cai  
Soy-Braised Egg
- Sandwich (\$4.00)  
Garden Veggie Sub  
With Fruits
- Fruits (\$1.00)  
Sun melon
- Beverages  
Bottled Water (350ml) \$1.00  
Milk (200ml) 1.50

## Wednesday

12 October 2016

- Western (\$5.00)  
Baked Chicken Ziti (Pasta)  
Sauteed Vegetables Mix
- Asian (\$5.00)  
Fish Fillet with Lemon Sauce  
Cauliflower with Carrots  
Fragrant Rice
- Vegetarian (\$5.00)  
Oriental Fried Rice with  
Vegetables  
Braised Ma Po Tofu
- Sandwich (\$4.00)  
Chicken Teriyaki Sub  
With Fruits
- Fruits (\$1.00)  
Orange
- Beverages  
Bottled Water (350ml) \$1.00  
Milk (200ml) \$1.50

## Thursday

13 October 2016

- Western (\$5.00)  
Grilled Dory Fillet with Capers  
Green Beans with Carrots  
Brown Rice
- Asian (\$5.00)  
Stir-fried Beef Slices with Bell  
Peppers  
Chinese Cabbage with  
Mushroom  
Fragrant Rice
- Vegetarian (\$5.00)  
Mediterranean Vegetables  
Pita  
Egg & Cheese Salad
- Sandwich (\$4.00)  
Egg & Cheese Sub with Fruit
- Fruits (\$1.00)  
Watermelon
- Beverages  
Bottled Water (350ml) \$1.00  
Milk (200ml) \$1.50

## Friday

14 October 2016

- Western (\$5.00)  
Cajun Chicken Pizza  
Zucchini & Corn
- Asian (\$5.00)  
Steamed Fish with Mushroom  
Steamed Broccoli  
Brown Rice
- Vegetarian (\$5.00)  
Magherita Pizza  
Zucchini & Corn
- Sandwich (\$4.00)  
Tuna Sub with Fruit
- Fruits (\$1.00)  
Pear
- Beverages  
Bottled Water (350ml) \$1.00  
Milk (200ml) \$1.50

**EAT** Beverages  
Water (350ml) \$1.00  
Milk (200ml) \$1.50  
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