



DOVER COURT INTERNATIONAL SCHOOL SINGAPORE

EDITION 1

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Allergens key contains: (D) - Dairy ; (E) - Egg; (G) - Gluten

WEEK 1	WESTERN	ASIAN	VEGETARIAN	ALLERGY (pre order only)	Sandwiches a carte & cafe
MONDAY 7 January	Teachers back at school - Hungry, no problem come meet us the DCIS Cafe				Tandoori chicken wrap, roast broccoli, rice, cucumber raita (D)(G)
TUESDAY 8 January	ORIENTATION DAY Hungry, no problem come meet us the DCIS Cafe				Beef kebab, lettuce, tomato, cheese, sour cream, hummus (D)(G)
WEDNESDAY 9 January	Chicken & mushroom stroganoff, penne pasta (D)(G)	Soy braised beef, broccoli, brown rice (G)	Claypot tofu, brown rice (G)	Chicken Singapore noodles	Tuna mayo, cucumber, carrot, lettuce roll (D)
THURSDAY 10 January	Fish stew, green beans, Moroccan-style rice (D)	Chicken pad Thai with stir-fry vegetables (E)(G)	Vegetable pad Thai (E)(G)	Grilled fish, slow roasted tomatoes, cauliflower rice	Grilled chicken, tomato, cheese focaccia (D)(G)
FRIDAY 11 January	Grilled chicken breast, corn, warm potato salad (D)(G)	Steamed fish, soy sauce, garlic kailan, brown rice (G)	Grilled cauliflower roast, garlic bread, baked beans, corn, coleslaw (D)(G)	Chicken bolognese, rice	Chicken, onion, capsicum wholemeal cauliflower pizza crust (D)(G)

WEEK 2	WESTERN	ASIAN	VEGETARIAN	ALLERGY (pre order only)	Sandwiches a carte & cafe
MONDAY 14 January	Roast chicken, glazed carrots, jacket potato, gravy (D)(G)	Chicken nasi goreng, peas, carrots, corn (E)(G)	Chinese green bean omelette, brown rice (E)(G)	Chicken fried rice (no egg/soy sauce)	Chicken salad (lettuce, carrot, tomato, cheese, beetroot) roll (D)(G)
TUESDAY 15 January	Chicken, cauliflower mac & cheese (D)(E)(G)	Beef teriyaki, pickled cucumber, daikon & carrot, rice (G)	Cauliflower mac & cheese (D)(E)(G)	Burger pattie, tomato salsa, rice	Vietnamese beef baguette (G)
WED 16 January	Grilled beef, bbq beans, steamed broccoli, rice pilaf (D)	Braised chicken, rice noodles, bean sprout, egg gravy (E)(G)	Grilled pumpkin, bbq beans, steamed broccoli, rice pilaf (D)	Grilled chicken, green peas, roast pumpkin	Chicken burrito, lettuce, rice, tomato salsa, beans, cheese, sour cream (D)(G)
THURSDAY 17 January	Lemon chicken tagine, couscous (D)(G)	Grilled miso fish, vegetable fried rice (E)(G)	Grilled miso eggplant, vegetable fried rice (E)(G)	Baked fish, corn, potato wedges	Smoked salmon, cucumber cream cheese bagel (D)(G)
FRIDAY 18 January	Herb crusted fish, roasted tomato salsa, pasta (D)(G)	Chicken curry, brown rice (G)	Herb crusted zucchini, roasted tomato salsa, pasta (D)(G)	Baked chicken, roasted corn, roast root vegetables, potato	Tomato margarita wholemeal cauliflower pizza crust (D)(G)

WEEK 3	WESTERN	ASIAN	VEGETARIAN	ALLERGY (pre order only)	Sandwiches a carte & cafe
MONDAY 21 January	Chicken alfredo, roast broccoli and corn (D)(G)	Oven baked garlic soy chicken, wok-fried mixed vegetables, brown rice (G)	Mushroom alfredo, roast broccoli, corn (D)(G)	Grilled chicken, corn, olive oil baked potatoes	Grilled chicken wrap, mixed lettuce, cheese honey mustard dressing (D)(G)
TUESDAY 22 January	Beef meatballs in napolitana sauce, peas, cauliflower rice (D)(G)	Chicken Thai stir-fry flat rice noodles, egg, broccoli (pad see ew) (E)(G)	Mediterranean roast vegetable casserole, cauliflower rice	Beef stir-fry, broccoli, rice	Beef meatball sub, lettuce, carrot, cheese (D)(G)
WED 23 January	Poached chicken breast, quinoa salad, lemon vinaigrette	Korean beef bulgogi, capsicum, onion, rice (G)	Grilled zucchini, quinoa salad, lemon vinaigrette	Chicken Singapore noodles	BBQ pulled chicken & coleslaw foccacia (D)(G)
THURSDAY 24 January	Tuna arrabiata, green bean salad, pasta (G)	Hainanese chicken rice, cucumber & tomato (G)	Tomato scrambled eggs, green peas, rice (D)(E)	Grilled fish, slow roasted tomatoes, cauliflower rice	Tuna cheese melt sandwich (D)(G)
FRIDAY 25 January	BBQ chicken leg, glazed carrots, potato scallopini (D)(G)	Braised fish, flat rice noodles, egg gravy (E)(G)	Mixed vegetable. flat rice noddles, egg gravy (E)(G)	Chicken bolognese, rice	Ham, cheese, pineapple wholemeal cauliflower pizza crust (D)(G)

WEEK 4	WESTERN	ASIAN	VEGETARIAN	ALLERGY (pre order only)	Sandwiches a carte & cafe
MONDAY 28 January	Autumn vegetable chicken casserole, brown rice (D) (G)	Chicken fried rice (E)(G)	Autumn vegetable casserole, brown rice (E)(G)	Chicken nasi goreng (no egg/soy sauce)	Chicken, corn, zucchini quesadilla & side salad (D)(G)
TUESDAY 29 January	Beef taco bowl, tomato salsa, beans, cheese, rice, tortilla (D)(G)	Stir-fry chicken, vegetables, glass noodles (E)(G)	Stir-fry vegetables, glass noodles (E)(G)	Burger pattie, tomato salsa, rice	Beef burrito, lettuce, rice, tomato salsa, beans, cheese, sour cream (D)(G)
WED 30 January	Rosemary baked chicken, grilled cauliflower, pasta bake (D)(G)	Broccoli beef, brown rice (G)	Tofu vegetable claypot, brown rice (G)	Grilled chicken, green peas, roast pumpkin	Roast chicken foccacia, spinach, sundried tomatoes, caramelised onions (D)(G)
THURSDAY 31 January	Potato fish cakes, red cabbage slaw (E)(G)	Chicken chow mein (E)(G)	Vegetable chow mein (E)(G)	Baked fish, corn, potato wedges	Reuben sandwich, beef, sauerkraut, cheese, rye bread, dressing (D)(G)
FRIDAY 1 Feb	Grilled chicken, roast Mediterranean vegetables, pasta frittata (D)(E)(G)	Lo Hei salad, grilled salmon Chinese New Year shredded vegetable salad (G)	Tandoori paneer, vegetable dahl, cucumber raita, biryani rice (D)(G)	Baked chicken, roasted corn, roast root vegetables	Vegetarian pizza wholemeal cauliflower pizza crust (D)(G)

HAPPY CHINESE NEW YEAR - ENJOY YOUR BREAK

FRESH SALAD BAR (\$5 per bowl)	Make your own salad bowl with our chef's selection of ingredients, freshly prepared for you every day!	Pick from our daily rotating selection of prepared salads, proteins and salad bits, toppings, and freshly made dressings.
Grab & Go	Our chef's selection daily sandwiches	

Selection of:	The Dover Café Delicious light meals, baked goods, drinks and coffee.	
Pastries, cookies, and other baked goods	All items are baked in our kitchen.	
Salads, wraps and sandwiches	A rotating selection of healthy light meals.	
Coffee and tea	Premium Vittoria Coffee and a selection of teas, available all day.	
Cold drinks	Fresh or packed juices, freshly made smoothies, and more!	

COFFEES & TEAS	
Latte	\$4.50
Flat white	\$4.50
Mocha	\$4.50
Cappuccino	\$4.50
Americano	\$3.50
Hot chocolate	\$4.50
Espresso	\$3.00
Selection of iced coffees	\$4.50
Selection of teas	\$3.50
Soy milk/Extra shot espresso	\$0.50

COLD DRINKS	
Yogurt smoothie - mango, peach, plain with honey	\$5.00
Milk	\$1.50
Milo	\$1.50
Bottled water	\$1.50
Coconut water	\$3.00

THE DCIS Cafe A selection of healthy, homemade snacks available all day on rotation			
1 Hard boiled egg	\$0.75	Greek yogurt, muesli parfait	\$3.50
Wholemeal goldfish snacks	\$0.80	Egg mayo croissant	\$3.80
Fresh fruit	\$1.00	Soup of the day & roll	\$4.50
Assorted muffins, vegetable sticks and hummus, chia seed chocolate brownies, Pretzels, Buttered corn kernel cup, Fruit salad	\$2.00	Salad bowl Wrap of the day Smoked salmon bagel	\$5.00
Butter croissant, Chocolate croissant, Bagels plain - cream cheese or butter & jam	\$2.50		
Grilled cheese sandwich, Sandwiches all fillings: Tuna, Turkey, Egg and more	\$3.00	Hot meal of the day - Chefs Selection	\$5.50

GRADE	MEAL AVAILABILITY + PRICING						
	Asian	Western	Vegetarian	Allergy	Salad Bar	Sandwiches	The DCIS Cafe
Up to Year 4	Preorder includes a piece of fresh fruit -portion \$5			PREORDERS ONLY - Please get in touch with us to discuss your (child’s) dietary needs in detail.	No a-la-carte purchases allowed		
Year 5–6	Preorder \$5 A-la-carte \$5		Preorder & a-la-carte \$5		A-la-carte - \$5.00 per bowl	Chefs Choice - \$5.00	Salads, sandwiches, soups, snacks, sweet treats and non-caffeine drinks.
Year 7-10							
Year 11-12							
PARENTS	You’re always very welcome to drop in and dine with us!						

**FRESH, HEALTHY AND DELICIOUS.
THAT IS OUR PASSION.**

ORDER ALL YOUR MEALS ONLINE NOW THROUGH
CAMPUSONLINE. GET IN TOUCH AT
CATERING@DOVERCOURT.EDU.SG