



**Dover Court International School
(5th March - 30th March 2018)**



Week 1 (5th - 9th of March 2018)

LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WESTERN	Baked Honey Bbq Chicken Leg with Garlic Spaghetti and Roast Mixed Vegetables	Slow Cooked Beef Ragout, Penne Pasta and Baked Mixed Vegetables	Fish Fillet Burger with Roast Potatoes and Peas	Beef Ragu with Fettuccine Pasta and Seasonal Vegetables	Fish with Tomato and Olive Sauce with Roast Potatoes and Mixed Vegetables
ASIAN	Beef & Broccoli Stir-fry with Steamed Rice	Lemon Chicken, Steamed Rice and Asian Vegetables	Braised Soy Sauce Chicken with Ginger, Steamed Rice & Steamed Asian Vegetables	Baked Sticky Chicken Thigh, Coriander Rice and Stir-fried Green Beans	Baked Sweet & Sour Chicken, Steamed Rice and Steamed Cauliflower & Carrots
VEGETARIAN	Tomato Fresh Basil Sauce with Spaghetti & Mixed Vegetables	Stir-fried Rice Noodles with Vegetable & Tau Kwa	Quinoa with Vegetable Fricasse	Braised Green Lentils with Fettuccine & Seasonal Vegetables	Steamed Eggs with Stir-fried Beansprouts and Tomato Rice
SUBS	Wholemeal Chicken Pizza, Salad and Sliced Apple	Ham & Gherkin Sub with Salad, Low Fat Milk and Sliced Orange	Baked Chicken Naan Wrap with Sour Cream, Salad and Sliced Watermelon	Egg Mayo Sandwich with Low Fat Milk and Sliced Pineapple	Wholemeal Hawaiian Pizza with Salad and Sliced Honeydew
GLUTEN FRIENDLY MEAL	Baked Honey Bbq Chicken Leg with Baked Potatoes & Baked Mixed Vegetables	Lemon Chicken, Steamed Rice and Asian Vegetables	Chinese Ginger Chicken, Steamed Rice & Steamed Asian Vegetables	Baked Sticky Chicken Thigh, Coriander Rice and Stir-fried Green Beans	Baked Sweet & Sour Chicken, Steamed Rice & Steamed Cauliflower & Carrots

Week 2 (12th-16th of March 2018)

LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WESTERN	Beef Bolognese with Fusilli Pasta and Steamed Broccoli & Carrot	Fish & Chips with Sauce & Mashed Potatoes, Steamed Herbed Cauliflower & Carrot	Cottage Pie (Beef) with Steamed Cauliflower & White Carrot	Grilled Fish with Tomato Sauce Spaghetti and Caramelized Carrot	Beef Stifado with Mashed Potatoes with Carrot, Garlic French Beans
ASIAN	Char Siew Chicken with Steamed Rice and Asian Vegetables	Palak Chicken, Dhall, Vegetables & Steamed Rice	Ginger Soy Fish with Steamed Rice & Asian Vegetables	Yellow Beef, Dhall, Vegetables & Basmati Rice	Stir-fried Chicken with Spring Onion, Steamed Rice & Baby Chye
VEGETARIAN	Olive, Feta, Tomato, Fussili Pasta with Steamed Broccoli & Carrot	Vegetarian Curry with Chappati & Pappad	Baked Potatoes and Cheese with Steamed Cauliflower & Carrots	Pumpkin Stew with Vegetables & Basmati Rice	Curried Lentils with Steamed Rice & Vegetables
SUBS	Greek Salad & Feta Cheese Naan Wrap with Sliced Watermelon	Egg Mayo Sub, Low Fat Milk and Sliced Apple	Turkey Ham & Cheese Sandwich with Sliced Fruits and Salad	Tuna Mayo Wholemeal Sandwich, Low Fat Milk and Sliced Honey Dew	Chicken Pizza Pasta Casserole with Seasonal Vegetables
GLUTEN FRIENDLY MEAL	Olive, Feta & Tomato, Brown Rice Salad, Steamed Broccoli and Carrot	Palak Chicken, Dhall, Vegetables & Steamed Rice	Steamed Fish with Spring Onion, Steamed Rice & Asian Vegetables	Yellow Beef, Dhall, Vegetables & Basmati Rice	Stir-fried Chicken with Spring Onion, Steamed Rice & Baby Chye

Week 3 (19th - 23rd of March 2018)

LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WESTERN	Chicken Spaghetti Bolognese with Roast Vegetables	Beef Lagoto with Roast Sweet Potatoes and Vegetables	Roast Chicken with Linguine & Tomato Sauce	Fish with Tomato & Olive Sauce, Mashed Potatoes, Baked Herbed Radish & Carrot	Beef Burger with Baked Potato Wedges & Coleslaw
ASIAN	Baked Fish with Sweet & Sour Sauce, Steamed Rice & Stir-fried Long Cabbage	Gukhas Chicken Curry with Prata & Turmeric Green Beans	Lime & Soy Marinated Steamed Fish, Steamed Rice & Stir-fried Kailan	Beef Masala Curry with Dhall, Vegetable and Steamed Rice	Braised Soy Sauce Chicken, Steamed Rice & Mushroom with Baby Chye
VEGETARIAN	Spaghetti with Mushroom, Bell Pepper Tomato Sauce	Paneer Masala, Dhall, Vegetable & Steamed Rice	Linguine Pasta with Tomato Sauce & Vegetables	Vegetable Lasagne with Steamed Vegetables	Vegetable Curry with Steamed Rice & Turmeric Ginger Cauliflower
SUBS	Wholemeal Vegetable Pizza, Salad and Sliced Apple	Tuna Mayo Sub with Sliced Orange	Grilled Vegetable & Cheese Wholemeal Sandwich with Sliced Pineapple	Roast Chicken & Basil Mayo Sub with Sliced Watermelon	Greek Salad Pizza with Sliced Honey Dew
GLUTEN FRIENDLY MEAL	Baked Fish with Sweet & Sour Sauce, Steamed Rice & Stir-fried Long Cabbage	Paneer Masala, Dhall, Vegetable & Steamed Rice	Ginger & Scallion Marinated Steamed Fish, Steamed Rice & Kailan	Beef Masala Curry with Dhall, Vegetable and Steamed Rice	Vegetable Curry with Steamed Rice & Turmeric Ginger Cauliflower

Week 4 (26th-30th of March 2018)

LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WESTERN	Roast Clove Garlic Chicken with Herbed Linguini Pasta & Mixed Vegetables	Baked Dory Fish with Lemon Sauce, Roast Herbed Potatoes, Steamed Vegetables	Beef Stew with Mushroom, Fussili Pasta & Roast Vegetables	Chicken Dijonnaise with Sweetcorn & Roasted Sweet Potatoes	Creamy Tomato Beef with Spaghetti & Steamed Vegetables
ASIAN	Beef & Broccoli Stir-fry with Steamed Rice & Baby Green Cabbage	Lemon Chicken, Steamed Rice and Asian Vegetables	Steamed Ginger & Garlic Soy Fish, Steamed Rice & Asian Vegetables	Yellow Beef, Dhall, Vegetables & Basmati Rice	Char Siew Chicken with Steamed Rice and Asian Vegetables
VEGETARIAN	Olive, Feta & Tomato, Linguini Pasta with Steamed Broccoli and Carrot	Creamy Chickpea and Vegetable Curry with Steamed Rice	Braised Green Lentils with Fusilli & Roast Vegetables	Olive Oil Pasta, Ratatouille, Sautéed Mix Vegetables	Fresh Tomato & Basil Sauce with Spaghetti & Steamed Vegetables
SUBS	Ham & Gherkin Sub with Salad, Low Fat Milk and Sliced Orange	Baked Chicken Naan Wrap with Sour Cream, Salad and Sliced Watermelon	Wholemeal Chicken Wrap, Sliced Fruits and Salad	Egg Mayo Sub with Low Fat Milk and Sliced Apple	Wholemeal Ham & Cheese Pizza with Salad and Sliced Pineapple
GLUTEN FRIENDLY MEAL	Beef & Broccoli Stir-fry with Steamed Rice & Baby Green Cabbage	Lemon Chicken, Steamed Rice and Asian Vegetables	Steamed Ginger & Garlic Fish, Steamed Rice with Asian Vegetables	Yellow Beef, Dhall, Vegetables & Basmati Rice	Char Siew Chicken with Steamed Rice and Asian Vegetables