



Monday

January 9

Western (\$5.00)

Pan-Fried Dory with Picante Sauce
Brown Rice
Cauliflower Gratin

Asian (\$5.00)

Roasted Chicken
Chicken Rice
Xiao Bai Cai with Garlic

Vegetarian (\$5.00)

Spaghetti Napoletana
Cauliflower Gratin
Mixed Bean Salad

Sandwich (\$4.00)

Chicken Ham & Cheese Sub
with Fruit

Fruits (\$1.00)

Red Apple

Beverages

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

Tuesday

January 10

Western (\$5.00)

Roasted Chicken Dijonnaise
Brown Rice
Vichy Baby Carrots

Asian (\$5.00)

Cantonese Beef Stew with Radish
Fragrant Rice
Beijing Cabbage with Carrots

Vegetarian (\$5.00)

Open-Faced Grilled Zucchini
Hummus Toasties
Vegetable Crudités with Salsa

Sandwich (\$4.00)

Garden Veggie Sub
With Fruit

Fruits (\$1.00)

Sunmelon

Beverages

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

Wednesday

January 11

Western (\$5.00)

Baked Dory with Mushrooms
Potato Roasties
Steamed Broccoli

Asian (\$5.00)

Teriyaki Chicken
Fragrant Rice
Asian Greens

Vegetarian (\$5.00)

Egg Tofu
Brown Rice
Asian Greens

Sandwich (\$4.00)

Chicken Teriyaki Sub
With Fruit

Fruits (\$1.00)

Orange

Beverages

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

Thursday

January 12

Western (\$5.00)

Baked Chicken Casserole
Pilaf Rice
Courgettes & Bell Pepper

Asian (\$5.00)

Sweet & Sour Fish
Brown Rice
Broccoli with Carrots

Vegetarian (\$5.00)

Pumpkin & Cheese Frittata
Brown Rice
Courgettes & Bell Pepper

Sandwich (\$4.00)

Egg & Cheese Sub
With Fruit

Fruits (\$1.00)

Watermelon

Beverages

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

Friday

January 13

Western (\$5.00)

Chilli Con Carne (Beef)
Brown Rice
Roasted Vegetables

Asian (\$5.00)

Lemongrass Chicken
Fragrant Rice
Cauliflower with Mushrooms

Vegetarian (\$5.00)

Three Bean Chilli
Roasted Vegetables
Tortilla Chips

Sandwich (\$4.00)

Tuna Sub with Fruit

Fruits (\$1.00)

Honeydew

Beverages

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

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DCIS January 2017 Menu (Upper Primary/Secondary)



WEEKLY MENU

Monday

January 16

Western (\$5.00)

Baked Chicken Parmigiana
Brown Rice
Cauliflower & Carrots

Asian (\$5.00)

Stir-Fried Fish In Oyster
Sauce
Sautéed Rice Noodles
Broccoli with Mushrooms

Vegetarian (\$5.00)

Ma Po Tofu
Brown Rice
Broccoli with Mushrooms

Sandwich (\$4.00)

Chicken Ham & Cheese Sub
with Fruit

Fruits (\$1.00)

Red Apple

Beverages

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

Tuesday

January 17

Western (\$5.00)

Pan-Fried Dory with Mango
Salsa
Potato Roasties
Buttered Broccoli

Asian (\$5.00)

Hainanese Steamed Chicken
Chicken Rice
Cucumber & Tomato

Vegetarian (\$5.00)

Buttermilk Waffles with Fruity
Yoghurt
Buttered Broccoli
Chickpea & Egg Salad

Sandwich (\$4.00)

Garden Veggie Sub
With Fruit

Fruits (\$1.00)

Sunmelon

Beverages

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

Wednesday

January 18

Western (\$5.00)

Chicken Fajita Wrap
Balsamic Tomato Salad

Asian (\$5.00)

Stir-Fried Mongolian Beef
Fragrant Rice
Cabbage with Carrots

Vegetarian (\$5.00)

Stir-Fried Hong Kong
Noodles
Tomato Omelette
French Beans with Carrots

Sandwich (\$4.00)

Chicken Teriyaki Sub
With Fruit

Fruits (\$1.00)

Orange

Beverages

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

Thursday

January 19

Western (\$5.00)

Hungarian Beef Goulash
Pilaf Rice
Carrots & Peas

Asian (\$5.00)

Kung Pao Chicken
Brown Rice
Asian Greens

Vegetarian (\$5.00)

Macaroni & Cheese
Carrots & Peas

Sandwich (\$4.00)

Egg & Cheese Sub
With Fruit

Fruits (\$1.00)

Watermelon

Beverages

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

Friday

January 20

Western (\$5.00)

Chicken Provencal
Potato Gratin
Cauliflower Mimosa

Asian (\$5.00)

Wok-Fried Fish with
Tangerine Sauce
Brown Rice
Kai Lan with Garlic

Vegetarian (\$5.00)

Steamed Egg with Scallions
Oriental Fried Rice
Kai Lan with Garlic

Sandwich (\$4.00)

Tuna Sub with Fruit

Fruits (\$1.00)

Honeydew

Beverages

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

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WEEKLY MENU

Monday

January 23

- Western (\$5.00)
Baked Dory Milanese
Italian Potato Salad
Sautéed Vegetables
- Asian (\$5.00)
Stir-Fried Chicken In Oyster Sauce
Cauliflower with Carrots
Brown Rice
- Vegetarian (\$5.00)
Tri-Color Fusilli Primavera
Sautéed Vegetables
Italian Bean Salad
- Sandwich (\$4.00)
Chicken Ham & Cheese Sub with Fruit
- Fruits (\$1.00)
Red Apple
- Beverages
Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

Tuesday

January 24

- Western (\$5.00)
Spaghetti Bolognese
Roasted Eggplant
- Asian (\$5.00)
Wok-Fried Fish in Thai Sauce
Fragrant Rice
Asian Greens
- Vegetarian (\$5.00)
Stir Fried Udon
Steamed Egg with Tofu
Asian Greens
- Sandwich (\$4.00)
Garden Veggie Sub With Fruit
- Fruits (\$1.00)
Sunmelon
- Beverages
Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

Wednesday

January 25

- Western (\$5.00)
Hawaiian Chicken
Buttered Raisin Rice
Tangy Coleslaw
- Asian (\$5.00)
Stir-Fried Beef with Sweet Peppers
Brown Rice
Cabbage with Carrots
- Vegetarian (\$5.00)
Mediterranean Vegetables Stew
Cous Cous
Apple & Chickpea Salad
- Sandwich (\$4.00)
Chicken Teriyaki Sub With Fruit
- Fruits (\$1.00)
Orange
- Beverages
Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

Thursday

January 26

- Western (\$5.00)
Pan-Seared Dory with Lemon Caper Sauce
Parsley Potatoes
Roasted Zucchini
- Asian (\$5.00)
Honey-BBQ Chicken
Korean Rice Cake
Cucumber Slices
- Vegetarian (\$5.00)
Lentil & Cheese Quesadilla
Vegetable Crudités with Salsa
- Sandwich (\$4.00)
Egg & Cheese Sub With Fruit
- Fruits (\$1.00)
Watermelon
- Beverages
Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

Friday

January 27

- Western (\$5.00)
Chicken and Broccoli Alfredo
Sautéed Vegetables
- Asian (\$5.00)
Grilled Teriyaki Fish
Brown Rice
Asian Greens
- Vegetarian (\$5.00)
Mushroom & Vegetable Lasagne
Classic Bean Salad
- Sandwich (\$4.00)
Tuna Sub with Fruit
- Fruits (\$1.00)
Honeydew
- Beverages
Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

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