



## Monday

January 9

Non-Vegetarian (\$5.00)

Roasted Chicken  
Chicken Rice  
Xiao Bai Cai with Garlic  
Fresh Fruit

Vegetarian (\$5.00)

Spaghetti Napoletana  
Cauliflower Gratin  
Mixed Bean Salad  
Fresh Fruit

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

Non-Vegetarian (\$5.00)

Roasted Chicken Dijonnaise  
Brown Rice  
Vichy Baby Carrots  
Fresh Fruit

Vegetarian (\$5.00)

Open-Faced Grilled Zucchini  
Hummus Toasties  
Vegetable Crudités with  
Salsa  
Fresh Fruit

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

Non-Vegetarian (\$5.00)

Baked Dory with Mushrooms  
Potato Roasties  
Steamed Broccoli  
Fresh Fruit

Vegetarian (\$5.00)

Egg Tofu  
Brown Rice  
Asian Greens  
Fresh Fruit

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

Non-Vegetarian (\$5.00)

Sweet & Sour Fish  
Brown Rice  
Broccoli with Carrots  
Fresh Fruit

Vegetarian (\$5.00)

Pumpkin & Cheese Frittata  
Brown Rice  
Courgettes & Bell Pepper  
Fresh Fruit

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

Non-Vegetarian (\$5.00)

Chilli Con Carne (Beef)  
Brown Rice  
Roasted Vegetables  
Fresh Fruit

Vegetarian (\$5.00)

Three Bean Chilli  
Roasted Vegetables  
Tortilla Chips  
Fresh Fruit

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 (Lower Primary)



# WEEKLY MENU

## Monday

January 16

Non-Vegetarian (\$5.00)  
 Baked Chicken Parmigiana  
 Brown Rice  
 Cauliflower & Carrots  
 Fresh Fruit

Vegetarian (\$5.00)  
 Ma Po Tofu  
 Brown Rice  
 Broccoli with Mushrooms  
 Fresh Fruit

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

Non-Vegetarian (\$5.00)  
 Hainanese Steamed Chicken  
 Chicken Rice  
 Cucumber & Tomato  
 Fresh Fruit

Vegetarian (\$5.00)  
 Buttermilk Waffles with Fruity  
 Yoghurt  
 Buttered Broccoli  
 Chickpea & Egg Salad  
 Fresh Fruit

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

Non-Vegetarian (\$5.00)  
 Chicken Fajita Wrap  
 Balsamic Tomato Salad  
 Fresh Fruit

Vegetarian (\$5.00)  
 Stir-Fried Hong Kong  
 Noodles  
 Tomato Omelette  
 French Beans with Carrots  
 Fresh Fruit

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

Non-Vegetarian (\$5.00)  
 Kung Pao Chicken  
 Brown Rice  
 Asian Greens  
 Fresh Fruit

Vegetarian (\$5.00)  
 Macaroni & Cheese  
 Carrots & Peas  
 Fresh Fruit

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

Non-Vegetarian (\$5.00)  
 Wok-Fried Fish with  
 Tangerine Sauce  
 Brown Rice  
 Kai Lan with Garlic  
 Fresh Fruit

Vegetarian (\$5.00)  
 Steamed Egg with Scallions  
 Oriental Fried Rice  
 Kai Lan with Garlic  
 Fresh Fruit

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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**Monday**

January 23

- Non-Vegetarian (\$5.00)  
Stir-Fried Chicken In Oyster Sauce  
Cauliflower with Carrots  
Brown Rice  
Fresh Fruit
- Vegetarian (\$5.00)  
Tri-Color Fusilli Primavera  
Sautéed Vegetables  
Italian Bean Salad  
Fresh Fruit
- 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

- Non-Vegetarian (\$5.00)  
Spaghetti Bolognese  
Roasted Eggplant  
Fresh Fruit
- Vegetarian (\$5.00)  
Stir Fried Udon  
Steamed Egg with Tofu  
Asian Greens  
Fresh Fruit
- 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

- Non-Vegetarian (\$5.00)  
Stir-Fried Beef with Sweet Peppers  
Brown Rice  
Cabbage with Carrots  
Fresh Fruit
- Vegetarian (\$5.00)  
Mediterranean Vegetables Stew  
Cous Cous  
Apple & Chickpea Salad  
Fresh Fruit
- 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

- Non-Vegetarian (\$5.00)  
Honey-BBQ Chicken  
Korean Rice Cake  
Cucumber Slices  
Fresh Fruit
- Vegetarian (\$5.00)  
Lentil & Cheese Quesadilla  
Vegetable Crudités with Salsa  
Fresh Fruit
- 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

- Non-Vegetarian (\$5.00)  
Chicken and Broccoli Alfredo  
Sautéed Vegetables  
Fresh Fruit
- Vegetarian (\$5.00)  
Mushroom & Vegetable Lasagne  
Classic Bean Salad  
Fresh Fruit
- Sandwich (\$4.00)  
Tuna Sub with Fruit
- Fruits (\$1.00)  
Honeydew
- Beverages  
Bottled Water (350ml) \$1.00  
Milk (200ml) \$1.50

