

MONTHLY MENU



Dover Court International School February 2017 Menu (Upper Primary/Secondary)

1, Wednesday		2, Thursday		3, Friday					
<p>CHEF'S RECOMMENDATION (\$ 5.00) Mediterranean Roasted Chicken Garden Salad Potato Rösti</p>		<p>CHEF'S RECOMMENDATION (\$ 5.00) French Beef Stew Courgettes & Bell Pepper Brown Rice</p>		<p>CHEF'S RECOMMENDATION (\$ 5.00) Classic Fish & Potato Pie Roasted Vegetables</p>					
<p>TASTE OF ASIA (\$5.00) Black Pepper Beef Stir-Fried French Beans With Mushrooms Brown Rice</p>		<p>TASTE OF ASIA (\$5.00) Hainanese Steamed Chicken Cucumber & Tomato Chicken Fragrant Rice</p>		<p>TASTE OF ASIA (\$5.00) Stir-Fried Chicken in Plum Sauce Xiao Bai Cai Brown Rice</p>					
<p>CLASSIC VEGETARIAN (\$5.00) Buttermilk Waffles with Fruit Yoghurt Steamed Broccoli Chickpeas & Egg Salsa</p>		<p>CLASSIC VEGETARIAN (\$5.00) Pumpkin & Cheese Frittata Courgettes & Bell Pepper Brown Rice</p>		<p>CLASSIC VEGETARIAN (\$5.00) Mediterranean Roasted Vegetables Bean & Tofu Salad Warm Pita Bread</p>					
<p>SANDWICH (\$4.00) Chicken Teriyaki Sub with Fruit</p>		<p>SANDWICH (\$4.00) Egg & Cheese Sub with Fruit</p>		<p>SANDWICH (\$4.00) Tuna Sub with Fruit</p>					
<p>FRUIT (\$1.00) Orange</p>		<p>FRUIT (\$1.00) Watermelon</p>		<p>FRUIT (\$1.00) Pear</p>					
6, Monday		7, Tuesday		8, Wednesday		9, Thursday		10, Friday	
<p>CHEF'S RECOMMENDATION (\$ 5.00) Pan-Grilled Chicken Chasseur Cauliflower & Peas Mashed Potatoes</p>		<p>CHEF'S RECOMMENDATION (\$ 5.00) Mexican Chicken Chilli Grilled Vegetables Tortilla Chips</p>		<p>CHEF'S RECOMMENDATION (\$ 5.00) Baked Dory Parmigiana Roasted Aubergine Fusilli (Whole-Wheat) in Olive Oil</p>		<p>CHEF'S RECOMMENDATION (\$ 5.00) Roasted Chicken Dijonaise Vichy Carrots & Peas Lyonnais Potatoes</p>		<p>CHEF'S RECOMMENDATION (\$ 5.00) Beef Bolognese Garden Salad Spaghetti (Whole-Wheat) in Olive Oil</p>	
<p>TASTE OF ASIA (\$5.00) Wok-Fried Fish with Onion Sauce French Beans with Carrots Brown Rice</p>		<p>TASTE OF ASIA (\$5.00) Stir-Fried Beef in Oyster Sauce Cabbage with Mushroom Fragrant Rice</p>		<p>TASTE OF ASIA (\$5.00) Wok-Fried Butter Chicken with Curry Leaves Xiao Bai Cai Brown Rice</p>		<p>TASTE OF ASIA (\$5.00) Steamed Fish Fillet with Mushroom Medley of Vegetables Brown Rice</p>		<p>TASTE OF ASIA (\$5.00) Lemon Chicken Cutlet Asian Greens Brown Rice</p>	
<p>CLASSIC VEGETARIAN (\$5.00) Stir-Fried Hong Kong Noodles Tomato Omelette French Beans with Carrots</p>		<p>CLASSIC VEGETARIAN (\$5.00) Parmesan Egg & Penne Salad Balsamic Grilled Vegetables</p>		<p>CLASSIC VEGETARIAN (\$5.00) Italian Bean Stew Roasted Aubergine Fusilli (Whole-Wheat) in Olive Oil</p>		<p>CLASSIC VEGETARIAN (\$5.00) Steamed Egg with Scallions Medley of Vegetables Brown Rice</p>		<p>CLASSIC VEGETARIAN (\$5.00) Oriental Fried Rice Ma Po Tofu Asian Greens</p>	
<p>SANDWICH (\$4.00) Chicken Ham & Cheese Sub with Fruit</p>		<p>SANDWICH (\$4.00) Garden Veggie Sub with Fruit</p>		<p>SANDWICH (\$4.00) Chicken Teriyaki Sub with Fruit</p>		<p>SANDWICH (\$4.00) Egg & Cheese Sub with Fruit</p>		<p>SANDWICH (\$4.00) Tuna Sub with Fruit</p>	
<p>FRUIT (\$1.00) Red Apple</p>		<p>FRUIT (\$1.00) Sun Melon</p>		<p>FRUIT (\$1.00) Orange</p>		<p>FRUIT (\$1.00) Watermelon</p>		<p>FRUIT (\$1.00) Honeydew</p>	

13, Monday	14, Tuesday	15, Wednesday	16, Thursday	17, Friday
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CHEF'S RECOMMENDATION (\$ 5.00)
Pan-Fried Dory with Lemon Capers Sauce
Broccoli Mimosa
Pilaf Rice

CHEF'S RECOMMENDATION (\$ 5.00)
Moroccan Grilled Chicken
Medley of Vegetables
Brown Rice

CHEF'S RECOMMENDATION (\$ 5.00)
Baked Fish with Mushroom Ragù
Roasted Zucchini
Potato Rösti

CHEF'S RECOMMENDATION (\$ 5.00)
Steam-Roast Chicken Romesco
Cauliflower Gratin
Brown Rice

CHEF'S RECOMMENDATION (\$ 5.00)
Grilled Beef Burger
Cheddar Cheese
Lettuce & Tomato Salad

TASTE OF ASIA (\$5.00)
Stir-Fried Chicken in Thai Basil
Cabbage with Carrots
Brown Rice

TASTE OF ASIA (\$5.00)
Stir-Fried Beef Slices with Bell Pepper
French Beans With Mushroom
Fragrant Rice

TASTE OF ASIA (\$5.00)
Tandoori Chicken Pita
Mint Cucumber Raita Salad

TASTE OF ASIA (\$5.00)
Pan-Fried Fish Fillet
with Ginger Scallion Sauce
Broccoli & Carrots
Fragrant Rice

TASTE OF ASIA (\$5.00)
Sweet & Sour Chicken
Stir-Fried Bok Choy
Brown Rice

CLASSIC VEGETARIAN (\$5.00)
Sin Chew Bee Hoon (Rice Vermicelli)
Cabbage with Carrots
Braised Egg Tofu

CLASSIC VEGETARIAN (\$5.00)
Lentils with Tomato Stew
Medley of Vegetables
Brown Rice

CLASSIC VEGETARIAN (\$5.00)
Egg & Cheese Quesadilla
Roasted Zucchini

CLASSIC VEGETARIAN (\$5.00)
Indian Style Stir-Fried Noodles
Tempeh with Vegetables

CLASSIC VEGETARIAN (\$5.00)
Mexican Bean Chilli
Cumin Roasted Vegetables
Warm Soft Tortillas

SANDWICH (\$4.00)
Chicken Ham & Cheese Sub with Fruit

SANDWICH (\$4.00)
Garden Veggie Sub with Fruit

SANDWICH (\$4.00)
Chicken Teriyaki Sub with Fruit

SANDWICH (\$4.00)
Egg & Cheese Sub with Fruit

SANDWICH (\$4.00)
Tuna Sub with Fruit

FRUIT (\$1.00)
Red Apple

FRUIT (\$1.00)
Sun Melon

FRUIT (\$1.00)
Orange

FRUIT (\$1.00)
Watermelon

FRUIT (\$1.00)
Honeydew

20, Monday	21, Tuesday	22, Wednesday	23, Thursday	24, Friday
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-----School Break-----

-----School Break-----

-----School Break-----

-----School Break-----

-----School Break-----

27, Monday	28, Tuesday
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CHEF'S RECOMMENDATION (\$ 5.00)
Italian Chicken Stew
Roasted Eggplant & Zucchini
Penne in Olive Oil

CHEF'S RECOMMENDATION (\$ 5.00)
Hawaiian Chicken with Pineapple Salsa
Garden Salad
Butter Raisin Rice

TASTE OF ASIA (\$5.00)
Baked Fish Fillet with Thai Sauce (Non Spicy)
Steamed Broccoli
Brown Rice

TASTE OF ASIA (\$5.00)
Beef Bulgogi
Cauliflower with Mushroom
Stir-Fried Udon Noodles

CLASSIC VEGETARIAN (\$5.00)
Baked Vegetarian Lasagne
Egg & Capers Salad

CLASSIC VEGETARIAN (\$5.00)
Stir-Fried Udon Noodles
Egg-Tofu Salad
Cauliflower with Mushroom

SANDWICH (\$4.00)
Chicken Ham & Cheese Sub with Fruit

SANDWICH (\$4.00)
Garden Veggie Sub with Fruit

FRUIT (\$1.00)
Red Apple

FRUIT (\$1.00)
Sun Melon

*** BEVERAGES – Available Daily**
Bottled Water - 350 ml (\$1.00)