

THE MENU

FLAVOURS OF THE WORLD

Drinks and a range of healthy snacks are available for purchase at school.
Please see our separate allergy-free menu for meals without (D)airy, (E)gg or (G)luten.

IN THIS MENU, THE FOLLOWING SYMBOLS ARE USED:

- (D) - Contains Dairy
- (E) - Contains Egg
- (G) - Contains Gluten

Any queries? Please get in touch at catering@dovercourt.edu.sg - we promise to respond within 48 working hours.

GREEN - ENJOY REGULARLY

Healthier choices with good nutritional values.

AMBER – EAT OCCASIONALLY

These should be selected carefully and eaten in moderation. Though items may contain good nutrients, they may also contain high sodium, fat, or sugar.

RED – INDULGE SPARINGLY

These should be enjoyed rarely. These dishes may contain high sodium, fat, or sugar.

YEARS	Payment and Ordering policies
Lower Primary (Nursery - Year 4)	<u>*Strictly pre-order only:</u> All purchases for lower primary students must be placed using the family account on Campus Online, for safety and to ensure students eat their parents' chosen meals.
Upper Primary (Year 5 and Year 6)	Upper primary students are given the additional privilege of buying directly from the canteen or cafe, using their DCIS wristband - if you do not already have one, please email us to order one (\$10.70 admin fee). This allows parents to restrict certain items and track spending.
Secondary	Secondary students may use their DCIS wristband, or for convenience and speed, can opt to pay with their normal EZ-Link card.

YEARS	Pre-order, and A la carte*					Pre-order only
	Morning Tea	Western	Asian	Vegetarian	Sandwich/salads	Allergen-free
Lower Primary (Nursery - Year 4)	All morning tea items are \$2.00 Breakfast items are available for \$3-4 Fresh fruit is available for \$1.00 Other healthy snacks and drinks are available	Available for pre-order only Meals for primary are of a junior portion size, all served with a portion of fresh fruit. \$5.00			Pre-order only Please see menu below for pricing	Please get in touch with us by email to discuss your specific food allergy needs. We have a dedicated allergen-free menu, and our team is trained to help with all major allergens.
Upper Primary (Year 5 and Year 6)		Upper primary meals are served in an age-appropriate larger portion. \$5.00			Our fresh sandwiches and salads are available for pre-order and limited quantities are available at the counter every day.	
Secondary		Secondary meals are served in an adult portion size. \$5.50				

ROTATING MORNING TEA MENU



Drinks and a range of other healthy snacks are available for purchase at school.

A la carte or Pre-order				
	Breakfast		Morning Tea (\$2)	Fruit (\$1)
Monday	2 hot cakes with maple syrup & butter	\$3.00	Cinnamon roll	Apple
Tuesday	Breakfast burrito - eggs, bacon, cheese, tomato	\$4.00	Tomato-cheese scroll	Watermelon
Wednesday	French toast (2 slices)	\$3.00	Egg & mayo sandwich	Dragon fruit
Thursday	English muffin - egg, cheese, Turkey ham	\$4.00	Raisin toast with butter	Grapes
Friday	British turkey bacon butty sandwich	\$4.00	Hot cheese toastie	Banana

Wk1	A la carte or Pre-order					
	Western	Asian	Vegetarian	Sandwich 1	Sandwich 2	Salad
19-Oct	Beef Bolognese, mixed vegetable, pasta	Orange chicken, grilled vegetables, spiced rice (G)	Root vegetable barley casserole, bread (G)	Beef pastrami & cheese toastie	Roast pumpkin, spinach, cheese, cumin aioli wrap	Tuscan bean salad, lemon vinaigrette
20-Oct	Roast lemon chicken, carrots, couscous with raisins (D)(G)	Braised beef brisket, Asian greens, wonton noodles, dark soy sauce (G)	Soy glazed tofu, stir-fried vegetable noodles (E)(G)	Grilled chicken Mexican, salad, BBQ beans wrap	Grilled cheese sandwich	Beetroot & feta salad
21-Oct	Swedish meatballs, gravy, glazed carrots, mashed potatoes (D)(E)(G)	Honey chicken char siu, egg noodles, broccoli (E)(G)	Penne aglio olio, grilled capsicum, mushroom (D)(G)	Marinara chicken, spinach & mozzarella open bagel	Greek falafel wrap, yoghurt mint dressing (V)	Turkey bacon Caesar salad
22-Oct	Fish cacciatore, braised eggplant, pasta (G)	Chicken korma, pineapple achar, rice (D)(G)	Thai basil egg fried rice, assorted Asian vegetables (E)(G)	Bagel tuna melt	Spinach, roast capsicum, cucumber, tomato wrap (V)	Greek salad
23-Oct	Crispy fish, salsa, beans, cheese, tortilla wrap (D)(G)	Mee tai bak with minced chicken & Asian greens (E)(G)	Palak paneer & biryani rice (D)(G)	Homemade baked pie (assorted)	Toasted cheese sandwich	Falafel salad, onions, cucumber, capsicum, lemon, yoghurt and hummus

Wk2	A la carte or Pre-order					
	Western	Asian	Vegetarian	Sandwich 1	Sandwich 2	Salad
26-Oct	Alfredo, turkey bacon, mushroom, penne pasta (D)(E)(G)	Sweet & sour fish, Asian greens, steamed rice (E)(G)	Baked cauliflower & buttered corn, rice gratin, parsley (D)(G)	Beef pastrami & cheese toastie	Roast pumpkin, spinach, cheese, cumin aioli wrap	Tuscan bean salad, lemon vinaigrette
27-Oct	Herb crusted fish, butter sauce, string beans, potato champ (D)(G)	Indonesian chicken, coconut cabbage, brown rice (G)	Braised tofu & eggplant claypot, brown rice (E)(G)	Grilled chicken Mexican, salad, BBQ beans wrap	Grilled cheese sandwich	Beetroot & feta salad
28-Oct	BBQ chicken & vegetable supreme pizza (D)(G)	Malaysian mee goreng, turmeric fish, achar (G)	Vegetable fajitas, tomato salsa, cheese, rice (D)(G)	Marinara chicken, spinach & mozzarella open bagel	Greek falafel wrap, yoghurt mint dressing (V)	Turkey bacon Caesar salad
29-Oct	Beef & root vegetable casserole, pasta (G)	Kung pao chicken, Asian vegetables, steamed rice (E)(G)	Mushroom carbonara, pasta (D)(G)	Bagel tuna melt	Spinach, roast capsicum, cucumber, tomato wrap (V)	Greek salad
30-Oct	Grilled chicken, mushroom & cheese burrito (D)(G)	Black pepper beef, capsicum, steamed rice (G)	Spiced pumpkin, Moroccan vegetable casserole, raisin couscous (D)(E)	Homemade baked pie (assorted)	Toasted cheese sandwich	Falafel salad, onions, cucumber, capsicum, lemon, yoghurt and hummus

Wk3	A la carte or Pre-order					
	Western	Asian	Vegetarian	Sandwich 1	Sandwich 2	Salad
2-Nov	Tuscan chicken, green peas, baked potato (D)	Stir-fry beef, vegetables, noodles (E)(G)	Vegetable tempeh coconut curry, roti prata (E)(G)	Beef pastrami & cheese toastie	Roast pumpkin, spinach, cheese, cumin aioli wrap	Tuscan bean salad, lemon vinaigrette
3-Nov	Beef lasagne, mixed vegetables, Pomodoro sauce (D)(G)	Chicken tajine, chickpea, dried fruits, couscous (D)(E)(G)	Tomato, mushroom, broccoli, cheese quiche (D)(E)(G)	Grilled chicken Mexican, salad, BBQ beans wrap	Grilled cheese sandwich	Beetroot & feta salad
4-Nov	Penne aglio olio, mushrooms with turkey bacon (D)(E)(G)	Stir-fry beef slices & vegetables, Hokkien mee (G)	Vegetable chap chye, green beans, egg, rice (E)(G)	Marinara chicken, spinach & mozzarella open bagel	Greek falafel wrap, yoghurt mint dressing (V)	Turkey bacon Caesar salad
5-Nov	Grilled fish with citrus sauce, green beans, crushed potatoes (D)(G)	Hainanese chicken rice, cucumber & tomato, ginger sauce (G)	Fried kway teow - mixed vegetable and beancurd (E)(G)	Bagel tuna melt	Spinach, roast capsicum, cucumber, tomato wrap (V)	Greek salad
6-Nov	Chicken fajitas, capsicum, tomato salsa, beans, lime rice (D)(G)	Stir-fry black bean ginger beef, Asian greens, rice noodles (G)	Mac & cheese, garden vegetables (D)(E)(G)	Homemade baked pie (assorted)	Toasted cheese sandwich	Falafel salad, onions, cucumber, capsicum, lemon, yoghurt and hummus

Wk4	A la carte or Pre-order					
	Western	Asian	Vegetarian	Sandwich 1	Sandwich 2	Salad
9-Nov	Pasta Bolognese, corn salsa (D)(E)(G)	Chicken curry, pickled vegetables (achar), rice (D)(G)	Yellow dahl, vegetable biryani (D)(G)	Beef pastrami & cheese toastie	Roast pumpkin, spinach, cheese, cumin aioli wrap	Tuscan bean salad, lemon vinaigrette
10-Nov	Chicken nuggets, roast sweet potato wedges, roasted carrot (D)(E)(G)	Pan-fried fish, African spiced vegetables, buttered couscous (D)(G)	Vegetable tajine, garbanzo beans, raisins, couscous (D)(E)(G)	Grilled chicken Mexican, salad, BBQ beans wrap	Grilled cheese sandwich	Beetroot & feta salad
11-Nov	Beef cheeseburger, lettuce & tomato, sweet potato wedges (D)(E)(G)	Chicken teriyaki, pickled cucumber, steamed brown rice (G)	Beancurd vegetable soy sauce claypot, rice noodles (E)(G)	Marinara chicken, spinach & mozzarella open bagel	Greek falafel wrap, yoghurt mint dressing (V)	Turkey bacon Caesar salad
12-Nov	Baked fish, cauliflower, roast potatoes, green peas, butter sauce (D)	Fried Singapore chicken & vegetable beehoon, shredded omelette (E)(G)	Tomato Margherita pizza (D)(G)	Bagel tuna melt	Spinach, roast capsicum, cucumber, tomato wrap (V)	Greek salad
13-Nov	Ratatouille fish stew, grilled vegetables, pasta (G)	Scissor curry rice, fried chicken cutlet, beansprouts, curry sauce (G)	Braised egg & mushroom claypot, boat noodles (G)	Homemade baked pie (assorted)	Toasted cheese sandwich	Falafel salad, onions, cucumber, capsicum, lemon, yoghurt and hummus

Wk5	A la carte or Pre-order					
	Western	Asian	Vegetarian	Sandwich 1	Sandwich 2	Salad
16-Nov	Chunky beef stew, winter vegetables, mashed potatoes (D)	Grilled chicken rice, tomato, cucumber(G)	Grilled vegetable casserole, chickpeas, buttered couscous (D)(G)	Beef pastrami & cheese toastie	Roast pumpkin, spinach, cheese, cumin aioli wrap	Tuscan bean salad, lemon vinaigrette
17-Nov	Chicken pasta carbonara, peas (D)(E)(G)	Curry spiced fish, broccoli, roasted tomato rice (G)	Mediterranean vegetable rice bake (D)	Grilled chicken Mexican, salad, BBQ beans wrap	Grilled cheese sandwich	Beetroot & feta salad
18-Nov	Crumbed fish fillet, sweet potato, BBQ beans (D)(E)(G)	Grilled chicken miso, dry ramen noodles, buttered corn (D)(G)	Stir fry vegetables, egg fried rice (E)(G)	Marinara chicken, spinach & mozzarella open bagel	Greek falafel wrap, yoghurt mint dressing (V)	Turkey bacon Caesar salad
19-Nov	Grilled lemon & herb chicken, butter rice pilaf, sweet corn (D)	Beef bibimbap rice bowl, assorted vegetables (E)(G)	Macaroni & cheese pasta baked, carrots & cauliflower (D)(E)(G)	Bagel tuna melt	Spinach, roast capsicum, cucumber, tomato wrap (V)	Greek salad
20-Nov	Beef chili con carne, rice, tomato salsa, cheese (D)	Sweet & sour chicken nuggets, broccoli, rice (E)(G)	Tofu teriyaki, pickled carrots, steamed brown rice (G)	Homemade baked pie (assorted)	Toasted cheese sandwich	Falafel salad, onions, cucumber, capsicum, lemon, yoghurt and hummus

Wk6	A la carte or Pre-order					
	Western	Asian	Vegetarian	Sandwich 1	Sandwich 2	Salad
23-Nov	Crispy fish & chips, coleslaw (D)(E)(G)	Soy sauce chicken, kailan, wonton noodles (G)	Mushroom fricassee, carrots, mashed potatoes (D)	Beef pastrami & cheese toastie	Roast pumpkin, spinach, cheese, cumin aioli wrap	Tuscan bean salad, lemon vinaigrette
24-Nov	Beef cheeseburger, tomato, lettuce, roast carrot (D)(E)(G)	Thai basil chicken, eggs, rice (E)(G)	Italian vegetable casserole, pasta (G)	Grilled chicken Mexican, salad, BBQ beans wrap	Grilled cheese sandwich	Beetroot & feta salad
25-Nov	Grilled chicken cutlet, French beans, mashed potatoes (D)(E)(G)	Kimchi beef fried rice, egg (E)(G)	Vegetable shakshuka, baked egg, bread (E)(G)	Marinara chicken, spinach & mozzarella open bagel	Greek falafel wrap, yoghurt mint dressing (V)	Turkey bacon Caesar salad
26-Nov	Italian braised beef, rosemary tomato stew, couscous (D)(G)	Honey lemon chicken, butter corn, rice (D)(E)(G)	Meatless bean nachos, tomato salsa, sour cream (D)(E)(G)	Bagel tuna melt	Spinach, roast capsicum, cucumber, tomato wrap (V)	Greek salad
27-Nov	Oven roasted chicken, Lyonnaise potatoes, grilled vegetables (D)	Steamed fish in soy sauce, garlic broccoli, brown rice(G)	Vegetable baked pasta (D)(G)	Homemade baked pie (assorted)	Toasted cheese sandwich	Falafel salad, onions, cucumber, capsicum, lemon, yoghurt and hummus

Wk7	A la carte or Pre-order					
	Western	Asian	Vegetarian	Sandwich 1	Sandwich 2	Salad
30-Nov	Beef Bolognese, mixed vegetable, pasta	Orange chicken, grilled vegetables, spiced rice (G)	Root vegetable barley casserole, bread (G)	Beef pastrami & cheese toastie	Roast pumpkin, spinach, cheese, cumin aioli wrap	Tuscan bean salad, lemon vinaigrette
1-Dec	Roast lemon chicken, carrots, couscous with raisins (D)(G)	Braised beef brisket, Asian greens, wonton noodles, dark soy sauce (G)	Soy glazed tofu, stir-fried vegetable noodles (E)(G)	Grilled chicken Mexican, salad, BBQ beans wrap	Grilled cheese sandwich	Beetroot & feta salad
2-Dec	Swedish meatballs, gravy, glazed carrots, mashed potatoes (D)(E)(G)	Honey chicken char siu, egg noodles, broccoli (E)(G)	Penne aglio olio, grilled capsicum, mushroom (D)(G)	Marinara chicken, spinach & mozzarella open bagel	Greek falafel wrap, yoghurt mint dressing (V)	Turkey bacon Caesar salad
3-Dec	Fish cacciatore, braised eggplant, pasta (G)	Chicken korma, pineapple achar, rice (D)(G)	Thai basil egg fried rice, assorted Asian vegetables (E)(G)	Bagel tuna melt	Spinach, roast capsicum, cucumber, tomato wrap (V)	Greek salad
4-Dec	Crispy fish, salsa, beans, cheese, tortilla wrap (D)(G)	Mee tai bak with minced chicken & Asian greens (E)(G)	Palak paneer & biryani rice (D)(G)	Homemade baked pie (assorted)	Toasted cheese sandwich	Falafel salad, onions, cucumber, capsicum, lemon, yoghurt and hummus

Wk8	A la carte or Pre-order					
	Western	Asian	Vegetarian	Sandwich 1	Sandwich 2	Salad
7-Dec	Alfredo, turkey bacon, mushroom, penne pasta (D)(E)(G)	Sweet & sour fish, Asian greens, steamed rice (E)(G)	Baked cauliflower & buttered corn, rice gratin, parsley (D)(G)	Beef pastrami & cheese toastie	Roast pumpkin, spinach, cheese, cumin aioli wrap	Tuscan bean salad, lemon vinaigrette
8-Dec	Herb crusted fish, butter sauce, string beans, potato champ (D)(G)	Indonesian chicken, coconut cabbage, brown rice (G)	Braised tofu & eggplant claypot, brown rice (E)(G)	Grilled chicken Mexican, salad, BBQ beans wrap	Grilled cheese sandwich	Beetroot & feta salad
9-Dec	BBQ chicken & vegetable supreme pizza (D)(G)	Malaysian mee goreng, turmeric fish, achar (G)	Vegetable fajitas, tomato salsa, cheese, rice (D)(G)	Marinara chicken, spinach & mozzarella open bagel	Greek falafel wrap, yoghurt mint dressing (V)	Turkey bacon Caesar salad
10-Dec	Beef & root vegetable casserole, pasta (G)	Kung pao chicken, Asian vegetables, steamed rice (E)(G)	Mushroom carbonara, pasta (D)(G)	Bagel tuna melt	Spinach, roast capsicum, cucumber, tomato wrap (V)	Greek salad
11-Dec	Grilled chicken, mushroom & cheese burrito (D)(G)	Black pepper beef, capsicum, steamed rice (G)	Spiced pumpkin, Moroccan vegetable casserole, raisin couscous (D)(E)	Homemade baked pie (assorted)	Toasted cheese sandwich	Falafel salad, onions, cucumber, capsicum, lemon, yoghurt and hummus

CELEBRATE THE FESTIVE SEASON WITH FRIENDS!

Look out for information about our end-of-year party box - coming this December to DCIS!

JOIN US AT THE CAFÉ



Weekly breakfast		
Mon	Hot cakes, maple syrup, butter (2 pieces)	\$3.00
Tue	Breakfast burrito - eggs, bacon, cheese, tomato	\$4.00
Wed	French toast (2 slices)	\$3.00
Thu	English muffin - egg, cheese, Turkey ham	\$4.00
Fri	British turkey bacon butty sandwich	\$4.00

Sweet treats (available after 11am)		
Mon	Cheesecake	\$1.00
Tue	Orange pound cake	\$2.00
Wed	Chia seed brownie	\$2.00
Thu	Hummingbird slice	\$2.50
Fri	Muffin of the day	\$2.50

All day menu	
Yoghurt (assorted flavours).....	\$2.00
Daily fruit selection	\$1.00
Wholemeal toast, butter & jam	\$1.50

Rotating selection	
Boiled Egg.....	\$0.80
Healthy Popcorn	\$2.00
Bagel & Cream/Soft Cheese.....	\$2.50
Soup of the day with bread.....	\$4.50
Healthy chips	\$3.50
Buttered corn cup	\$2.00
Danish or Scone of the day	\$2.50
Chocolate Chip Cookie	\$2.00
Fruit loaf of the day	\$2.00

Drinks menu	
Selection of teas.....	\$3.50
<small>Earl Grey, English breakfast, green, peppermint, lemon ginger</small>	
Ice Lemon/Green Tea.....	\$2.50
Iced Chocolate	\$4.50
Hot Chocolate	\$4.50
Bottled water	\$1.50
Milo.....	\$1.50
100 Plus.....	\$2.00
Coca Cola Zero (for adults)	\$2.00
Selection of Perrier water	\$2.50

Freshly brewed Coffees	
Espresso	\$3.00
Americano.....	\$3.50
Latte.....	\$4.50
Mocha.....	\$4.50
Cappuccino.....	\$4.50
Iced Americano	\$3.50
Iced Latte.....	\$4.50
Iced Mocha.....	\$4.50

JOIN US AT THE CAFE



Grab your fresh and healthy sandwich or salad from the café

WEEKLY	Grab your fresh and healthy sandwich or salad from the café	
	Fresh Sandwiches	Daily Salad
Mondays	Beef pastrami & cheese toastie.....\$6.00 Roast pumpkin, spinach, cheese & cumin aioli wrap.....\$5.50	Tuscan bean salad, lemon vinaigrette \$5.50
Tuesdays	Grilled Mexican Chicken, salad & BBQ beans wrap.....\$5.50 Grilled cheese sandwich.....\$5.00	Beetroot & feta salad \$5.50
Wednesdays	Marinara chicken, spinach & mozzarella open bagel.....\$5.50 Greek falafel wrap, yoghurt mint dressing (V)\$5.50	Turkey bacon Caesar salad \$5.50
Thursdays	Tuna melt bagel\$5.00 Spinach, roast capsicum, cucumber & tomato (V)\$5.50	Greek salad \$5.50
Fridays	Victus homemade baked pie of the day\$6.00 Toasted cheese sandwich.....\$5.00	Falafel salad, onions, cucumber, capsicum, lemon, yoghurt and hummus \$5.50