



Dover Court International School
(14th May - 8th June 2018)



Week 1 (14th of May -18th of May 2018)

LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WESTERN	Parmesan Chicken with Sautéed Potatoes and French beans (Gluten & Dairy)	Meatloaf with Mashed Potatoes and Green Vegetables (Gluten, Egg & Dairy)	Baked Fish Florentine, Pilaf Rice and Seasonal Vegetables (Egg & Dairy)	One Pot Chicken Stew with Mashed Potatoes and Mixed Vegetables (Gluten & Dairy)	Fish Pie topped with Mashed Potatoes, Peas and Carrots (Gluten, Egg & Dairy)
ASIAN	Black Pepper Fish with Brown Rice & Green Vegetables (Gluten)	Chicken Afritada with Steamed Rice and Asian Vegetables	Stir Fried Minced Beef with Basmati Rice & Vegetables (Gluten)	Honey Glazed Fish with Brown Rice and Steamed Vegetables	Baked Chicken Adobo with Steamed Rice and Vegetables (Gluten)
VEGETARIAN	Spaghetti with Vegetable Bolognese Sauce with Sautéed Vegetables (Gluten)	Vegetable Shepherds Pie with Steamed Broccoli (Dairy)	Baked Penne with Roasted Vegetables (Gluten & Dairy)	Aloo Matar with Brown Rice & Steamed Vegetables	Rice Vermicelli with With Green Vegetable (Gluten & Egg)
SUBS	Tuna Salad Sub Sandwich with Sliced Pineapple (Gluten, Dairy & Egg)	Grilled Chicken Caesar Wrap with Sliced Apple (Gluten, Dairy & Egg)	Vegetarian Sub Sandwich with Sliced Watermelon (Gluten, Egg & Dairy)	Italian Chicken Wrap with Orange (Gluten, Egg & Dairy)	Wholemeal Chicken Pizza with Salad and Sliced Honeydew (Gluten & Dairy)
GLUTEN FRIENDLY MEAL	Black Pepper Fish with Brown Rice & Green Vegetables	Chicken Afritada with Steamed Rice and Asian Vegetables	Baked Fish Florentine, Pilaf Rice and Seasonal Vegetables (Egg & Dairy)	Honey Glazed Fish with Brown Rice and Steamed Vegetables	Fish Pie topped with Mashed Potatoes, Peas and Carrots (Dairy)

Week 2 (21th-25th of May 2018)

LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WESTERN	Cajun Chicken with Herbed Cous Cous and Steamed Vegetables (Gluten)	Beef Stew with Brown Rice and Broccoli (Gluten)	Beef Bolognese with Spaghetti and Seasonal Vegetables (Gluten)	Baked Fish Tomato Onion with Brown Rice and Baked Zucchini (Dairy)	Pesto Pasta Chicken Bake with Garlic bread and Salad (Gluten, Egg & Dairy)
ASIAN	Sweet & Sour Fish with Steamed Rice & Greens (Gluten, Egg & Dairy)	Thai Basil Chicken with Basmati Rice and Asian Vegetables (Gluten)	Ginger & Scallion Fish with Brown Rice, Seasonal Vegetables	Sticky Glazed Chicken with Steamed Rice & Corn on Cob (Gluten)	5 Spiced Beef, Brown Rice, Stir Fry Vegetables (Gluten)
VEGETARIAN	Chickpea Curry, Steamed Rice and Steamed Vegetables (Dairy)	Tandoori Paneer, Mong Dhall and Asian Green Vegetables (Dairy)	Vegetable Ragu with Spaghetti and Blanched Vegetables (Gluten)	Spinach Baked Rice with Seasonal Vegetables (Dairy)	Baked Tofu Bulgogi with Vegetables and Brown Rice (Gluten)
SUBS	Hawaiian BBQ Wrap with Sliced Watermelon (Gluten & Dairy)	Garlic Sliced Beef Sub with Sliced Pineapple (Gluten, Egg & Dairy)	Minced Beef Wrap with Sliced Honey Dew (Gluten, Egg & Dairy)	Baked Chicken Teriyaki Sub with Oranges (Gluten, Egg & Dairy)	Vegetarian Pizza with Sliced Apple (Gluten & Dairy)
GLUTEN FRIENDLY MEAL	Chickpea Curry, Steamed Rice and Steamed Vegetables (Dairy)	Beef Stew with Brown Rice and Broccoli	Ginger & Scallion Fish with Brown Rice, Seasonal Vegetables	Sticky Glazed Chicken with Steamed Rice & Corn on cob (Dairy)	Braised Beef with Potato and Brown Rice, Stir Fried Vegetables

Week 3 (28th of May - 1st of June 2018)

LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WESTERN	Lemon Grilled Chicken with Beetroot Cous-cous (Gluten)	Braised Beef with Sauteed Potatoes and Vegetables	Baked Chicken Leg with BBQ Sauce with Brown Rice and Vegetables (Gluten)	Baked Fish with Garlic Cream Sauce, Roast Potato Wedges & Roast Tomatoes (Dairy)	Grilled Chicken with Mushroom Sauce and Mashed Potatoes, Roasted Vegetables
ASIAN	Steamed Ginger Garlic Fish Miso Sauce and Steamed Rice with Stir Fry Cabbage (Gluten)	Baked Chicken with Orange Sauce and Pilaf Rice, Sauteed Vegetables (Gluten)	Fish Curry and Ginger, Tomato with Pilaf Rice and Long Beans	Chicken Menudo with Brown Rice and Vegetables	Keema Beef with Tomato Rice and Turmeric Vegetables (Gluten)
VEGETARIAN	Baked Rice and Kidney Bean with Steamed Broccoli (Dairy)	Mushroom Fettucine with Salad (Gluten, Dairy & Egg)	Chinese Vegetable Curry, Rice and Long Beans (Gluten)	Tomato & Spinach Spaghetti with Roasted Courgette (Gluten)	Chow Mien with Roast Pumpkin, Courgette and Spring Roll (Gluten & Egg)
SUBS	BBQ Chicken Sub with Sliced Honey Dew (Gluten, Dairy & Egg)	Chicken Wrap with Tomato Salsa & Orange (Gluten, Dairy & Egg)	Sweet Onion Teriyaki Sub with Sliced Watermelon (Gluten, Egg & Dairy)	Crispy Chicken Wrap with Sliced Pineapple (Gluten & Dairy)	Wholemeal Vegetable Pizza, Salad and Sliced Apple (Gluten & Dairy)
GLUTEN FRIENDLY MEAL	Baked Rice and Kidney Bean with Steamed Broccoli (Dairy)	Braised Beef with Sauteed Potatoes and Vegetables	Baked Chicken Leg with BBQ Sauce with Brown Rice and Vegetables	Chicken Menudo with Brown Rice and Vegetables	Grilled Chicken with Mushroom Sauce and Mashed Potatoes, Roasted Vegetables

Week 4 (4th-8th of June 2018)

LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WESTERN	Baked Honey Mustard Chicken with Steamed French Beans and Roast Potatoes (Dairy)	Beef Bourguignon with Polenta and Roasted Vegetables (Gluten & Dairy)	Grilled Marinated Fish with Basmati Rice and Vegetables	Fish Pie topped with Mashed Potatoes, Steamed Cauliflower (Dairy)	Mexican Chicken Stew with Brown Rice and Corn on the Cob
ASIAN	Malaysian Fish Curry with Steamed Rice and Sauteed Malay Vegetables	Baked Asian BBQ Chicken with Brown Rice and Steamed Broccoli (Gluten)	Lemon Butter Chicken with Onion Rice Pilaf & Vegetables (Gluten & Dairy)	Roasted Chicken Teriyaki with Brown Rice and Medley Vegetables (Gluten)	Assam Steamed Fish with Coriander Rice and Vegetables
VEGETARIAN	Vegetable Pesto Linguine with Grilled Herb Tomato (Gluten & Dairy)	Stir fried Vegetarian Bee Hoon and Steamed Broccoli (Gluten & Egg)	Jacket Potato with Baked Beans and Vegetables (Dairy)	Lentil Bolognese and Garlic Bread (Gluten, Egg & Dairy)	Hokkien Vegetarian Noodles with Vegetable (Gluten & Egg)
SUBS	Chicken Shawarma Style Wrap with Sliced Watermelon (Gluten, Egg & Dairy)	Tuna Sub Sandwich with Sliced Apple (Gluten, Egg & Dairy)	Vegan Mediterranean Wrap with Sliced Honey Dew (Gluten & Dairy)	Chicken Tikka Sub with Orange (Gluten, Egg & Dairy)	Wholemeal Ham & Cheese Pizza with Salad and Sliced Pineapple (Gluten & Dairy)
GLUTEN FRIENDLY MEAL	Baked Honey Mustard Chicken with Steamed French Bean and Roasted Potato (Dairy)	Baked Asian BBQ Chicken with Brown Rice and Steamed Broccoli	Grilled Marinated Fish with Basmati Rice and Vegetables	Fish Pie topped with Mashed Potatoes, Steamed Cauliflower (Dairy)	Mexican Chicken Stew with Brown Rice and Corn on the Cob