



**Dover Court International School**  
(8th Jan - 2nd Feb 2018)



**Week 1 (8th - 12th Jan 2018)**

LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WESTERN</b>	Chicken Bolognese with Pasta and Roasted Vegetables	Baked Fish with Mushroom Cream Sauce, Steamed Broccoli and Raisin Rice	Beef Stew with Carrots, Roasted Vegetables and Cous Cous	Baked Chicken Breast with Mushroom Sauce , Grilled Vegetables and Polenta	Grilled Fish with Tomato Coulis, Roasted Vegetables and Aglio Olio Pasta
<b>ASIAN</b>	Sautéed Beef with Capsicum, Stir-fried Leek, Baby Corn and Celery, Brown Rice	Bbq Chicken with Bell Peppers and Pineapple, Steamed Egg Tofu & Brown Rice	Sweet & Sour Fish, Stir Fried French Beans and Steamed Rice	Five Spice Braised Beef with Potato, Stir Fried Kailan and Steamed Rice	Steamed Hainanese Chicken Rice with Steamed Kailan
<b>VEGETARIAN</b>	Fried Bee Hoon, Baby Cabbage and Braised Tofu	Stir-fried Bean Spouts with Chive, Onion Omelette & Brown Rice	Tomato & Chickpea Curry, Palak Paneer and Chapati	Stir-fried Mee Tai Bak Noodle, Egg Omelette with Tomatoes and Braised Cabbage	Sautéed Cabbage, Hong Kong Fried Noodles and Tofu
<b>SUBS</b>	Masala Fish Wrap with Sliced Fruits and Salad	Ham & Cheese Sub, Sliced Fruits and Salad	Tuna Sandwich with Sliced Fruits and Low Fat Milk	Baked Chicken in Pita Bread served with Sliced Fruit and Salad	Tandoori Chicken Wrap, Cucumber Salad and Sliced Fruits
<b>ALLERGEN FRIENDLY MEAL</b>	Fried Bee Hoon, Stir Fried Leek, Baby Corn and Celery with Tofu	Baked Fish, Steamed Broccoli and Raisin Rice	Baked Sweet & Sour Fish, Stir-fried French Bean and Steamed Rice	Baked Chicken Breast with Mushroom Sauce , Grilled Vegetables and Steamed Rice	Steamed Hainanese Chicken Rice with Steamed Kailan

**Week 2 (14th - 19th Jan 2018)**

LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WESTERN	Baked Fish with Cream Sauce, Roast Potatoes and Sautéed Ratatouille	Beef Casserole with Sweet Paprika, Herbed Pasta and Buttered Vegetables	Roast Chicken with Bbq sauce, Buttered Broccoli and Polenta	Steamed Chicken with Brown Sauce, Mashed Potatoes and Herbed Vegetables	Braised Beef with Sauce, Yellow Rice with Raisin, Sautéed Long Beans
ASIAN	Claypot Chicken Rice, Baby Cabbage with Sliced Mushroom and Vegetables	Sweet & Sour Fish, Stewed Cabbage with Black Fungus & Baby Corn & Steamed Rice	Kung Pao Chicken, Stir-fried Leek and Baby Corn, Steamed Egg & Brown Rice	Stir-fried Beef with Capsicum, Baby Cabbage and Olive Rice	Braised Soy Fish, Stir-fried Baby Cabbage with Tomato Brown Rice
VEGETARIAN	Stir-fried Yellow Noodles, Stir Fried Cabbage Green, Soya Egg	Stir-fried Mushroom Sauce Tofu, Stewed Cabbage with Black Fungus & Baby Corn & Steamed Rice	Stir-fried Rice Noodles with Bean Sprouts & Chives, Stir-fried Leek and Baby Corn, Egg Omelette with Onions	Braised Tofu with Olive Rice and Stir-fried Cabbage	Stir Fried Mee Tai Bak, Egg Omelette with Tomatoes, Stir-fried Baby Cabbage
SUBS	Wholemeal Chicken Sandwich, Salad and Sliced Fruits	Ham & Gherkin Sub with Salad and Sliced Fruits	Tuna Wrap with Sliced Fruits and Low Fat Milk	Grilled Chicken Sub served with Salad and Sliced Fruits	Mexican Wrap with Beef, Salad and Sliced Fruits
ALLERGEN FRIENDLY MEAL	Steamed Chicken & Rice, Baby Cabbage with Sliced Mushrooms	Steamed Sweet & Sour Fish, Steamed Rice and Stewed Cabbage with Black Fungus & Baby Corn	Roast Chicken, Stir-fried Leek and Baby Corn with Brown Rice	Steamed Chicken with Olive Rice and Stir-fried Cabbage	Steamed Fish, Stir-fried Baby Cabbage, Yellow Rice with Raisins

**Week 3 (22nd - 26th Jan 2018)**

LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WESTERN	Roast Chicken Breast, Couscous & Roast Vegetables with Herbs	Roast Fish with Herbs & Onion Tomato Sauce, Polenta & Buttered Vegetables	Chicken Burger with Fried Wedges and Coleslaw	Roast Beef Slices with Brown Sauce, Mashed Potatoes and Mixed Vegetables	Grilled Fish with Tomato Sauce, Buttered Rice and Steamed Broccoli
ASIAN	Baked Fish with Mango Mayo, Stir-fried Kailan and Brown Rice	Baked Sweet & Sour Chicken, Olive Rice and Stir-fried Baby Cabbage	Stir-fried Sliced Beef with Gravy, Tomato Rice and Sautéed Lotus Root with Sweet Peas	Char Siew Chicken with Sautéed Cabbage, Carrots and Steamed Rice	Braised Soy Sauce Chicken with Sautéed Cabbage and Steamed Rice
VEGETARIAN	Singapore Stir-fried Bee Hoon, Braised Eggplant and Kailan	Fried Yellow Noodle with Soya Egg and Sautéed Baby Cabbage	Steamed Eggs with Tomato Rice and Stir-fried Beansprouts	Braised Tofu with Sautéed Pumpkin, Lotus Root and Steamed Rice	Stir-fried Hong Kong Noodles, Stir-fried Kailan and Samosa
SUBS	Roast Chicken Sandwich with Sliced Fruits and Salad	Egg Mayo Sandwich, Yoghurt and Sliced Fruits	Wholemeal Chicken Wrap, Sliced Fruits and Salad	Ham & Cheese Sandwich with Sliced Fruits and Salad	Tuna Wrap served with Sliced Fruit and Yoghurt
ALLERGEN FRIENDLY MEAL	Chicken Breast, Baked Potatoes and Roast Vegetables with Herbs	Roast Fish with Herbs, Baby Cabbage and Olive Rice	Stir-fried Sliced Beef, Tomato Rice and Lotus Root with Sweet Peas	Roast Beef Slices, Sautéed Cabbage and Steamed Rice	Grilled Fish, Sautéed Kailan and Steamed Rice

**Week 4 (29th Jan - 2nd Feb 2018)**

LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WESTERN	Roasted Honey Chicken Thigh, Cauliflower Mornay with Parmesan and Brown Rice	Beef Bolognese Pasta with Steamed Mix Vegetables	Roast Chicken Breast with Mushroom Sauce, Garlic Mashed Potatoes and Roast Vegetables with Herbs	Grilled Beef Patty with Brown Sauce, Ratatouille, Olive Oil Pasta	Grilled Beef Steak with Mushroom Sauce, Baked Potatoes, Roast Vegetables
ASIAN	Steamed Fish with Ginger, Olive Rice, Stir-fried Long Beans	Chicken Rice with Stir-fried Baby Cabbage	Stir-fried Beef with Onions, Sautéed Baby Green Cabbage and Brown Rice	Steamed Fish with Brown Rice and Stir-fried Broccoli & Cauliflower	Beancurd with Minced Chicken, Stir-fried Kailan and Yellow Rice
VEGETARIAN	Stir-fried Mee Tai Bak, Bean Sprouts with Chives and Stir-fried Long Beans	Olive Oil Pasta, Ratatouille, Sautéed Mix Vegetables	Stir-fried Rice Noodles, Sautéed Baby Cabbage and Samosa	Hong Kong Noodles, Braised Cabbage and Fried Egg with Onion	Stir-fried Lotus Root and Sugar Snap Peas, Yellow Rice and Stir-fried Kailan
SUBS	Honey Roast Chicken Wrap with Salad and Sliced Fruits	Tuna Sub with Cucumbers, Salad and Sliced Fruits	Naan Bread with Grilled Fish and Sour Cream, Salad and Sliced Fruits	Chicken Sandwich with Sliced Fruits and Low Fat Milk	Wholemeal Chicken Wrap, Salad and Sliced Fruits
ALLERGEN FRIENDLY MEAL	Steamed Fish with Ginger, Olive Rice, Stir-fried Long Beans	Chicken Rice with Stir-fried Baby Cabbage	Roast Chicken Breast, Garlic Mashed Potatoes and Roast Vegetables with Herbs	Steamed Fish with Brown Rice and Stir-fried Broccoli & Cauliflower	Beancurd with Minced Chicken, Stir-fried Kailan and Yellow Rice