



WEEKLY MENU

Monday

22 August 2016

Western (\$5.00)

Baked Dory Parmigiana
Steamed Broccoli &
Cauliflower
Brown Rice

Asian (\$5.00)

Sweet & Sour Chicken
Xiao Bai Cai
Fragrant Rice

Vegetarian (\$5.00)

Tri-Color Fusilli Primavera
Steamed Broccoli &
Cauliflower

Sandwich (\$4.00)

Chicken Ham & Cheese Sub
with Fruits

Fruits (\$1.00)

Red Apple

Beverages

Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

Tuesday

23 August 2016

Western (\$5.00)

Beef Bolognese
Bell Peppers & Corn

Asian (\$5.00)

Tandoori Chicken Pitas
Vegetable Crudit  with
Yoghurt

Vegetarian (\$5.00)

Cottage Cheese Oatmeal
Pancakes with Yogurt
Fruit Salad

Sandwich (\$4.00)

Garden Veggie Sub
With Fruits

Fruits (\$1.00)

Sun melon

Beverages

Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

Wednesday

24 August 2016

Western (\$5.00)

French Roasted Chicken
Ratatouille Vegetables
Dill Potatoes

Asian (\$5.00)

Steamed Fish Fillet with
Shitake Mushroom
Asian Greens
Fragrant Rice

Vegetarian (\$5.00)

Japanese Vegetables Curry
Egg Tofu Salad with Brown
Rice

Sandwich (\$4.00)

Chicken Teriyaki Sub
With Fruits

Fruits (\$1.00)

Orange

Beverages

Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

Thursday

25 August 2016

Western (\$5.00)

Pan-Grilled Chicken Breast
Milanese
Cauliflower & Peas
Brown Rice

Asian (\$5.00)

Beef Bulgogi
Steamed Broccoli
Fragrant Rice

Vegetarian (\$5.00)

Stir-Fried Hong Kong
Noodles
Green Vegetables

Sandwich (\$4.00)

Egg & Cheese Sub
With Fruits

Fruits (\$1.00)

Watermelon

Beverages

Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

Friday

26 August 2016

Western (\$5.00)

Chicken Fajitas
Roasted Vegetables
Warm Tortilla

Asian (\$5.00)

Fish Fillet with Tomato Coulis
Roasted Vegetables
Warm Tortilla

Vegetarian (\$5.00)

Mexican Bean Chili Wrap
Apply & Carrot Slaw

Sandwich (\$4.00)

Tuna Sub with Fruits

Fruits (\$1.00)

Honeydew

Beverages

Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

EAT

LEARN

LIVE

DCIS August 2016 Menu (Upper Primary)



WEEKLY MENU

Monday

29 August 2016

Western (\$5.00)

Ham & Cheese Pinwheels
Vegetable Crudité with Salsa

Asian (\$5.00)

Stir-fried Chicken in Plum
Glaze
Xiao Bai Cai
Brown Rice

Vegetarian (\$5.00)

Vegetarian Stir-fried Rice
Noodles
Tempeh with Vegetables

Sandwich (\$4.00)

Chicken Ham & Cheese Sub
with Fruits

Fruits (\$1.00)

Red Apple

Beverages

Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

Tuesday

30 August 2016

Western (\$5.00)

Poached Chicken Breast with
Mustard Sauce
Steamed Broccoli
Parsley Potatoes

Asian (\$5.00)

Baked Teriyaki Fish
Asian Greens
Brown Rice

Vegetarian (\$5.00)

Stir-fried Hong Kong Noodles
Green Vegetables

Sandwich (\$4.00)

Garden Veggie Sub
With Fruits

Fruits (\$1.00)

Sun melon

Beverages

Bottled Water (350ml) \$1.00
Milk (200ml) 1.50

Wednesday

31 August 2016

Western (\$5.00)

Pan-Fried Lemon Fish
Piccata
Sautéed Green Beans
Brown Rice

Asian (\$5.00)

Chicken & Tofu Salad
Steamed Broccoli
Stir-fried Udon Noodles

Vegetarian (\$5.00)

Spaghetti Napoletana
Mixed Bean Salad

Sandwich (\$4.00)

Chicken Teriyaki Sub
With Fruits

Fruits (\$1.00)

Orange

Beverages

Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

Thursday

1 September 2016

Western (\$5.00)

Chili Con Carne(BEEF)
Sautéed Bell Peppers Mix
Brown Rice

Asian (\$5.00)

Stir-fried Rice Noodles with
Chicken
Asian Greens with Mushroom

Vegetarian (\$5.00)

Mini Waffles with Yoghurt
Mixed Fruit Compote

Sandwich (\$4.00)

Egg & Cheese Sub with Fruit

Fruits (\$1.00)

Watermelon

Beverages

Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

Friday

2 September 2016

Western (\$5.00)

Chicken Hawaiian Pizza
Carrots& Zucchini

Asian (\$5.00)

Baked Teriyaki Fish
Carrots & Zucchini
Brown Rice or Pizza

Vegetarian (\$5.00)

Lentils with Tomato Stew
Steamed Broccoli
Brown Rice

Sandwich (\$4.00)

Tuna Sub with Fruit

Fruits (\$1.00)

Pear

Beverages

Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

EAT

LEARN

LIVE

DCIS August 2016 Menu (Upper Primary)



WEEKLY MENU

Monday

5 September 2016

Western (\$5.00)

Baked Dory Parmigiana
Steamed Broccoli &
Cauliflower
Brown Rice

Asian (\$5.00)

Wok-fried Chicken with
Lemon Sauce
Xiao Bai Cai
Fragrant Rice

Vegetarian (\$5.00)

Tri-Color Fusilli Primavera
Steamed Broccoli

Sandwich (\$4.00)

Chicken Ham & Cheese Sub
with Fruits

Fruits (\$1.00)

Red Apple

Beverages

Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

Tuesday

6 September 2016

Western (\$5.00)

Beef Bolognese
Bell Peppers & Corn

Asian (\$5.00)

Asian Chicken Roast
Cucumber & Tomato Slices
Brown Rice

Vegetarian (\$5.00)

Cottage Cheese Oatmeal
Pancakes
Mixed Fruits

Sandwich (\$4.00)

Garden Veggie Sub
With Fruits

Fruits (\$1.00)

Sun melon

Beverages

Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

Wednesday

7 September 2016

Western (\$5.00)

Caesar Chicken Pitas
Roasted Vegetables Salsa

Asian (\$5.00)

Steamed Fish Fillet with
Ginger & Scallion
Asian Greens
Fragrant Rice

Vegetarian (\$5.00)

Japanese Vegetables Curry
Egg Tofu Salad
Brown Rice

Sandwich (\$4.00)

Chicken Teriyaki Sub
With Fruits

Fruits (\$1.00)

Orange

Beverages

Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

Thursday

8 September 2016

Western (\$5.00)

Poached Chicken Breast with
Mushroom Sauce
Cauliflower & Peas
Brown Rice

Asian (\$5.00)

Stir-fried Beef In Oyster
Sauce Steamed Broccoli
Fragrant Rice

Vegetarian (\$5.00)

Stir-fried Hong Kong Noodles
Tomato & Scallion Omelette
Green Vegetables

Sandwich (\$4.00)

Egg & Cheese Sub with Fruit

Fruits (\$1.00)

Watermelon

Beverages

Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

Friday

9 September 2016

Western (\$5.00)

Chicken Fajitas
Roasted Vegetables
Warm Tortilla

Asian (\$5.00)

Fish Fillet with Tomato Coulis
Roasted Vegetables
Brown Rice or Warm Tortilla

Vegetarian (\$5.00)

Mexican Beans Chili Wrap
Apple & Carrot Slaw

Sandwich (\$4.00)

Tuna Sub
With Fruits

Fruits (\$1.00)

Honeydew

Beverages

Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

EAT

LEARN

LIVE

DCIS September 2016 Menu (Upper Primary)



WEEKLY MENU

Monday

12 September 2016

Western (\$5.00)

Baked Chicken Ziti (PASTA)
Sautéed Vegetables Mix

Asian (\$5.00)

Steamed Fish with Mushroom
Xiao Bai Cai & Brown Rice

Vegetarian (\$5.00)

Oriental Fried Rice with
Vegetables
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

13 September 2016

Western (\$5.00)

Pan-grilled Dory Fillet with
Basil

Steamed Broccoli

Brown Rice

Asian (\$5.00)

Black Pepper Chicken Stir fry

Asian Greens

Fragrant Rice

Vegetarian (\$5.00)

Sin Chew Bee Hoon(Rice
Vermicilli)with Vegetables

Braised Egg Tofu with
Mushroom

Sandwich (\$4.00)

Garden Veggie Sub with Fruit

Fruits (\$1.00)

Sun melon

Beverages

Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

Wednesday

14 September 2016

Western (\$5.00)

Shepherd's Pie (LAMB)
Zucchini & Corn

Asian (\$5.00)

Grilled Teriyaki Chicken
Cucumber & Tomato Salad
Brown Rice

Vegetarian (\$5.00)

Mushroom & Cheese Frittata

Penne

Zucchini & Corn

Sandwich (\$4.00)

Chicken Teriyaki Sub with
Fruit

Fruits (\$1.00)

Orange

Beverages

Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

Thursday

15 September 2016

Western (\$5.00)

Roasted Chicken with Salsa
Green Beans & Carrots
Mashed Potato

Asian (\$5.00)

Fish Fillet with Yellow Bean
Pesto

Steamed Broccoli

Fragrant Rice

Vegetarian (\$5.00)

Spaghetti Aglio Olio

Tofu & Lentil Salsa

Sandwich (\$4.00)

Egg & Cheese Sub with Fruit

Fruits (\$1.00)

Watermelon

Beverages

Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

Friday

16 September 2016

Western (\$5.00)

Philly Beef Burger
Tangy Coleslaw

Asian (\$5.00)

Korean Grilled Chicken
Tangy Coleslaw
Brown Rice or Burger Bun

Vegetarian (\$5.00)

Tofu Chili (Sloppy Joe)

on a bun

Cheddar Cheese

Tangy Coleslaw

Sandwich (\$4.00)

Tuna Sub with Fruit

Fruits (\$1.00)

Pear

Beverages

Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

EAT

LEARN

LIVE

DCIS September 2016 Menu (Upper Primary)



WEEKLY MENU

Monday

19 September 2016

Western (\$5.00)

Chili Con Carne (BEEF)
Bell Peppers & Corn
Fragrant Rice

Asian (\$5.00)

Stir-fried Chicken In Plum
Glaze, Xiao Bai Cai
Brown Rice

Vegetarian (\$5.00)

Vegetarian Stir-fried Rice
Noodles
Tempeh with Vegetables

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

20 September 2016

Western (\$5.00)

Poached Chicken Breast with
Mustard Sauce
Steamed Broccoli
Parsley Potatoes

Asian (\$5.00)

Baked Teriyaki Fish
Asian Greens
Brown Rice

Vegetarian (\$5.00)

Lentil & Tofu Meatloaf
Steamed Broccoli
Mashed Potatoes

Sandwich (\$4.00)

Garden Veggie Sub with Fruit

Fruits (\$1.00)

Sun melon

Beverages

Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

Wednesday

21 September 2016

Western (\$5.00)

Pan-fried Lemon Fish Piccata
Sautéed Green Beans
Brown Rice

Asian (\$5.00)

Chicken & Tofu Salad
Steamed Broccoli
Stir-fried Udon Noodles

Vegetarian (\$5.00)

Spaghetti Napoletana
Mixed Bean Salsa

Sandwich (\$4.00)

Chicken Teriyaki Sub with
Fruit

Fruits (\$1.00)

Orange

Beverages

Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

Thursday

22 September 2016

Western (\$5.00)

Chicken Penne Salad
Broccoli & Red Pepper
Fresh Fruits

Asian (\$5.00)

Sweet & Sour Fish
Asian Greens
Fragrant Rice

Vegetarian (\$5.00)

Mushroom & Cheese Frittata
Broccoli & Red Pepper
Brown Rice

Sandwich (\$4.00)

Egg & Cheese Sub with Fruit

Fruits (\$1.00)

Watermelon

Beverages

Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

Friday

23 September 2016

Western (\$5.00)

Beef Pepperoni Pizza
Carrots & Zucchini

Asian (\$5.00)

Kung Pao Chicken
Carrots & Zucchini
Brown Rice or Pizza

Vegetarian (\$5.00)

Magherita Pizza
Carrots & Zucchini

Sandwich (\$4.00)

Tuna Sub with Fruit

Fruits (\$1.00)

Pear

Beverages

Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

EAT

LEARN

LIVE

DCIS September 2016 Menu (Upper Primary)



Monday

26 September 2016

Western (\$5.00)

Ham & Cheese Pinwheels
Vegetables Crudities with
Salsa

Asian (\$5.00)

Sweet & Sour Chicken
Xiao Bai Cai
Brown Rice

Asian Vegetarian (\$5.00)

Stir-fried Yellow Noodles
Tomato & Scallion Omelette
Green Vegetables

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

27 September 2016

Western (\$5.00)

Chicken Pepper-Pot Stew
Zucchini & Carrots
Brown Rice

Asian (\$5.00)

Beef Bulgogi
Steamed Broccoli
Fragrant Rice

Vegetarian (\$5.00)

Lentils with Tomato Stew
Zucchini & Carrots
Brown Rice

Sandwich (\$4.00)

Garden Veggie Sub with Fruit

Fruits (\$1.00)

Honeydew

Beverages

Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

Wednesday

28 September 2016

Western (\$5.00)

Baked Dory Parmigiana
Steamed Broccoli &
Cauliflower
Brown Rice

Asian (\$5.00)

Hainanese Steamed Chicken
Cucumber & Tomato
Chicken Fragrant Rice

Vegetarian (\$5.00)

Tofu & Egg Foccacio
Zucchini & Carrot Slaw

Sandwich (\$4.00)

Chicken Teriyaki Sub with
Fruit

Fruits (\$1.00)

Orange

Beverages

Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

Thursday

29 September 2016

Western (\$5.00)

Beef Stroganoff
Mixed Bell Pepper & Corn
Brown Rice

Asian (\$5.00)

Tandoori Chicken Pitas
Vegetables Crudités with
Yoghurt

Vegetarian (\$5.00)

Avocado Hummus & Feta
Tortilla Chips
Bell Pepper & Corn

Sandwich (\$4.00)

Egg & Cheese Sub with Fruit

Fruits (\$1.00)

Watermelon

Beverages

Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

Friday

30 September 2016

Western (\$5.00)

Chicken Arrabiatta
Caesar Salad
Linguine In Olive Oil

Asian (\$5.00)

Stir-fried Rice Flat Noodles
with Vegetables
Fish with Mushroom Gravy

Vegetarian (\$5.00)

Italian Lentils & Zucchini Stew
Caesar Salad
Tri-Color Fusilli Pasta

Sandwich (\$4.00)

Tuna Sub with Fruit

Fruits (\$1.00)

Pear

Beverages

Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

EAT

LEARN

LIVE

DCIS September 2016 Menu (Upper Primary)



Monday

Tuesday

Wednesday

Thursday

Friday

Lower Primary Week 4 & 5 Menu

August & September 2016



WEEKLY MENU

Monday

22 August 2016

Non- Vegetarian (\$5.00)
Baked Dory Parmigiana
Steamed Broccoli &
Cauliflower
Brown Rice
Fruits Salad

Vegetarian (\$5.00)
Tri-Color Fusilli Primavera
Cheese Frittata
Fruits Salad

Sandwich (\$4.00)
Chicken Ham & Cheese Sub
with Fruits

Beverages
Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

Tuesday

23 August 2016

Non- Vegetarian (\$5.00)
Tandoori Chicken Pita
Vegetables Crudités with
Yoghurt
Fresh Fruit

Vegetarian (\$5.00)
Cottage Cheese Oatmeal
Pancakes
Fruit Yogurt
Fresh Fruits

Sandwich (\$4.00)
Garden Veggie Sub
With Fruits

Beverages
Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

Wednesday

24 August 2016

Non- Vegetarian (\$5.00)
French Roasted Chicken
Ratatouille Vegetables
Dill Potatoes
Fresh Fruit

Vegetarian (\$5.00)
Japanese Vegetables Curry
Egg Tofu Salad
Brown Rice
Mixed Fruits

Sandwich (\$4.00)
Chicken Teriyaki Sub
With Fruits

Beverages
Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

Thursday

25 August 2016

Non- Vegetarian (\$5.00)
Beef Bulgogi
Steamed Broccoli
Brown Rice
Fresh Fruit

Vegetarian (\$5.00)
Stir-fried Hong Kong Noodles
Tomato & Scallion Omelette
Green Vegetables
Fresh Fruit

Sandwich (\$4.00)
Egg & Cheese Sub
With Fruits

Beverages
Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

Friday

26 August 2016

Non- Vegetarian (\$5.00)
Chicken Fajitas
Roasted Vegetables
Warm Tortilla
Mixed Fruits

Vegetarian (\$5.00)
Mexican Beans Chili Wrap
Apple & Carrot Slaw
Mixed Fruits

Sandwich (\$4.00)
Tuna Sub with Fruits

Beverages
Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

EAT

LEARN

LIVE

DCIS August 2016 Menu (Lower Primary)



Monday

29 August 2016

Non- Vegetarian (\$5.00)

Ham & Cheese Pinwheels
Vegetables Crudités with
Salsa
Fruit Salad

Vegetarian (\$5.00)

Vegetarian Stir-fried Rice
Noodles
Tempeh with Vegetables
Fresh Fruits

Sandwich (\$4.00)

Chicken Ham & Cheese Sub
with Fruits

Beverages

Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

Tuesday

30 August 2016

Non- Vegetarian (\$5.00)

Baked Teriyaki Fish
Asian Greens
Brown Rice
Fruit Compote

Vegetarian (\$5.00)

Tofu & Egg Foccacio
Zucchini & Carrot Slaw
Fruit Compote

Sandwich (\$4.00)

Garden Veggie Sub
With Fruits

Beverages

Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

Wednesday

31 August 2016

Non- Vegetarian (\$5.00)

Chicken & Tofu Salad
Steamed Broccoli
Stir-fried Udon Noodles
Fresh Fruit

Vegetarian (\$5.00)

Spaghetti Napoletana
Mixed Bean Salsa
Fresh Fruit

Sandwich (\$4.00)

Chicken Teriyaki Sub
With Fruits

Beverages

Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

Thursday

1 September 2016

Non- Vegetarian (\$5.00)

Chili Con Carne(BEEF)
Sautéed Bell Peppers Mix
Brown Rice
Mixed Fruit Compote

Vegetarian (\$5.00)

Mini Waffles with Yoghurt
Mixed Fruit Compote
San

Sandwich (\$4.00)

Egg & Cheese Sub
With Fruits

Beverages

Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

Friday

2 September 2016

Non- Vegetarian (\$5.00)

Chicken Hawaiian Pizza
Carrots& Zucchini
Mixed Fruits

Vegetarian (\$5.00)

Lentils with Tomato Stew
Steamed Broccoli
Brown Rice
Mixed Fruit

Sandwich (\$4.00)

Tuna Sub with Fruits

Beverages

Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

EAT

LEARN

LIVE

DCIS August 2016 Menu (Lower Primary)



WEEKLY MENU

Monday

5 September 2016

Non- Vegetarian (\$5.00)

Baked Dory Parmigiana
Steamed Broccoli &
Cauliflower
Brown Rice
Fruits Salad

Vegetarian (\$5.00)

Tri-Color Fusilli Primavera
Cheese Frittata
Fruits Salad

Sandwich (\$4.00)

Chicken Ham & Cheese Sub
with Fruits

Beverages

Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

Tuesday

6 September 2016

Non- Vegetarian (\$5.00)

Asian Chicken Roast
Cucumber & Tomato Slices
Brown Rice
Mixed Fruits

Vegetarian (\$5.00)

Cottage Cheese Oatmeal
Pancakes
Bell Peppers & Corn
Fruit Yogurt
Mixed Fruits

Sandwich (\$4.00)

Garden Veggie Sub
With Fruits

Beverages

Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

Wednesday

7 September 2016

Non- Vegetarian (\$5.00)

Chicken Caesar Pita
Roasted Vegetable Salsa
Mixed Fruits

Vegetarian (\$5.00)

Japanese Vegetables Curry
Egg Tofu Salad
Brown Rice
Mixed Fruits

Sandwich (\$4.00)

Chicken Teriyaki Sub
With Fruits

Beverages

Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

Thursday

8 September 2016

Non- Vegetarian (\$5.00)

Stir-fried Beef In Oyster
Sauce
Steamed Broccoli
Brown Rice
Fresh Fruit

Vegetarian (\$5.00)

Stir-fried Hong Kong Noodles
Tomato & Scallion Omelette
Green Vegetables
Fresh Fruit

Sandwich (\$4.00)

Egg & Cheese Sub with Fruit

Beverages

Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

Friday

9 September 2016

Non- Vegetarian (\$5.00)

Chicken Fajitas
Roasted Vegetables
Warm Tortilla
Mixed Fruits

Vegetarian (\$5.00)

Mexican Beans Chili Wrap
Apple & Carrot Slaw
Mixed Fruits

Sandwich (\$4.00)

Tuna Sub with Fruit

Beverages

Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

EAT

LEARN

LIVE



WEEKLY MENU

Monday

12 September 2016

Non- Vegetarian (\$5.00)
Baked Chicken Ziti(PASTA)
Sautéed Vegetables Mix
Fresh Fruit Salad

Vegetarian (\$5.00)
Oriental Fried Rice with
Vegetables
Tomato Egg Omelette
Fresh Fruit

Sandwich (\$4.00)
Chicken Ham & Cheese Sub
with Fruits

Beverages
Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

Tuesday

13 September 2016

Non- Vegetarian (\$5.00)
Pan-grilled Dory Fillet with
Basil
Steamed Broccoli
Brown Rice
Tropical Fruit Salad

Vegetarian (\$5.00)
Sin Chew Bee Hoon (Rice
Vermicelli) with Vegetables
Braised Egg Tofu with
Mushroom

Tropical Fruit Salad

Sandwich (\$4.00)
Garden Veggie Sub
With Fruits

Beverages
Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

Wednesday

14 September 2016

Non- Vegetarian (\$5.00)
Grilled Teriyaki Chicken
Cucumber & Tomato Salad
Brown Rice
Fresh Fruit

Vegetarian (\$5.00)
Mushroom & Cheese Frittata
Zucchini & Corn
Penne Aglio Olio
Fresh Fruit

Sandwich (\$4.00)
Chicken Teriyaki Sub
With Fruits

Beverages
Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

Thursday

15 September 2016

Non- Vegetarian (\$5.00)
Roasted Chicken with Salsa
Green Beans & Carrots
Mashed Potatoes
Fruit Salad

Vegetarian (\$5.00)
Spaghetti Aglio Olio
Tofu & Lentils Salsa
Fresh Fruit

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

Beverages
Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

Friday

16 September 2016

Non- Vegetarian (\$5.00)
Philly Beef Burger
Tangy Coleslaw
Mixed Fruits

Vegetarian (\$5.00)
Tofu Chili (Sloppy Joe) with
Cheese on Burger Bun
Tangy Coleslaw
Mixed Fruits

Sandwich (\$4.00)
Tuna Sub with Fruit

Beverages
Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

EAT

LEARN

LIVE

DCIS September 2016 Menu (Lower Primary)



WEEKLY MENU

Monday

19 September 2016

Non- Vegetarian (\$5.00)

Chili Con Carne (BEEF)
Bell Peppers & Corn
Brown Rice
Mixed Fruits

Vegetarian (\$5.00)

Vegetarian Stir-fried Rice
Noodles
Tempeh with Vegetables
Fresh Fruits

Sandwich (\$4.00)

Chicken Ham & Cheese Sub
with Fruits

Beverages

Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

Tuesday

20 September 2016

Non- Vegetarian (\$5.00)

Baked Teriyaki Fish
Asian Greens
Brown Rice
Fruit Compote

Vegetarian (\$5.00)

Lentil & Tofu Meatloaf
Steamed Broccoli
Mashed Potatoes
Fruit Salad

Sandwich (\$4.00)

Garden Veggie Sub
With Fruits

Beverages

Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

Wednesday

21 September 2016

Non- Vegetarian (\$5.00)

Chicken & Tofu Salad
Steamed Broccoli
Stir-fried Udon Noodles
Fresh Fruit

Vegetarian (\$5.00)

Spaghetti Napoletana
Mixed Bean Salsa
Fresh Fruit

Sandwich (\$4.00)

Chicken Teriyaki Sub
With Fruits

Beverages

Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

Thursday

22 September 2016

Non- Vegetarian (\$5.00)

Chicken Penne Salad
Broccoli & Red Pepper
Fresh Fruits

Vegetarian (\$5.00)

Mushroom & Cheese Frittata
Brown Rice
Broccoli & Red Pepper
Fresh Fruits

Sandwich (\$4.00)

Egg & Cheese Sub with Fruit

Beverages

Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

Friday

23 September 2016

Non- Vegetarian (\$5.00)

Beef Pepperoni Pizza
Carrots & Zucchini
Fresh Fruits

Vegetarian (\$5.00)

Magherita Pizza
Carrots & Zucchini
Fresh Fruits

Sandwich (\$4.00)

Tuna Sub with Fruit

Beverages

Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

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DCIS September 2016 Menu (Lower Primary)



WEEKLY MENU

Monday

26 September 2016

Non- Vegetarian (\$5.00)
Ham & Cheese Pinwheels
Vegetables Crudités with Salsa
Fruit Compote

Vegetarian (\$5.00)
Stir-fried Yellow Noodles
Tomato & Scallion Omelette
Green Vegetables
Fruit Compote

Sandwich (\$4.00)
Chicken Ham & Cheese Sub with Fruits

Beverages
Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

Tuesday

27 September 2016

Non- Vegetarian (\$5.00)
Beef Bulgogi
Steamed Broccoli
Fragrance Rice
Fresh Fruit

Vegetarian (\$5.00)
Lentils with Tomato Stew
Zucchini & Carrots
Brown Rice
Fresh Fruit

Sandwich (\$4.00)
Garden Veggie Sub With Fruits

Beverages
Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

Wednesday

28 September 2016

Non- Vegetarian (\$5.00)
Baked Dory Parmigiana
Steamed Broccoli & Cauliflower
Brown Rice
Fruit Salad

Vegetarian (\$5.00)
Tofu & Egg Foccacio
Zucchini & Carrot Slaw
Fruit Compote

Sandwich (\$4.00)
Chicken Teriyaki Sub With Fruits

Beverages
Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

Thursday

29 September 2016

Non- Vegetarian (\$5.00)
Tandoori Chicken Pita
Vegetables Crudités with Yoghurt
Fresh Fruit

Vegetarian (\$5.00)
Avocado Hummus & Feta
Tortilla Chips
Bell Pepper & Corn
Fruit Salad

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

Beverages
Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

Friday

30 September 2016

Non- Vegetarian (\$5.00)
Chicken Arrabiatta
Linguine In Olive Oil
Caesar Salad
Fruit Compote

Vegetarian (\$5.00)
Italian Lentil & Zucchini Stew
Caesar Salad
Tri-Color Fusilli Pasta
Fruit Compote

Sandwich (\$4.00)
Tuna Sub with Fruit

Beverages
Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

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