



# 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

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LIVE

DCIS August 2016 Menu (Upper Primary/Secondary)



# 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

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LIVE

DCIS August 2016 Menu (Upper Primary/Secondary)



**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

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LIVE



# 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

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LIVE

DCIS September 2016 Menu (Upper Primary/Secondary)





## 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

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LIVE

DCIS September 2016 Menu (Upper Primary/Secondary)



## 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

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LIVE

DCIS September 2016 Menu (Upper Primary/Secondary)



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

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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

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LIVE



# 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

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# 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

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# 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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# 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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DCIS September 2016 Menu (Lower Primary)