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THE MENU

FLAVOURS OF THE WORLD

Our allergy-free menu (meals without (D)airy, (E)gg or (G)luten) is available by special request only, please email us using the email address below.)

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 during term time.

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 your student ID at http://orders.victuscatering.asia 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 an EZlink card - if you do not already have one, those can be purchased at MRT Stations or 7/11 stores.
Secondary	Secondary students pay with their normal EZ-Link card. Credit card payments are not accepted at the school canteen.

ORDER NOW ON PRE-ORDER SYSTEM

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YEARS	Pre-order, and A la carte*				Pre-order only
	Morning Tea	International	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. \$5.50		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			

LUNCH MENU

Our menu is carefully designed to comply with government and DCIS eating guidelines.

All items are available for pre-order, including our allergen-free menu. Add drinks and fruit to your order on the portal, or if eligible, choose from our range of other healthy drinks and snacks available for purchase at school.

1	A la carte or Pre-order		
	International	Vegetarian	Side Vegetable
18-Apr	Welcome back to school!		
19-Apr	Cajun fish, roasted potatoes, BBQ beans	Bean con carne enchiladas, corn chips, salsa (G)	Cream Spinach (D)
20-Apr	Chicken cutlet, butter rice, gratin cauliflower (D)(E)(G)	Butter couscous, cheese baked broccoli, cream sauce (D)(G)	Sauteed mushroom mix
21-Apr	Wok fried beef kwayteow, fried beansprout (E)(G)	Vegetarian baked rice, eggs, mixed beans (D)(E)	Braised eggplant
22-Apr	Dark sauced braised chicken, egg noodle, baby bak choy (D)(G)	Pizza bianca - cheese, tomatoes, cream sauce, side salad (E)(G)	Roasted zucchini

2	A la carte or Pre-order		
	International	Vegetarian	Side Vegetable
25-Apr	Chicken winter stew, dinner rolls, broccoli (D)(E)(G)	Mushroom alfredo, herb rice, butter mix veg (D)(G)	Roasted cherry tomatoes
26-Apr	Beef bolognese, penne pasta, butter corn (D)(G)	Claypot tofu, baby kailan, steam rice (E)(G)	Rosemary carrot
27-Apr	Butter chicken masala, bryani rice, aloo gobi (D)(G)	Vegetarian bee hoon, cabbage, shitake mushroom (E)(G)	Stir fried peashoot
28-Apr	Fried fish, steam rice, vegetables, coconut milk (E)(G)	Ratatouille, pomodoro, penne pasta, baby corn (G)	Barbeque beans (G)
29-Apr	Baked chicken meatballs, chicken jus, roasted potato, honey carrot (D)(G)	Egg fried rice, bok choy, braised tofu (E)(G)	Sauteed cabbage

3	A la carte or Pre-order		
	International	Vegetarian	Side Vegetable
2-May	Happy Labour Day! Happy Hari Raya Puasa!		
3-May			
4-May	Chicken chilli con carne, lime rice, zucchini	Eggplant shakshuka, toasted bread, herb roasted tomatoes (E)(G)	Roasted potatoes and peas
5-May	Rosemary chicken, penne pasta, honey glazed carrots (D)(G)	Vegetarian curry, roti prata, spiced chickpea (E)(G)	Buttered brocolli (D)
6-May	Teriyaki mince beef, fried yellow noddles, sauteed Chinese cabbage (E)(G)	Mushroom fricasse, potato champ, shredded vegetables (D)(G)	Sauteed pencil asparagus

4	A la carte or Pre-order		
	International	Vegetarian	Side Vegetable
9-May	Beef Lasagne, pomodoro sauce, baby spinach (D)(G)	Japanese vegetarian curry, steam rice, chinese cabbage (G)	Sauteed beansprout
10-May	Asian tomato chicken, corn rice, long beans (D)	Pesto penne pasta, butter corn, toasted sunflower seeds (D)(G)	Braised eggplant
11-May	Fish and chips, coleslaw (D)(E)(G)	Spanakopita pie, sauteed mushroom (D)(E)(G)	Cauliflower gratin (D)(G)
12-May	Chicken tagine, pilaf rice, roasted bellpeppers (G)	Baked falafel, mint yoghurt sauce, warm couscous salad (D)(G)	Sauteed long bean
13-May	Lemon butter baked fish, loynnaise potatoes, butter asparagus (D)(G)	Yaki udon, stir fried shitake mushroom, steam egg (E)(G)	Honey carrot

6	A la carte or Pre-order		
	International	Vegetarian	Side Vegetable
16-May	Happy Vesak Day!		
17-May			
18-May	Chicken fricasse, herb rice, sauteed mushroom mix (D)(G)	Creamy spinach sunflower seed pesto, penne pasta, Provencal vegetables (D)(G)	Grilled leeks (D)
19-May	Soy braised beef, egg noodle, bakchoy (E)(G)	Mushroom bulgogi, seaweed rice, stir fry broccoli (G)	Bean stew
20-May	Mac and cheese, breaded chicken strips, mesclun salad (D)(E)(G)	Fried kway teow, kailan, steamed egg (E)	Thai fried beancurd

6	A la carte or Pre-order		
	International	Vegetarian	Side Vegetable
23-May	(VEGGIE DAY) Plant based tenders, potato patatas bravas, brocolli (D)(G)	Pomodoro penne pasta, butter corn, baked pumpkin (D)(G)	Grilled asparagus
24-May	Fish tikka masala, bryani rice, mustard seed cabbage (D)	Claypot egg tofu, steam rice, stir fry da miao (G)	Cheesy garlic brocolli (D)(G)
25-May	Hainanese chicken rice, beansprouts, cucumber (G)	Ratatouille, penne pasta , pomodoro (G)	Wok fried beansprout and tempeh
26-May	Sauteed sliced beef, gravy, linguine, grilled tomatoes (D)(G)	Coconut vegetable stew, steam rice, pineapple achar	Sauteed mixed mushrooms
27-May	Chicken cutlet with gravy, potato wedges, baked beans	Spaghetti parma rosa, vegetarian nuggets, asparagus (D)(G)	Potato and spinach mix

7	A la carte or Pre-order		
	International	Vegetarian	Side Vegetable
30-May	BBQ chicken, potato gratin, roasted tomatoes (D)(G)	Pasta aglio olio, veggie balls, asparagus (E)(G)	Baked cauliflower
31-May	Cajun fish, roasted potatoes, BBQ beans	Bean con carne enchiladas, corn chips, salsa (G)	Cream Spinach (D)
1-Jun	Chicken cutlet, butter rice, gratin cauliflower (D)(E)(G)	Butter couscous, cheese baked broccoli, cream sauce (D)(G)	Sauteed mushroom mix
2-Jun	Wok fried beef kwayteow, fried beansprout (E)(G)	Vegetarian baked rice, eggs, mixed beans (D)(E)	Braised eggplant
3-Jun	Dark sauced braised chicken, egg noodle, baby bak choy (D)(G)	Pizza bianca - cheese, tomatoes, cream sauce, side salad (E)(G)	Roasted zuchinni

8	A la carte or Pre-order		
	International	Vegetarian	Side Vegetable
6-Jun	Chicken winter stew, dinner rolls, brocolli (D)(E)(G)	Mushroom alfredo, herb rice, butter mix veg (D)(G)	Roasted cherry tomatoes
7-Jun	Beef bolognese, penne pasta, butter corn (D)(G)	Claypot tofu, baby kailan, steam rice (E)(G)	Rosemary carrot
8-Jun	Butter chicken masala, briyani rice, aloo gobi (D)(G)	Vegetarian bee hoon, cabbage, shitake mushroom (E)(G)	Stir fried peashoot
9-Jun	Fried fish, steam rice, vegetables, coconut milk (E)(G)	Ratatoulie, pomodoro, penne pasta, baby corn (G)	Barbeque beans (G)
10-Jun	Baked chicken meatballs, chicken jus, roasted potato, honey carrot (D)(G)	Egg fried rice, bok choy, braised tofu (E)(G)	Sauteed cabbage

9	A la carte or Pre-order		
	International	Vegetarian	Side Vegetable
13-Jun	(VEGGIE DAY) Vegetable rice bowl, fried tofu, kimchi (G)	Vegetarian nuggets, potato wedges, roasted carrots (E)(G)	Wok fried baby kailan
14-Jun	Baked salmon, dijon mustard sauce, herb rice, shredded lettuce (D)(G)	Vegetarian chow mien, stir fry cabbage and capsicum	Braised eggplant
15-Jun	Chicken con carne, lime rice, zucchini	Eggplant shashuka, toasted bread, herb roasted tomatoes (E)(G)	Roasted potatoes and peas
16-Jun	Rosemary chicken, penne pasta, honey glazed carrots (D)(G)	Vegetarian curry, roti prata, spiced chickpea (E)(G)	Buttered brocolli (D)
17-Jun	Teriyaki mince beef, fried yellow noddles, sauteed Chinese cabbage (E)(G)	Mushroom fricasse, potato champ, shredded vegetables (D)(G)	Sauteed pencil asparagus

10	A la carte or Pre-order		
	International	Vegetarian	Side Vegetable
20-Jun	Beef Lasagne, pomodoro sauce, baby spinach (D)(G)	Japanese vegetarian curry, steam rice, chinese cabbage (G)	Sauteed beansprout
21-Jun	Asian tomato chicken, corn rice, long beans (D)	Pesto penne pasta, butter corn, toasted sunflower seeds (D)(G)	Braised eggplant
22-Jun	Fish and chips, coleslaw (D)(E)(G)	Spanakopita pie, sauteed mushroom (D)(E)(G)	Cauliflower gratin (D)(G)
23-Jun	Chicken tagine, pilaf rice, roasted bellpeppers (G)	Baked falafel, mint yoghurt sauce, warm couscous salad (D)(G)	Sauteed long bean
24-Jun	LAST DAY SPECIAL: Chicken cutlet with gravy, potato wedges, baked beans	LAST DAY SPECIAL: Spaghetti parma rosa, vegetarian nuggets, asparagus (D)(G)	Potato and spinach mix

START EACH DAY RIGHT WITH A GREAT HOT BREAKFAST FROM THE CAFÉ...



Mondays		Tuesdays		Wednesdays		Thursdays		Fridays	
Steam red bean bao (2pc)	\$3.00	Crispy waffles with maple syrup	\$3.00	Breakfast vegetable quiche	\$4.50	Classic kaya toast	\$3.00	English muffin, ham, cheese, egg	\$4.00

...AND HYDRATE WITH OUR SELECTION OF DRINKS!

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

Drinks menu	
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 Coffee	
Espresso	\$3.00
Americano	\$3.50
Latte/Cappuccino/Mocha	\$4.50
Iced Americano	\$3.50
Iced Latte/Mocha	\$4.50

CHOOSE FROM OUR CAFÉ LUNCH OPTIONS, OR GRAB A BAKED TREAT



	Mondays		Tuesdays		Wednesdays		Thursdays		Fridays	
Baked Goods	Pain au chocolat	\$2.50	Sausage roll	\$3.50	Butter croissant	\$2.50	Blueberry/chocolate/vanilla muffin	\$3.00	Broccoli basket	\$2.00
Meat Sandwich	Teriyaki beef wrap, lettuce, onion	\$6.00	Chicken ham, cheese, tomato and lettuce on sourdough	\$5.50	Smoked salmon bagel, green coral lettuce, tomato, cream cheese	\$6.00	Beef, harissa aioli, lettuce and onion wrap	\$6.00	BBQ chicken sandwich, tomatoes, arugula	\$5.50
Vegetarian Sandwich	Tuna mayo croissant	\$5.50	Avocado and chickpea wrap	\$5.50	Cheese toastie	\$5.50	Stacked paneer sandwich	\$5.50	Fried tofu wrap	\$5.00
Salads	Creamy pasta salad	\$5.50	Raisin and couscous salad	\$5.50	Caprese salad, tomato and mozzarella, arugula	\$5.00	Chicken Caesar salad, romaine lettuce, egg, croutons	\$6.00	Beetroot salad, rocket, pearl onions, feta cheese, honey thyme dressing	\$5.50
	Smoked salmon salad, baby spinach, lemon vinaigrette	\$6.00	Tuna nicoise salad, mesclun mix, green beans, tomatoes, olives, potatoes	\$6.00	Greek salad (cucumber, tomatoes, bell peppers, red onions, olives, feta)	\$5.50	Mixed garden salad, roasted vegetables, quinoa	\$6.00	Cajun roasted chicken cobb salad	\$5.50
Afternoon sweet treat	Red velvet cupcakes	\$3.50	Brownie (dark chocolate)	\$3.00	American cheesecake	\$3.00	Dark chocolate chip cookie	\$3.00	Fruit tart	\$3.00

ALL DAY ITEMS AT THE CAFÉ



Mondays		Tuesdays		Wednesdays		Thursdays		Fridays	
Yoghurt	\$2.00	Yoghurt	\$2.00	Yoghurt	\$2.00	Yoghurt	\$2.00	Yoghurt	\$2.00
Whole fruit	\$1.00	Whole fruit	\$1.00	Whole fruit	\$1.00	Whole fruit	\$1.00	Whole fruit	\$1.00
Fruit cup	\$2.50	Fruit cup	\$2.50	Fruit cup	\$2.50	Fruit cup	\$2.50	Fruit cup	\$2.50
Yoghurt and fruit parfait	\$4.00	Soy milk chia seed pudding, berry drizzle	\$3.50	Overnight oats and fresh fruits	\$4.00	Soy milk chia seed pudding, berry drizzle	\$3.50	Yoghurt and fruit parfait	\$4.00
Boiled egg	\$1.00	Boiled egg	\$1.00	Boiled egg	\$1.00	Boiled egg	\$1.00	Boiled egg	\$1.00
Wholemeal toast	\$1.50	Wholemeal toast	\$1.50	Wholemeal toast	\$1.50	Wholemeal toast	\$1.50	Wholemeal toast	\$1.50
Granola bar	\$3.00	Butter corn	\$2.50	Quinoa chips	\$3.50	Pancakes maple syrup	\$3.50	Cream cheese bagel	\$3.50
Cream cheese bagel	\$4.00	Mushroom soup	\$4.00	Tortilla chips, salsa, cheese dip	\$4.50	Salted popcorn	\$2.50	Salted edamame	\$2.50