



**Dover Court International School  
(3rd December - 14th December 2018)**



**Week 1 (3rd Dec till 7th Dec 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 Sub with Sliced Watermelon (Gluten & Dairy)	Garlic Sliced Beef Sub with Sliced Pineapple (Gluten, Egg & Dairy)	Minced Beef Sub 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 2 (10th Dec till 14th Dec 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)	6 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 Sub with Sliced Watermelon (Gluten & Dairy)	Garlic Sliced Beef Sub with Sliced Pineapple (Gluten, Egg & Dairy)	Minced Beef Sub 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