



**DOVER COURT
INTERNATIONAL
SCHOOL
SINGAPORE**

EDITION 2

www.victuscatering.asia
Catering@dovercourt.edu.sg
[@victuscateringasia](https://www.instagram.com/victuscateringasia)



**IT'S TIME TO
CELEBRATE** 

Share your child's birthday celebrations with a box of delicious homemade cupcakes at \$50!

The set includes 20 mixed cupcakes - 10 vanilla, buttercream frosting; 10 chocolate, chocolate frosting.

1 week advance order by email at catering@dovercourt.edu.sg. Please include your name, child's name & class, date & time for collection.

We'll write the birthday child's name on their cupcake too and will include 5 candles.

Extra cupcakes - \$2.50 each; Gluten-free - \$4 each.



Allergens key: (D) - Dairy ; (E) - Egg; (G) - Gluten

WEEK 1	WESTERN	ASIAN	VEGETARIAN	ALLERGY (pre order only)	Sandwiches a carte & cafe
Monday 11th Feb	Grilled chicken, pumpkin, potato, corn, gravy (G)	Butter chicken, cabbage, biryani rice (D)(G)	Mushroom ragu, penne pasta (D)(G)	Grilled chicken, pumpkin, potato, corn	Tandoori chicken wrap, roast broccoli, rice, cucumber raita (D)(G)
Tuesday 12th Feb	Slow-cooked beef casserole, mashed potatoes (D)(G)	Stir-fry chicken Japanese yakisoba noodles (G)	Japanese vegetable yakisoba (G)	Beef stir-fry, broccoli, rice	Beef kebab, lettuce, tomato, cheese, sour cream, hummus (D)(G)
Wednesday 13th Feb	Chicken & mushroom stroganoff, penne pasta (D) (G)	Soy braised beef, broccoli, brown rice (G)	Claypot tofu, brown rice (G)	Chicken Singapore noodles	Tuna mayo, cucumber, carrot, lettuce roll (D)
Thursday 14th Feb	Fish stew, green beans, Moroccan-style rice	Chicken pad Thai with stir-fry vegetables (E)(G)	Vegetable pad Thai (E)(G)	Grilled fish, slow roasted tomatoes, cauliflower rice	Grilled chicken, tomato, cheese focaccia (D)(G)
Friday 15th Feb	Chicken Bolognese, mixed vegetables, penne pasta (D) (G)	Steamed fish, soy sauce, garlic kalia, brown rice (G)	Braised claypot tofu, kailan, brown rice (E)(G)	Chicken bolognese, carrots, brown rice	Chicken, onion, capsicum wholemeal pizza crust (D)(G)

WEEK 2	WESTERN	ASIAN	VEGETARIAN	ALLERGY (pre order only)	Sandwiches a carte & cafe
Monday 18th Feb	Roast chicken, mixed vegetables, roasted potatoes, gravy (D)(G)	Chicken nasi goreng, peas, carrots, corn (E)(G)	Chinese green bean omelette, brown rice (E)(G)	Chicken fried rice (no egg/soy sauce)	Chicken salad (lettuce, carrot, tomato, cheese, beetroot) roll (D)(G)
Tuesday 19th Feb	Chicken, broccoli mac & cheese (D)(E)(G)	Stir-fry beef, roasted capsicum, brown rice (G)	Broccoli mac & cheese (D) (E)(G)	Grilled beef, tomato salsa, pickles and brown rice	Vietnamese beef baguette (G)
Wednesday 20th Feb	Beef stew, carrots, herb rice (D)(G)	Braised chicken, rice noodles, bean sprout, egg gravy (E)(G)	Grilled pumpkin, glazed carrots, herb rice (D)	Grilled chicken, green peas, roast pumpkin	Chicken burrito, lettuce, rice, tomato salsa, beans, cheese, sour cream (D)(G)
Thursday 21st Feb	Chicken chop, baked beans, roasted potatoes, slaw & gravy (D)(G)	Miso glazed salmon, green beans, brown rice (E)(G)	Grilled miso eggplant, green beans, brown rice (E)(G)	Baked fish, mixed vegetables, potato wedges	Smoked salmon, cucumber cream cheese bagel (D)(G)
Friday 22nd Feb	Herb crusted fish, green beans, pasta (D)(G)	Chicken curry, brown rice (G)	Herb crusted zucchini, roasted tomato salsa, pasta (D)(G)	Baked chicken, roasted tomatoes, brown rice	Tomato margarita wholemeal pizza crust (D)(G)

WEEK 3	WESTERN	ASIAN	VEGETARIAN	ALLERGY (pre order only)	Sandwiches a carte & cafe
Monday 25th Feb	Chicken alfredo pasta, roast broccoli and corn (D)(G)	Oven baked garlic soy chicken, wok-fried mixed vegetables, brown rice (G)	Mushroom alfredo pasta, roast broccoli, corn (D)(G)	Grilled chicken, pumpkin, potato, corn	Grilled chicken wrap, mixed lettuce, cheese honey mustard dressing (D)(G)
Tuesday 26th Feb	Beef meatballs in napolitana sauce, green peas, brown rice (D)(E)(G)	Chicken Thai stir-fry flat rice noodles, egg, broccoli (pad see ew) (E)(G)	Mediterranean roast vegetable casserole, brown rice	Beef stir-fry, broccoli, rice	Beef meatball sub, lettuce, carrot, cheese (D)(G)
Wednesday 27th Feb	Poached chicken breast, quinoa salad, lemon vinaigrette	Korean beef bulgogi, capsicum, onion, rice (G)	Grilled zucchini, quinoa salad, lemon vinaigrette	Chicken Singapore noodles	BBQ pulled chicken & coleslaw focaccia (D)(G)
Thursday 28th Feb	Tuna Puttanesca (tomatoes, olives, capers, garlic), pasta (D)(G)	Hainanese chicken rice, cucumber & tomato (G)	Tomato scrambled eggs, green peas, rice (D)(E)	Grilled fish, slow roasted tomatoes, cauliflower rice	Tuna cheese melt sandwich (D)(G)
Friday 1st Mar	BBQ chicken leg, glazed carrots, potato scallopini (D)(G)	Sweet and sour fish, capsicum, brown rice (E)(G)	BBQ pumpkin, glazed carrots, potato scallopini (D)(G)	Chicken bolognese, carrots, brown rice	Chicken, onion, capsicum wholemeal pizza crust (D)(G)

WEEK 4	WESTERN	ASIAN	VEGETARIAN	ALLERGY (pre order only)	
Monday 4th Mar	Rosemary baked chicken, grilled cauliflower, pasta bake (D)(G)	Chicken fried rice (E)(G)	Tofu vegetable claypot, brown rice (G)	Chicken fried rice (no egg/soy sauce)	Chicken, corn, zucchini quesadilla & side salad (D)(G)
Tuesday 5th Mar	Beef bolognese, mixed vegetables, pasta (D)(G)	Stir-fry chicken, vegetables, glass noodles (E)(G)	Stir-fry vegetable, glass noodles (E)(G)	Grilled beef, tomato salsa, pickles and brown rice	Beef burrito, lettuce, rice, tomato salsa, beans, cheese, sour cream (D)(G)
Wednesday 6th Mar	Chicken Alfredo, corn, broccoli, pasta (D)(G)	Broccoli beef, brown rice (G)	Broccoli Alfredo, corn, pasta (D)(G)	Grilled chicken, green peas, roast pumpkin	Roast chicken focaccia, spinach, sundried tomatoes, caramelised onions (D)(G)
Thursday 7th Mar	Baked fish, potato wedges, mixed vegetables	Chicken chow mein (E)(G)	Vegetable chow mein (E)(G)	Baked fish, mixed vegetables, potato wedges	Reuben sandwich, beef, sauerkraut, cheese, rye bread, dressing (D)(G)
Friday 8th Mar	BBQ chicken quesadilla (D)(G)	Poached salmon, mushroom steamed egg, brown rice (E)(G)	Tandoori paneer, vegetable dahl, cucumber raita, biryani rice (D)(G)	Baked chicken, roasted tomatoes, brown rice	Vegetarian pizza wholemeal pizza crust (D)(G)

WEEK 5	WESTERN	ASIAN	VEGETARIAN	ALLERGY (pre order only)	
Monday 11th Mar	Grilled chicken, tomato-vegetable casserole, couscous (D)(G)	Silken Chinese steamed egg with minced meat, broccoli, brown rice (E)(G)	Mediterranean roast vegetable casserole, couscous (G)	Grilled chicken, pumpkin, potato, corn	Chicken kebab, lettuce, tomato, cheese, sour cream, hummus (D)(G)
Tuesday 12th Mar	Spaghetti bolognese (G)	Orange chicken, stir-fry vegetables, brown rice (E)(G)	Fried egg, stir-fry vegetables, brown rice (E)(G)	Beef stir-fry, broccoli, rice	Reuben sandwich, beef, sauerkraut, cheese, rye bread, dressing (D)(G)
Wednesday 13th Mar	Chicken parmigana, mixed green bean vegetables, oven-baked potato wedges	Soy braised tender beef brisket, bok choy, yellow mee noodles (G)	Eggplant parmigana, mixed green bean vegetables, oven-baked potato wedges	Chicken Singapore noodles	Crispy chicken wrap, salad, cheese (D)(G)
Thursday 14th Mar	Salmon, green peas, pasta carbonara (D)(G)	Soy sauce chicken rice, garlic broccoli stir-fry (G)	Soy braised tau kwa & egg, garlic broccoli stir-fry, brown rice (E)(G)	Grilled fish, slow roasted tomatoes, cauliflower rice	Grilled fish sandwich, pickled red onion, lettuce, tomato (D)(G)
Friday 15th Mar	Chicken fajitas, sour cream, tomato salsa (D)(G)	Dry fish ball noodles, bok choy (E)(G)	Grilled pumpkin, mushroom sauce, roasted vegetables, rice pilaf (G)	Chicken bolognese, carrots, brown rice	Chicken, onion, capsicum wholemeal pizza crust (D)(G)

WEEK 6	WESTERN	ASIAN	VEGETARIAN	ALLERGY (pre order only)	
Monday 18th Mar	Chicken meatballs, vegetable tomato sauce, penne pasta (D)(E)(G)	Soy garlic crispy chicken, green bean omelette, rice (E)(G)	Roast squash, tomato sauce, penne pasta (G)	Chicken fried rice (no egg/soy sauce)	Soy chicken garlic wrap, lettuce, tomato, cheese (D)(G)
Tuesday 19th Mar	Beef stroganoff, green peas, rice (D)(E)(G)	Chicken char siu, Asian greens, wonton noodle (G)	Carrot and mushroom stroganoff, green peas, rice (D)(E)(G)	Grilled beef, tomato salsa, pickles and brown rice	Beef brisket focaccia, cheese, coleslaw (D)(G)
Wednesday 20th Mar	Grilled chicken, pasta salad (D)(G)	Stir-fry beef, broccoli, vegetable fried rice (E)(G)	Chickpea, pasta salad (G)	Grilled chicken, green peas, roast pumpkin	BBQ Mexican chicken focaccia (D)(G)
Thursday 21st Mar	Homemade oven-baked fish fingers, broccoli, brown rice (D)(E)(G)	Lemongrass chicken, Vietnamese rice noodle salad (bún chả) (G)	Lemongrass mushrooms, Vietnamese rice noodle salad (bún chả) (G)	Baked fish, mixed vegetables, potato wedges	Grilled fish wrap, salsa, cheese, lettuce, red cabbage, lime dressing (D)
Friday 22nd Mar	Chicken schnitzel, garlic bread, baked beans, corn, coleslaw (D)(E)(G)	Grilled fish teriyaki, stir-fry cabbage & carrots, brown rice (G)	Grilled tofu teriyaki, stir-fry cabbage & carrots, brown rice (G)	Baked chicken, roasted tomatoes, brown rice	Vegetarian wholemeal pizza crust (D)(G)

WEEK 7	WESTERN	ASIAN	VEGETARIAN	ALLERGY (pre order only)	
Monday 25th Mar	Grilled chicken, pumpkin, potato, corn, gravy (G)	Butter chicken, cabbage, biryani rice (D)(G)	Mushroom ragu, penne pasta (D)(G)	Grilled chicken, pumpkin, potato, corn	Tandoori chicken wrap, roast broccoli, rice, cucumber raita (D)(G)
Tuesday 26th Mar	Slow-cooked beef casserole, mashed potatoes (D)(G)	Stir-fry chicken Japanese yakisoba noodles (G)	Japanese vegetable yakisoba (G)	Beef stir-fry, broccoli, rice	Beef kebab, lettuce, tomato, cheese, sour cream, hummus (D)(G)
Wednesday 27th Mar	Chicken & mushroom stroganoff, penne pasta (D)(G)	Soy braised beef, broccoli, brown rice (G)	Claypot tofu, brown rice (G)	Chicken Singapore noodles	Tuna mayo, cucumber, carrot, lettuce roll (D)
Thursday 28th Mar	Fish stew, green beans, Moroccan-style rice	Chicken pad Thai with stir-fry vegetables (E)(G)	Vegetable pad Thai (E)(G)	Grilled fish, slow roasted tomatoes, cauliflower rice	Grilled chicken, tomato, cheese focaccia (D)(G)
Friday 29th Mar	Chicken Bolognese, mixed vegetables, penne pasta (D)(G)	Steamed fish, soy sauce, garlic kailan, brown rice (G)	Grilled cauliflower, garlic bread, baked beans (D)(G)	Chicken Bolognese, carrots, brown rice	Tomato margarita wholemeal pizza crust (D)(G)

WEEK 8	WESTERN	ASIAN	VEGETARIAN	ALLERGY (pre order only)	
Monday 1 April	Roast chicken, mixed vegetables, roasted potatoes, gravy (D)(G)	Chicken nasi goreng, peas, carrots, corn (E)(G)	Chinese green bean omelette, brown rice (E)(G)	Chicken fried rice (no egg/soy sauce)	Chicken salad (lettuce, carrot, tomato, cheese, beetroot) roll (D)(G)
Tuesday 2 April	Chicken, broccoli mac & cheese (D)(E)(G)	Stir-fry beef, roasted capsicum, brown rice (G)	Broccoli mac & cheese (D)(E)(G)	Grilled beef, tomato salsa, pickles and brown rice	Vietnamese beef baguette (G)
Wednesday 3 April	Beef stew, carrots, herb rice (D)(G)	Braised chicken, rice noodles, bean sprout, egg gravy (E)(G)	Grilled pumpkin, glazed carrots, herb rice (D)	Grilled chicken, green peas, roast pumpkin	Chicken burrito, lettuce, rice, tomato salsa, beans, cheese, sour cream (D)(G)
Thursday 4 April	Chicken chop, baked beans, roasted potatoes, slaw & gravy (D)(G)	Miso glazed salmon, green beans, brown rice (E)(G)	Grilled miso eggplant, green beans, brown rice (E)(G)	Baked fish, mixed vegetables, potato wedges	Smoked salmon, cucumber cream cheese bagel (D)(G)
Friday 5 April	Herb crusted fish, green beans, pasta (D)(G)	Chicken curry, brown rice (G)	Herb crusted zucchini, roasted tomato salsa, pasta (D)(G)	Baked chicken, roasted tomatoes, brown rice	Chicken, onion, capsicum wholemeal pizza crust (D)(G)

SALADS & SANDWICHES

FRESH SALAD BAR (\$5 per bowl)

Make your own salad bowl with our chef's selection of ingredients, freshly prepared for you every day!

Grab & Go

Our chef's selection daily sandwiches



SWEET VALENTINE'S

14 February
@ the Cafe

SELECTION OF CUPCAKES
TOPPED WITH BUTTER
FROSTING & LOVELY SPRINKELS
\$2.50



EGGCITING EASTER @THE CAFE

1 to 5 April

Toasted hot cross bun
\$2.20
Carrot cupcake, cream cheese
frosting
\$3.50
Deviled eggs
\$1.00



WONDERFUL WEDNESDAYS

Every Wednesday

Sourdough Grilled
Cheese Sandwich
+
Homemade Ice lemon tea
\$5.50



YOU ARE MADE OF WATER

(well, almost 60% of you is!)



EIGHT CUPS OF WATER
(at least 2 litres)



That's the recommended daily water consumption for an average adult - this varies from person to person.

GRADE	MEAL AVAILABILITY + PRICING						
	Asian	Western	Vegetarian	Allergy	Salad Bar	Sandwiches	The Pantry
Up to Year 4	Preorder includes a piece of fresh fruit-portion \$5			PRE-ORDERS ONLY - Please get in touch with us to discuss your (child's) dietary needs in detail.	No a-la-carte purchases will be allowed as the students		
Year 5-6	Preorder \$5		Preorder & a-la-carte \$5		A-la-carte - \$5.00 per bowl	Chefs Choice - \$5.00	Salads, sandwiches, soups, snacks, sweet treats and non-caffeine drinks.
Year 7-10	A-la-carte \$5						
Year 11-12							
PARENTS	You're always very welcome to drop in and dine with us!						

FRESH, HEALTHY AND DELICIOUS.

ORDER ALL YOUR MEALS ONLINE NOW THROUGH CAMPUSONLINE. GET IN TOUCH AT

Staying hydrated is important for your health, as water helps your body with a number of functions.



Don't forget to drink up!



VICTUS CATERING