



Dover Court International School
(11th - 29th June 2018)



Week 1 (11th to 15th of June 2018)

LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WESTERN	Lemon Grilled Chicken with Beetroot Cous-cous (Gluten & Dairy)	Braised Beef with Sautéed Potatoes and Vegetables (Gluten)	Baked Chicken Leg with BBQ Sauce, Brown Rice and Vegetables (Gluten)	Baked Fish with Garlic Cream Sauce, Baked Potato Wedges & Roast Tomatoes (Gluten & Dairy)	Grilled Chicken with Mushroom Sauce, Mashed Potatoes & Roast Vegetables (Gluten & Dairy)
ASIAN	Black Pepper Fish with Brown Rice & Green Vegetables (Gluten)	Asian BBQ Chicken with Steamed Rice & Vegetables (Gluten)	Stir Fried Minced Beef with Basmati Rice & Vegetables (Gluten)	Honey Beef with Brown Rice and Steamed Vegetables (Gluten)	Delhi Butter Chicken with Steamed Rice & Vegetables (Dairy)
VEGETARIAN	Veg Enchiladas served with Mexican Rice (Gluten & Dairy)	Mushroom Fettucine with Salad (Gluten, Egg & Dairy)	Chinese Vegetable Curry, Steamed Rice and Long Beans (Gluten)	Lukas Mexican Lasagne with Mixed Salad (Gluten, Egg & Dairy)	Creamy Chickpea and Vegetable Curry with Steamed Rice (Dairy)
SUBS	BBQ Chicken Sub with Sliced Honey Dew (Gluten, Egg & Dairy)	Chicken Wrap with Tomato Salsa & Orange (Gluten, Egg & Dairy)	Sweet Onion chicken Teriyaki Sub with Sliced Watermelon (Gluten, Egg & Dairy)	Crispy Chicken Wrap with Sliced Pineapple (Gluten, Egg & Dairy)	Wholemeal Vegetable Pizza, Salad and Sliced Apple (Gluten & Dairy)
GLUTEN FRIENDLY MEAL	Steamed Fish with Ginger & Garlic Sauce, Steamed Rice and Stir Fried Cabbage	Braised Beef with Sautéed Potatoes and Vegetables	Roast Chicken Leg with Tomato Sauce, Brown Rice and Vegetables	Chicken Menudo with Brown Rice and Vegetables	Grilled Chicken with Mushroom Sauce and Mashed Potatoes, Roasted Vegetables (Dairy)

Week 2 (21th to 25th of May 2018)

LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WESTERN	Italian Beef Lasagne with Green Salad (Gluten, Egg & Dairy)	Fish Pie with Peas and Carrots (Gluten & Dairy)	Baked Chicken with Cheesy Leek Sauce, Potatoes and Peas (Gluten & Dairy)	Moroccan Lamb with Couscous, Courgette and Carrots (Gluten & Dairy)	Pesto Crusted Fish with Roast Vegetable Quinoa and Salad (Dairy)
ASIAN	Sweet & Sour Fish with Steamed Rice & Greens (Gluten, Egg & Dairy)	Lemongrass Chicken with Basmati Rice and Asian Vegetables (Gluten)	Ginger & Scallion Fish with Brown Rice, Seasonal Vegetables (Gluten)	Sticky Glazed Beef with Steamed Rice & Vegetables (Gluten)	5 Spiced Chicken, Brown Rice, Stir Fried Vegetables (Gluten)
VEGETARIAN	Chickpea Curry, Steamed Rice and Steamed Vegetables (Dairy)	Tandoori Paneer, Steamed Rice & Moong Dhal (Dairy)	Vegetable Ragu with Spaghetti and Blanched Vegetables (Gluten & Dairy)	Spinach Baked Rice with Seasonal Vegetables (Dairy)	Baked Vegetable Cannelloni with Salad and Garlic Bread (Gluten, Egg & Dairy)
SUBS	Hawaiian BBQ Wrap with Sliced Watermelon (Gluten & Dairy)	Garlic Sliced Beef Sub with Sliced Pineapple (Gluten, Egg & Dairy)	Minced Beef Wrap with Sliced Honey Dew (Gluten & Dairy)	Baked Chicken Teriyaki Sub with Orange (Gluten, Egg & Dairy)	Chicken Quesadilla with Apple (Gluten, Egg & Dairy)
GLUTEN FRIENDLY MEAL	Sweet & Sour Fish with Steamed Rice & Greens	Lemongrass Chicken with Basmati Rice and Asian Vegetables	Ginger & Scallion Fish with Brown Rice, Seasonal Vegetables	Sticky Glazed Beef with Steamed Rice & Vegetables	Pesto Fish with Vegetable Quinoa and Salad (Dairy)

Week 3 (25th to 29th of June 2018)

LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WESTERN	Chicken Milanese with Spaghetti & Green Salad (Gluten, Egg & Dairy)	Braised Beef with Sauteed Potatoes and Vegetables (Gluten & Dairy)	Mexican Beef Lasagne with Corn on the Cob (Gluten, Egg & Dairy)	Baked Fish with Cajun Potato Wedges and Roast Vegetables (Dairy)	Beef Burger, Baked Wedges and Salad (Gluten, Egg & Dairy)
ASIAN	Char Siew Chicken, Steamed Rice and Mix Broccoli with Cauliflower (Gluten)	Roast Chicken with Orange Sauce, Pilaf Rice and Sauteed Vegetables (Gluten)	Fish Curry and Ginger, Tomato with Pilaf Rice and Long Beans (Dairy)	Chicken Menudo with Brown Rice and Vegetables (Gluten)	Butter Chicken with Roti & Vegetables (Gluten & Dairy)
VEGETARIAN	Turkish Baked Rice with Steamed Lemon Broccoli (Dairy)	Hong Kong Noodles with Baby Cabbage with Spring Roll (Gluten & Egg)	Chinese Vegetable Curry, Rice and Long Beans (Gluten)	Mexican Lasagne with Mixed Salad (Gluten, Egg & Dairy)	Chow Mein with Roasted Pumpkin and Courgette and Spring Roll (Gluten & Egg)
SUBS	BBQ Chicken Sub with Sliced Honey Dew (Gluten, Egg & Dairy)	Chicken Wrap with Tomato Salsa & Orange (Gluten, Egg & Dairy)	Tuna Sub with Sliced Watermelon (Gluten, Egg & Dairy)	Crispy Chicken Wrap with Sliced Pineapple (Gluten, Egg & Dairy)	Wholemeal Vegetable Pizza, Salad and Sliced Apple (Gluten & Dairy)
GLUTEN FRIENDLY MEAL	Steamed Fish with Ginger & Garlic Sauce, Steamed Rice and Stir Fried Cabbage	Braised Beef with Sauteed Potatoes and Vegetables	Baked Chicken Leg with Tomato Sauce with Brown Rice and Vegetables	Chicken Menudo with Brown Rice and Vegetables	Butter Chicken with Steamed Rice & Vegetables (Gluten & Dairy)

SCHOOL TERM BREAK

LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WESTERN					
ASIAN					
VEGETARIAN					
SUBS					
GLUTEN FRIENDLY MEAL					