

ALLERGEN-FREE MENU

Dover Court International School | Oct - Nov 2020

Our allergen-free meals contain no gluten, egg or dairy.

These meals are available for pre-order only via Campus Online so we can serve your specific allergen requests. Please email us at catering@dovercourt.edu.sg for any further clarification of ingredients or dietary needs.

WEEK 1	Allergen-free Meal
19-Oct	Grilled lemon herb chicken, mixed roast vegetables and potato
20-Oct	Corned beef hash, beef, potato, onions
21-Oct	Grilled chicken, vegetable dahl, rice
22-Oct	Steamed fish, Asian greens, rice
23-Oct	Braised chicken, green pea, braised pumpkin

WEEK 2	Allergen-free Meal
26-Oct	Beef Bolognese, broccoli, gluten free noodles
27-Oct	Chicken fajitas, tomato salsa, beans, lime rice
28-Oct	Grilled chicken, fried vegetable beehoon
29-Oct	Olive oil poached fish, herb mashed potato, mixed vegetables
30-Oct	Grilled chicken, roasted eggplants, sweet potato

WEEK 3	Allergen-free Meal
2-Nov	Baked fish, cauliflower, roast potatoes, lemon vinaigrette
3-Nov	Stir-fry beef slices & vegetables, rice
4-Nov	Chicken fried kway teow (no soy)
5-Nov	Chaplain steak, medley vegetables, roast sweet potato
6-Nov	Grilled chicken, cucumber, coconut rice

WEEK 4	Allergen-free Meal
9-Nov	Grilled chicken, vegetable biryani
10-Nov	Grilled fish & chips, mushy peas
11-Nov	Beef meatballs, mixed vegetable, rice
12-Nov	Pan-fried fish, steamed vegetables, roast pumpkin
13-Nov	Roast chicken, vegetable fried rice

WEEK 5	Allergen-free Meal
16-Nov	Grilled chicken, herb rice & corn
17-Nov	Braised country chicken, corn, broccoli, steamed potato
18-Nov	Grilled fish, roast Mediterranean vegetables, rice
19-Nov	Roast chicken, corn, oven baked sweet potato
20-Nov	Beef fried rice (no egg/soy)

WEEK 6	Allergen-free Meal
23-Nov	Chicken beehoon, vegetables
24-Nov	Chicken casserole, peas, rice
25-Nov	Steamed fish, stir fry mushroom, rice (no soy)
26-Nov	Minced beef fried rice
27-Nov	Oven roasted chicken and vegetable chili, rice

WEEK 7	Allergen-free Meal
30-Nov	Grilled lemon herb chicken, mixed roast vegetables and potato
1-Dec	Corned beef hash, beef, potato, onions
2-Dec	Grilled chicken, vegetable dahl, rice
3-Dec	Steamed fish, Asian greens, rice
4-Dec	Braised chicken, green pea, braised pumpkin

WEEK 8	Allergen-free Meal
7-Dec	Beef Bolognese, broccoli, gluten free noodles
8-Dec	Chicken fajitas, tomato salsa, beans, lime rice
9-Dec	Grilled chicken, fried vegetable beehoon
10-Dec	Olive oil poached fish, herb mashed potato, mixed vegetables
11-Dec	Grilled chicken, roasted eggplants, sweet potato