



*Don't worry, this photo was taken last year!



DCIS Special Menu | June 2020

WELCOME BACK DOVER COURT!

We've missed you, and we hope you've been keeping safe in these unusual times!

We are working as hard as we can to support you and the whole DCIS community as we go back to school. We are implementing all recommended and necessary social distancing and safety measures, so we sincerely appreciate your understanding and patience as we all adjust to the 'new normal' in our canteens and cafes.

We have developed this special menu to be practical given the restrictions we are working under and around, while still delivering on our promise of "fresh, healthy and delicious food, cooked with love".

If you have any questions, please get in touch with us at catering@dovertcourt.edu.sg

See you soon!

- Team Victus

IN THIS MENU, THE FOLLOWING SYMBOLS ARE USED:

(D) - Contains Dairy

(E) - Contains Egg

(G) - Contains Gluten

(V) - Vegetarian (no meat products, may contain egg or dairy)

A allergen-free menu is on request only - please email us directly to enquire.

PRIMARY BROWN BAG PRE-ORDER MENU

For our primary students, we are offering a healthy pre-packed sandwich lunch which will be delivered straight to the classroom. Because of this, these lunches must be pre-ordered. No counter sales will be allowed.

WEEK 1	Lunch Set A Healthy sandwich, fresh fruit and boxed Milo			Lunch Set B Healthy sandwich, fresh baked good and bottled water		
2-Jun	Lettuce, tomato & cheese sandwich (V)	Apple	Milo	Chicken salad sandwich	Mini chocolate chip cookie	Water
3-Jun	Turkey ham & egg sandwich	Watermelon	Milo	Cream cheese and cucumber sandwich (V)	Mini cupcake	Water
4-Jun	Grilled mushroom & cheese sandwich (V)	Banana	Milo	Chicken katsu, cabbage, ketchup sandwich	Mini red velvet cake	Water
5-Jun	Creamy tuna, lettuce sandwich	Grapes	Milo	Chickpea fritter, cucumber & yoghurt sandwich (V)	Mini granola bar	Water

WEEK 2	Lunch Set A Healthy sandwich, fresh fruit and boxed Milo			Lunch Set B Healthy sandwich, fresh baked good and bottled water		
8-Jun	Roast beef, tomato & cheese sandwich	Honeydew	Milo	Rainbow salad sandwich (V)	Mini banana bread	Water
9-Jun	Cream cheese & Mediterranean vegetable sandwich	Papaya	Milo	Turkey ham and cheese sandwich	Mini chocolate chia seed brownie	Water
10-Jun	Fish cutlet, lettuce, tartar sauce sandwich	Apple	Milo	Creamy egg salad sandwich(V)	Mini fruit loaf	Water
11-Jun	Chickpea salad sandwich (V)	Watermelon	Milo	Turkey ham and potato salad sandwich	Mini ANZAC cookie	Water
12-Jun	Beef ham, tomato and lettuce sandwich	Banana	Milo	Grilled cheese and tomato sandwich (V)	Mini danish	Water

WEEK 3	Lunch Set A Healthy sandwich, fresh fruit and boxed Milo			Lunch Set B Healthy sandwich, fresh baked good and bottled water		
15-Jun	Lettuce, tomato & cheese sandwich (V)	Grapes	Milo	Lettuce, turkey ham and cheese sandwich	Mini chocolate chip cookie	Water
16-Jun	Smoked salmon spread and cucumber sandwich	Honey Dew	Milo	Cream cheese and cucumber sandwich (V)	Mini granola bar	Water
17-Jun	Grilled mushroom & cheese sandwich (V)	Papaya	Milo	Creamy tuna, lettuce sandwich	Mini cupcake	Water
18-Jun	Chicken ham, tomato cheese sandwich	Apple	Milo	Chickpea fritter, cucumber & yoghurt sandwich (V)	Mini red velvet cake	Water
19-Jun	Rainbow salad sandwich (V)	Watermelon	Milo	Crispy fish, lettuce, tartar sauce sandwich	Mini banana bread	Water

WEEK 4	Lunch Set A Healthy sandwich, fresh fruit and boxed Milo			Lunch Set B Healthy sandwich, fresh baked good and bottled water		
22-Jun	Turkey ham and potato salad sandwich	Banana	Milo	Cream cheese & Mediterranean vegetable sandwich (V)	Mini chocolate chia seed brownie	Water
23-Jun	Chickpea salad sandwich (V)	Grapes	Milo	Beef ham, tomato and lettuce sandwich	Mini fruit loaf	Water
24-Jun	Creamy tuna, lettuce sandwich	Honey Dew	Milo	Egg mayonnaise sandwich (V)	Mini ANZAC cookie	Water
25-Jun	Grilled cheese and tomato sandwich (V)	Papaya	Milo	Chicken salad sandwich	Mini danish	Water
26-Jun	Chicken katsu, cabbage, ketchup sandwich	Apple	Milo	Lettuce, tomato & cheese sandwich (V)	Mini chocolate chip cookie	Water

SECONDARY A-LA-CARTE MENU

The secondary menu is available at the Red Dot Cafe. The cafe will remain open for beverages, snacks and baked goods. Hot lunch will be served a-la-carte to secondary students, observing social distancing in the canteen.

WEEK 1	International Menu	Vegetarian Menu
2-Jun	Chicken Bolognese, pasta (D)	Stir-fry beans, vegetables, brown rice (G)
3-Jun	Soy steamed fish, steamed egg, rice (G/E)	Grilled Mediterranean vegetables, spiced rice
4-Jun	Chicken cabonara, peas, pasta (D/E/G)	Vegetable curry briyani, papadum (D)
5-Jun	Beef pepperoni pizza (D/G)	Greek vegetable creamy pesto pasta (D/G)

WEEK 2	International Menu	Vegetarian Menu
8-Jun	Chicken pasta bake with country vegetables (D/E/G)	Mixed vegetable fried rice (E/G)
9-Jun	Fish and chips (G)	Aglio olio, Autumn vegetables (G)
10-Jun	Stir-fry chicken, vegetables, noodles (G)	Vegetable casserole with creamy mashed potatoes (D/G)
11-Jun	Beef Bolognese, broccoli, rice	Turmeric tofu, vegetable dahl, roti prata (E/G)
12-Jun	Herb crusted chicken, carrots, brown sauce, rice (G)	Margherita Pizza (D/G)

WEEK 3	International Menu	Vegetarian Menu
15-Jun	Stir-fry black bean ginger beef, Asian greens, rice (G)	Glazed tofu, bok choy, vegetarian spring rolls, rice (G/E)
16-Jun	Chicken fajitas, tomato salsa, beans, spiced rice (D)	Vegetable stew, herb rice
17-Jun	Fish stew, vegetables, herb rice	Spinach, ricotta cheese lasagna (D/E/G)
18-Jun	Farfalle carbonara, mushrooms with turkey bacon (D/E/G)	Ratatouille pasta bake (D/G)
19-Jun	Beef ragu, pasta (G)	Beans nachos, tomato salsa (D/G)

WEEK 4	International Menu	Vegetarian Menu
22-Jun	Chicken meatball pasta, mixed vegetables (D/E/G)	Sour cream, green peas, baked potato (D)
23-Jun	Beef lasagna, pomodoro sauce (D/G)	Vegetarian pasta bake, mixed vegetables, Béchamel sauce (D/ E/G)
24-Jun	Hainanese chicken rice, cucumber & tomato, ginger sauce (G)	Fried vegetable bee hoon, potato samosa (E/G)
25-Jun	Pan fried fish, steamed vegetables, buttered couscous (D/G)	Chickpea masala, samosa, briyani rice (E/G)
26-Jun	Chicken nuggets, roast sweet potato, roast carrot sticks (D/E/G)	Vegetarian nasi lemak, coconut rice, hard boiled egg, cucumber (E/G)

