



WELCOME TO THE NEW YEAR!

Hello! We hope you've had a great summer, and have been keeping safe in these unusual times!

To those joining the community for the first time, welcome! To returning families, welcome back to Dover Court for another great year! We are working as hard as we can to support you and the whole DCIS community as we go back to school, having implemented all recommended and necessary social distancing and safety measures.

This menu is designed to deliver on our promise of "fresh, healthy and delicious food, cooked with love" - we hope you enjoy it! Within, you'll find the a-la-carte menu (available for purchase and pre-order) and our pre-order only menu.

If you have any questions, please don't hesitate to get in touch with us at catering@dovercourt.edu.sg

See you soon!

- Team Victus

IN THIS MENU, THE FOLLOWING SYMBOLS ARE USED:

- (D) - Contains Dairy
- (E) - Contains Egg
- (G) - Contains Gluten

Please email us directly to enquire about food allergies and other dietary needs - we'd be glad to assist!

GREEN - ENJOY REGULARLY

Healthier choices with good nutritional values.

AMBER – EAT OCCASIONALLY

These should be selected carefully and eaten in moderation. Though items may contain good nutrients, they may also contain high sodium, fat, or sugar.

RED – INDULGE SPARINGLY

These should be enjoyed rarely. These dishes may contain high sodium, fat, or sugar.

YEARS	Payment and Ordering policies
Lower Primary (Nursery - Year 4)	<u>*Strictly pre-order only:</u> All purchases for lower primary students must be placed using the family account on Campus Online, for safety and to ensure students eat their parents' chosen meals.
Upper Primary (Year 5 and Year 6)	Upper primary students are given the additional privilege of buying directly from the canteen or cafe, using their DCIS wristband - if you do not already have one, please email us to order one (\$10.70 admin fee). This allows parents to restrict certain items and track spending.
Secondary	Secondary students may use their DCIS wristband, or for convenience and speed, can opt to pay with their normal EZ-Link card.

YEARS	Pre-order, and A la carte*			Pre-order only		
	Morning Tea	International	Vegetarian	Victus Favourites	Sandwich/salad set	Allergen-free
Lower Primary (Nursery - Year 4)	All morning tea items are \$2.00 Fresh fruit is available for \$1.00 Other healthy snacks and drinks are available	<u>Available for pre-order only</u> Meals for primary are of a junior portion size, all served with a portion of fresh fruit. \$5.00		Our Victus Favourites menu is available for pre-order only.	Pre-order only Our sandwich brown bag lunch sets are \$6.00, including fruit and water/Milo.	Please get in touch with us by email to discuss your specific food allergy needs.
Upper Primary (Year 5 and Year 6)		Upper primary meals are served in an age-appropriate larger portion. \$5.00		Primary \$5.00 with fruit	Salads are \$5.00 and include a bottle of water.	We have a dedicated allergen-free menu, and our team is trained to help with all major allergens.
Secondary		Secondary meals are served in an adult portion size. \$5.50		Secondary portion \$5.50		

ROTATING MORNING TEA MENU



Drinks and a range of other healthy snacks are available for purchase at school.

Weeks commencing 17th Aug 7th Sep	A la carte or Pre-order				
		Morning Tea		Fruit	
	Monday	Homemade granola bar	\$2	Apple	\$1
	Tuesday	Cranberry loaf	\$2	Watermelon	\$1
	Wednesday	Banana bread	\$2	Honeydew	\$1
	Thursday	Chia seed brownie	\$2	Grapes	\$1
	Friday	Cheese toast	\$2	Banana	\$1

Weeks commencing 24th Aug 14th Sep	A la carte or Pre-order				
		Morning Tea		Fruit	
	Monday	Apple granola muffin	\$2	Apple	\$1
	Tuesday	Tomato cheese scroll	\$2	Watermelon	\$1
	Wednesday	Cucumber cream cheese sandwich	\$2	Honeydew	\$1
	Thursday	ANZAC cookie	\$2	Grapes	\$1
	Friday	Vegetable fritata	\$2	Banana	\$1

Week commencing 31st Aug 21st Sep	A la carte or Pre-order				
		Morning Tea		Fruit	
	Monday	Banana cinnamon scroll	\$2	Apple	\$1
	Tuesday	Cheese toastie	\$2	Watermelon	\$1
	Wednesday	Blueberry muffin	\$2	Honeydew	\$1
	Thursday	Egg mayo sandwich	\$2	Grapes	\$1
	Friday	Raisin bread	\$2	Banana	\$1

LUNCH MENU - FLAVOURS OF THE WORLD



Our daily menus are each themed after an international cuisine - can you guess all of the countries?

Drinks and a range of healthy snacks are available for purchase at school. Please contact us for our special allergy-free menu.

WEEK 1	A la carte or Pre-order		Pre-order only
	International	Vegetarian	Victus Favourites
17-Aug	Grilled lemon herb chicken, grilled vegetables, spiced rice	Portugese vegetable stew, barley	Braised beef brisket, Asian greens, wonton noodles, dark soy sauce (G)
18-Aug	Chicken sausage sizzle, BBQ onions, potato wedges, ketchup (E)(G)	Vegetable pasta frittata	Stir-fry beef, vegetables, brown rice (G)
19-Aug	Chicken tikka masala, achar, rice (D)(G)	Vegetable dal, roti prata (G)	Carbonara, turkey bacon, garden pea, penne pasta (D)(E)(G)
20-Aug	Beef and mushroom Stroganoff (D)(G)	Tortilla crepe, potato, cabbage, cheese & spring onion (D)(E)(G)	Soy steamed fish, egg fried rice (E)(G)
21-Aug	Thai boat noodles & chicken (G)	Thai olive fried rice, long bean omelette (E)(G)	Spinach & cheese lasagne (D)(G)

WEEK 2	A la carte or Pre-order		Pre-order only
	International	Vegetarian	Victus Favourites
24-Aug	Lemongrass chicken bun cha (noodles), Nước chấm (salad dressing), vegetable spring roll (G)	Vietnamese glazed tofu, bok choy, brown rice (E)(G)	Beef Bolognese, broccoli, rice
25-Aug	Beef lasagne, Pomodoro sauce (D)(G)	Vegetarian lasagne, Pomodoro sauce (D)(G)	Chicken fajitas, tomato salsa, beans, lime rice (D)(G)
26-Aug	Beef con carne, tomato salsa, beans, cheese, tortilla wrap (D)(G)	Vegetable fajitas, tomato salsa, cheese, rice (D)(G)	Lemon herb chicken, carrots, couscous with raisins (D)(G)
27-Aug	All day breakfast - sausage, eggs, baked beans & toast (D)(E)(G)	All day breakfast - spinach frittata, baked beans & pancake (D)(E)(G)	Herb crusted fish, citrus butter sauce, potato champ (D)(G)
28-Aug	Lamb moussaka (D)(G)	Spanakopita pie (D)(E)(G)	Beef nachos, tomato salsa (D)(G)

WEEK 3	A la carte or Pre-order		Pre-order only
	International	Vegetarian	Victus Favourites
31-Aug	French fish casserole a la Normande, mashed potatoes (D)	Vegetable quiche (D)(E)(G)	Grilled chicken, green peas, baked potato (D)
01-Sep	Lamb kofta, tabbouleh, couscous (D)(E)(G)	Morrocan vegetable casserole, rice (D)(E)	Stir-fry beef slices & vegetables, Hokkien mee (G)
02-Sep	Hainanese chicken rice, cucumber & tomato, ginger sauce (G)	Fried vegetable beehoon, potato samosa (G)	Pasta tuna bake, mixed vegetables, Béchamel sauce (D)(E)(G)
03-Sep	Beef cheeseburger, roast sweet potato wedges (D)(E)(G)	Vegetable mac & cheese (D)(E)(G)	Stir-fry chicken, vegetables, noodles (E)(G)
04-Sep	Malaysian mee goreng, chicken, achar (G)	Tofu, nasi lemak, coconut rice, cucumber, sambal (E)(G)	Chicken nuggets, roast sweet potato wedges, roasted carrot sticks (D)(E)(G)

WEEK 4	A la carte or Pre-order		Pre-order only
	International	Vegetarian	Victus Favourites
07-Sep	Butter chicken, dahl, roti prata (D)(G)	Vegetable biryani, samosa (E)(G)	Beef & vegetable casserole, pasta (G)
08-Sep	Fish & chips, mushy peas (G)	Bubble & squeak (D)(E)(G)	Puff pastry chicken pot pie (D)(E)(G)
09-Sep	Chicken tenders, BBQ sauce, salsa, sweet corn rice (D)(E)(G)	Vegetable enchiladas (D)(G)	Spaghetti meatballs, mixed vegetables (D)(E)(G)
10-Sep	Farfalle Carbonara, mushrooms with turkey bacon (D)(E)(G)	Margherita pizza (D)(G)	Pan-fried fish, steamed vegetables, buttered couscous (D)(G)
11-Sep	Black pepper beef, capsicum, steamed rice (G)	Vegetable soy claypot, rice noodles (G)	Grilled chicken, buttered corn, rice, Napolitana sauce (D)

WEEK 5	A la carte or Pre-order		Pre-order only
	International	Vegetarian	Victus Favourites
14-Sep	Singapore chicken rice, cucumber & tomato	Stir-fry tofu and rice noodles, bean sprouts (char kway teow)	Beef lasagna, pomodoro sauce
15-Sep	Tomato fish stew, grilled vegetables, pasta	Grilled vegetable casserole, chickpeas, buttered couscous	Chicken carbonara, peas, creamy rice
16-Sep	Chicken 65, pickled vegetables (achar), rice	Lentil vegetable coconut curry, pickled vegetable (achar), naan bread	Herb crusted fish, carrots, roasted tomato rice
17-Sep	Stir-fry black bean ginger beef, Asian greens, rice noodles	Stir-fry mixed Asian greens, mushrooms, rice	Grilled chicken miso, dry ramen noodles, buttered corn
18-Sep	Chicken fricassee, mushrooms, mashed potatoes	Mushroom and pumpkin fricassee, pasta	Beef cheeseburger, roast carrot sticks

WEEK 6	A la carte or Pre-order		Pre-order only
	International	Vegetarian	Victus Favourites
21-Sep	Chicken chili con carne, rice, tomato salsa, cheese	Meatless bean nachos, tomato salsa, sour cream	Fried Singapore chicken & vegetable beehoon, shredded omelette
22-Sep	Grilled teriyaki fish, broccoli, brown rice	Vegetable Japanese stir-fry noodles (yakisoba)	Hainanese chicken rice, tomato, cucumber
23-Sep	Chicken pasta bake, mixed vegetables	Steamed egg in soy sauce, garlic broccoli, brown rice	Steamed fish in soy sauce, garlic broccoli, brown rice
24-Sep	Beef bibimbap rice bowl, assorted vegetables	Kimchi fried rice, egg	Sweet & sour chicken nuggets, broccoli, rice
25-Sep	Cottage pie	Potato pie	Crumbed parmesan chicken cutlet with grilled french beans and mash potato

JOIN US AT THE CAFÉ

Weekly breakfast

Mon	Hot cakes, maple syrup, butter (2 pieces)	\$3.00
Tue	Breakfast burrito - eggs, bacon, cheese, tomato	\$4.00
Wed	English muffin - egg, cheese, Turkey ham	\$4.00
Thu	French toast (2 slices)	\$3.00
Fri	Breakfast frittata - eggs, spinach	\$4.00

Sweet treats (available after 11am)

Mon	Cheesecake	\$1.00
Tue	Scone of the day	\$2.50
Wed	Chia seed brownie	\$2.00
Thu	Carrot cake, lime frosting	\$2.50
Fri	Muffin of the day	\$2.50

All day menu

Marigold Yoghurt	\$2.00
Cereal with milk	\$3.00
Daily fruit selection	\$1.00
Granola bar	\$2.00
Wholemeal toast, butter & jam	\$1.50
Assorted fresh cookies.....	\$2.00
Banana bread.....	\$2.00

Rotating selection of snacks

Boiled Eggs.....	\$0.80
Healthy Popcorn	\$2.00
Soup of the day	\$4.50
Healthy chips	\$3.50

Sets

Coffee/tea and breakfast item	\$6.50
Coffee and sandwich	\$8.50
Sweet treat, Milo and fruit	\$5.00

Drinks menu

Smoothie of the day	\$5.00
Selection of tea	\$3.50
Earl Grey, English breakfast, green, peppermint, lemon ginger	
Ice Lemon Tea.....	\$3.50
Ice Chocolate	\$4.50
Bottled water	\$1.50
Milo.....	\$1.50
100 Plus.....	\$2.00
Coca Cola Zero/Sprite Zero.....	\$3.00

Freshly brewed Coffees

Espresso	\$3.00
Americano	\$3.50
Latte	\$4.50
Mocha	\$4.50
Cappuccino.....	\$4.50
Hot Chocolate	\$4.50
Iced Americano	\$3.50
Iced Latte.....	\$4.50
Iced Mocha.....	\$4.50

JOIN US AT THE CAFE



WEEKLY	Grab your fresh and healthy sandwich or salad from the café	
	Fresh Sandwiches	Daily Salad
Mondays	Beef ham, tomato and lettuce sandwich.....\$5.00 Creamy chicken sandwich.....\$5.50 Cucumber and cream cheese bagel (V).....\$5.00	Pasta salad, spinach, sun-dried tomatoes, grated carrots, olives, thousand island dressing \$5.50
Tuesdays	Mexican Chicken wrap.....\$5.00 Tuna, cucumber, cream cheese & spinach baguette.....\$6.00 Egg mayo sandwich (V).....\$5.00	Superfood salad: quinoa, broccoli, edamame, cucumber, feta cheese with fresh mint and parsley \$6.50
Wednesdays	Smoked salmon & cream cheese bagel.....\$6.00 Philly cheesesteak baguette.....\$6.50 Greek falafel wrap (V)\$5.00	Chicken Caesar salad \$5.50
Thursdays	Tuna melt bagel\$5.00 Club sandwich: Turkey bacon, lettuce, tomato\$6.00 Spinach, roast capsicum, cucumber & tomato (V)\$5.50	Greek salad \$5.50
Fridays	Victus homemade baked pie\$6.00 Toasted cheese sandwich.....\$5.00 Chickpea shawarma sandwich (V).....\$5.00	Falafel salad, onions, cucumber, capsicum, lemon, yoghurt and hummus \$5.50