



# LUNCH MENU BY MYCELIUM CATERING

**For AY 2024 – Term 3**

**Dover Court International School | April to June 2024**





YEARS	PAYMENT AND ORDERING POLICIES
Nursery to Year 4	<u>Strictly pre-order only</u> : All purchases must be placed using your student ID through our online ordering platform.
Year 5 to Year 13	Students from Year 5 to 13 are given the additional privilege of purchasing items à la carte directly from The Canteen or The Red Dot Restaurant using their student E-wallet, an EZlink card, Credit Card or via the pre-order system online.



YEARS	PRE-ORDER AND/OR OVER THE COUNTER PURCHASE				
	SNACKS	ASIAN	WESTERN	VEGETARIAN	ALLERGEN-FREE
Nursery to Reception	Available for <b>pre-order only</b>	<u>Available for pre-order only</u> Meals come in a junior portion size (200g) and are accompanied by a side of fresh fruits.  <b>\$5.50</b>			<u>Available for pre-order only</u>  We offer allergen-friendly meals that are free from gluten, dairy and egg. We also adhere to the school's nut-free policy by default.  If students have specific food allergy needs, please feel free to get in touch with us.
Year 1 and Year 4		<u>Available for pre-order only</u> Meals are served in larger, age-appropriate portions (250g).  <b>\$5.50</b>			
Year 5 to Year 13	Available for <b>pre-order or purchase at the counter</b>	<u>Available for pre-order or purchase over-the-counter*</u> Meals are served in adult-sized portions (300g).  <b>\$7.50 (pre-order) / \$8.50 (at the counter)</b>			

\*Subject to availability.

# MEAL PLAN

	<u>A LA CARTE</u>	<u>UPSIZE MAIN</u>	<u>VALUE MEAL</u>
<b>NURSERY TO RECEPTION</b>	 +  Main Course (200g) + Fruits	 <b>+\$2.50</b> (pre-order only)	 +  +  +  Main Course (200g) + Fruits + Vitasoy/Juice + Cookie <b>\$8.00</b> (pre-order only)
<b>YEAR 1 TO 4</b>	 Main Course (250g)		 +  +  Main Course (250g) + Vitasoy/Juice + Cookie <b>\$8.00</b> (pre-order only)
<b>YEAR 5 TO 13</b>	 Main Course (300g)	 <b>+\$2.00</b> (pre-order only)	 +  +  Main Course (300g) + Vitasoy/Juice + Cookie <b>\$10.00</b> (pre-order) <b>\$11.00</b> (over-the-counter**)

**DRINK & COOKIE SET** :  +  **\$2.50**

\*If meals are not pre-ordered, they will be subjected to pricing and portion sizes available at the counter.

\*\*Subject to availability.

# LUNCH MENU

Drinks and snacks are available for purchase at school, subject to availability.

## Legend

(D) - Contains Dairy

(E) - Contains Egg

(G) - Contains Gluten

WEEK 1	ASIAN	WESTERN FUSION	VEGETARIAN	ALLERGEN (D, E ,G-FREE)
15-Apr-24	<h2>School Holidays</h2>			
16-Apr-24 First day of term	Thai Basil Chicken, Milk Cabbage, Carrot, Baby Corn, Fish Cake, Noodle Soup (D, E, G)	Pan-seared Salmon, Broccoli, Carrot, Corn, Hollandaise Sauce, Jasmine Rice with Couscous (D, E, G)	Stir-fried Tau Kwa, Bean, Mixed Vegetables, Jasmine Rice with Couscous (D, E, G)	Thai Basil Chicken, Long Bean, Carrot, Mushroom, Fried Noodle
17-Apr-24	Stir-fried Black Pepper Beef, Pea Shoot, Bean Sprout, Capsicum, Jasmine Rice (D, E, G)	Baked Chicken, Cauliflower, Mushroom, Chickpea, Tomato Sauce Pasta (D, E, G)	Fresh Avocado, Bean, Mixed Vegetables, Corn, Tomato Sauce Pasta (D, E, G)	Stir-fried Black Pepper Beef, Pea Shoot, Bean Sprout, Capsicum, Jasmine Rice
18-Apr-24	Crispy Fish, Sweet & Sour Sauce, Long Bean, Carrot, Celery, Corn, Fried Rice (D, E, G)	Roasted Beef, Green Bean, Potato Wedges (D, E, G)	Baked Falafel, Bean, Mixed Vegetables, Fried Rice (D, E, G)	Fried Fish, Long Bean, Carrot, Celery, Corn, Fried Rice
19-Apr-24	Baked Chicken, Lentil Curry Sauce, White Cabbage, Tempeh, Carrot, Turmeric Basmati Rice (D, E, G)	Turkey Ham Pizza, Mushroom, Onion, Capsicum, Potato Wedges (D, E, G)	Stir-fried Mapo Tofu, Bean, Mixed Vegetables, Turmeric Basmati Rice (D, E, G)	Baked Chicken, White Cabbage, Carrot, Basmati Rice
WEEK 2	ASIAN	WESTERN FUSION	VEGETARIAN	ALLERGEN (D, E ,G-FREE)
22-Apr-24	Fried Fish Noodle Soup, Chinese Cabbage, Bean Sprout, Carrot, Fish Cake (D, E, G)	Baked Spiced Chicken, Butternut, Zucchini, Green Pea, Jasmine Rice with Quinoa (D, E, G)	Stir-fried Eggplant, Vegetarian Oyster Sauce, Bean, Mixed Vegetables, Jasmine Rice with Quinoa (D, E, G)	Fried Fish, Chinese Cabbage, Bean Sprout, Carrot, Fried Noodle
23-Apr-24	Kung Pao Chicken, Sesame Sauce, Beijing Cabbage, Mock Abalone, Carrot, Jasmine Rice (D, E, G)	Beef Bolognese Pasta, Cauliflower, French Bean, Mushroom (D, E, G)	Stir-fried Tau Kwa, Mushroom, Bean, Mixed Vegetables, Corn, Tomato Sauce Pasta (D, E, G)	Baked Chicken, Beijing Cabbage, Carrot, Jasmine Rice
24-Apr-24	Masala Lamb Curry, White Cabbage, Tempeh, Long Bean, Carrot, Turmeric Basmati Rice (D, E, G)	Chicken Cutlet, Brown Sauce, Purple Potato, Broccoli, Beans (D, E, G)	Plant-based Chicken, Bean, Mixed Vegetables, Japanese Sesame Rice (D, E, G)	Stir-fried Lamb, White Cabbage, Long Bean, Carrot, Japanese Sesame Rice
25-Apr-24	Chinese Barbecued Chicken, Pea Shoot, Bean Sprout, Mushroom, Jasmine Rice (D, E, G)	Beef Burger, Iceberg Lettuce, Tomato, Onion, Potato Wedges, Tartar Sauce (D, E, G)	Stir-fried Tempeh, Bean, Mixed Vegetables, Jasmine Rice (D, E, G)	Stir-fried Chicken, Pea Shoot, Bean Sprout, Mushroom
26-Apr-24	Stir-fried Beef Noodle, Milk Cabbage, Baby Corn, Carrot (D, E, G)	Baked Salmon, Creamy Sauce, Sweet Potato, Sweet Pea, Bean, Jasmine Rice with Brown Rice (D, E, G)	Stir-fried King Oyster Mushroom, Bean, Mixed Vegetables, Jasmine Rice with Brown Rice (D, E, G)	Stir-fried Beef, Milk Cabbage, Baby Corn, Carrot, Fried Noodle

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WEEK 3	ASIAN	WESTERN FUSION	VEGETARIAN	ALLERGEN (D, E, G-FREE)
29-Apr-24	Baked Chicken, Chye Sim, Bean Sprout, Carrot, Fish Cake, Noodle Soup (D, E, G)	Fish Goujons, Cauliflower, Mushroom, Bean, Jasmine Rice with Couscous (D, E, G)	Stir-fried Garlic Okra, Bean, Mixed Vegetables, Jasmine Rice with Couscous (D, E, G)	Stir-fried Chicken, Chye Sim, Bean Sprout, Carrot, Fried Noodle
30-Apr-24 National Mr. Potato Head Day	Braised Beef in Soya Sauce, Potato, Carrot, French Bean, Jasmine Rice (D, E, G)	Roasted Chicken Pizza, Mushroom, Onion, Capsicum, Potato Wedges (D, E, G)	Margherita Pizza, Potato Wedges (D, E, G)	Stir-fried Beef, Potato, Carrot, French Bean, Jasmine Rice
1-May-24 Labour Day	<h2>School Holidays</h2>			
2-May-24	Fried Fish, Lentil Curry Sauce, White Cabbage, Tempeh, Carrot, Turmeric Basmati Rice (D, E, G)	Roasted Tuscan Chicken Sausage, Broccoli, Carrot, Corn, Bean, Creamy Pasta (D, E, G)	Fried Eggplant, Sesame, Bean, Mixed Vegetables, Creamy Pasta (D, E, G)	Fried Fish, White Cabbage, Carrot, Turmeric Basmati Rice
3-May-24	Crispy Chicken, Baby Asparagus, Mushroom, Corn, Fried Noodle (D, E, G)	Beef Ragu, Sweet Potato, Zucchini, Bean, Jasmine Rice with Brown Rice (D, E, G)	Vegetable Ragu, Jasmine Rice with Brown Rice (D, E, G)	Stir-fried Chicken, Baby Asparagus, Mushroom, Corn, Bean, Fried Noodle
WEEK 4	ASIAN	WESTERN FUSION	VEGETARIAN	ALLERGEN (D, E, G-FREE)
6-May-24	Fried Fish, Chinese Cabbage, Bean Sprout, Carrot, Fish Cake, Noodle Soup (D, E, G)	Baked Cajun Chicken, Butternut, Zucchini, Green Pea, Jasmine Rice with Quinoa (D, E, G)	Stir-fried Eggplant, Bean, Mixed Vegetables, Jasmine Rice with Quinoa (D, E, G)	Fried Fish, Chinese Cabbage, Bean Sprout, Carrot, Fried Noodle
7-May-24	Stir-fried Chicken, Black Bean Garlic Sauce, Beijing Cabbage, Mock Abalone, Carrot, Jasmine Rice (D, E, G)	Beef Stroganoff Pasta, Cauliflower, French Bean, Mushroom (D, E, G)	Fried Tau Kwa, Mushroom, Bean, Mixed Vegetables, Corn, Tomato Sauce Pasta (D, E, G)	Stir-fried Chicken, Beijing Cabbage, Carrot, Jasmine Rice
8-May-24	Braised Beef Curry, White Cabbage, Tempeh, Long Bean, Carrot, Turmeric Basmati Rice (D, E, G)	Grilled Chicken Skewer, Purple Potato, Broccoli, Bean (D, E, G)	Plant-based Chicken, Bean, Mixed Vegetables, Japanese Sesame Rice (D, E, G)	Stir-fried Beef, White Cabbage, Long Bean, Carrot, Turmeric Basmati Rice
9-May-24	Baked Salmon, Long Bean, Carrot, Celery, Corn, Fried Rice (D, E, G)	Chicken Burger, Iceberg Lettuce, Tomato, Onion, Potato Wedges, Tartar Sauce (D, E, G)	Baked Seaweed Frittata, Bean, Mixed Vegetables, Fried Rice (D, E, G)	Baked Salmon, Long Bean, Carrot, Celery, Corn, Fried Rice
10-May-24	Baked Miso Chicken, Pea Shoot, Bean Sprout, Mushroom, Fried Noodle (D, E, G)	Baked Parmesan Fish, Sweet Potato, Sweet Pea, Bean, Jasmine Rice with Brown Rice (D, E, G)	Stir-fried Sugar Pea, Mushroom, Bean, Mixed Vegetables, Jasmine Rice with Brown Rice (D, E, G)	Baked Chicken, Pea Shoot, Bean Sprout, Mushroom, Fried Noodle

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WEEK 5	ASIAN	WESTERN FUSION	VEGETARIAN	ALLERGEN (D, E, G-FREE)
13-May-24	Mapo Tofu with Beef, Milk Cabbage, Carrot, Baby Corn, Fried Noodle (D, E, G)	Baked Cajun Chicken, Broccoli, Carrot, Corn, Jasmine Rice with Couscous (D, E, G)	Fried Tau Kwa, Mushroom, Bean, Mixed Vegetables, Jasmine Rice with Couscous (D, E, G)	Mapo Tofu with Beef, Milk Cabbage, Carrot, Baby Corn, Fried Noodle
14-May-24	Sweet & Sour Fried Fish, Pea Shoot, Bean Sprout, Capsicum, Jasmine Rice (D, E, G)	Roasted Beef Sausage, Cauliflower, Mushroom, Chickpea, Tomato Sauce Pasta (D, E, G)	Fresh Avocado, Bean, Mixed Vegetables, Corn, Tomato Sauce Pasta (D, E, G)	Fried Fish, Pea Shoot, Bean Sprout, Capsicum, Jasmine Rice
15-May-24	Stir-fried Kung Pao Chicken, Long Bean, Carrot, Celery, Corn, Fried Rice (D, E, G)	Breaded Fish Fillet, Green Bean, Red Potato (D, E, G)	Vegetarian Fish Sticks, Bean, Mixed Vegetables, Japanese Sesame Rice (D, E, G)	Stir-fried Chicken, Long Bean, Carrot, Celery, Corn, Fried Rice
16-May-24	Braised Lamb, Lentil Curry, White Turnip, Tempeh, Carrot, Turmeric Basmati Rice (D, E, G)	Tuna Pizza, Mushroom, Onion, Capsicum, Potato Wedges (D, E, G)	Vegetarian Pizza, Bean, Mixed Vegetables (D, E, G)	Braised Lamb, White Turnip, Carrot, Turmeric Basmati Rice
17-May-24	Wok-fried Chicken, Baby Asparagus, Mushroom, Corn, Fried Noodle (D, E, G)	Herb-roasted Salmon, Zucchini, Sweet Potato, Bean, Jasmine Rice with Brown Rice (D, E, G)	Fried Egg Tofu, Mushroom, Bean, Mixed Vegetables, Jasmine Rice with Brown Rice (D, E, G)	Stir-fried Chicken, Baby Asparagus, Mushroom, Corn, Fried Noodle
WEEK 6	ASIAN	WESTERN FUSION	VEGETARIAN	ALLERGEN (D, E, G-FREE)
20-May-24	Stir-fried Basil Chicken, Chinese Cabbage, Bean Sprout, Carrot, Fish Cake, Noodle Soup (D, E, G)	Breaded Fish, Tartar Sauce, Butternut, Brussels Sprout, Bean, Jasmine Rice with Quinoa (D, E, G)	Fried Garlic Eggplant, Bean, Mixed Vegetables, Jasmine Rice with Quinoa (D, E, G)	Stir-fried Basil Chicken, Chinese Cabbage, Bean Sprout, Carrot, Fried Noodle
21-May-24	Teochew Steamed Fish, Beijing Cabbage, Mock Abalone, Carrot, Jasmine Rice (D, E, G)	Baked Chicken, Mushroom, Cauliflower, French Bean, Tomato Sauce Pasta (D, E, G)	Avocado, Bean, Mixed Vegetables, Mushroom, Tomato Sauce Pasta (D, E, G)	Steamed Fish, Beijing Cabbage, Mock Abalone, Carrot, Jasmine Rice
22-May-24	<h2>School Holidays</h2>			
23-May-24	Chicken Tikka, Lentil, White Cabbage, Carrot, French Bean, Turmeric Basmati Rice (D, E, G)	Beef Burger, Iceberg Lettuce, Tomato, Onion, Potato Wedges, Tartar Sauce (D, E, G)	Stir-fried Tempeh, Bean, Mixed Vegetables, Turmeric Basmati Rice (D, E, G)	Baked Chicken, Lentil, White Cabbage, Carrot, French Bean, Turmeric Basmati Rice
24-May-24	Baked Miso Fish, Pea Shoot, Bean Sprout, Mushroom, Fried Noodle (D, E, G)	Roasted Cajun Chicken, Sweet Potato, Sweet Pea, Bean, Jasmine Rice with Brown Rice (D, E, G)	Stir-fried Oyster Mushroom, Tau Kwa, Bean, Mixed Vegetables, Jasmine Rice with Brown Rice (D, E, G)	Baked Fish, Pea Shoot, Bean Sprout, Mushroom, Fried Noodle

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WEEK 7	ASIAN	WESTERN FUSION	VEGETARIAN	ALLERGEN (D, E, G-FREE)
27-May-24	Fried Fish, Noodle Soup Milk Cabbage, Baby Corn, Carrot (D, E, G)	Roasted Breaded Chicken, Broccoli, Carrot, Bean, Nacho Mayo Sauce, Jasmine Rice with Couscous (D, E, G)	Fried Tau Kwa, Mock Abalone, Bean, Mixed Vegetables, Jasmine Rice with Couscous (D, E, G)	Fried Fish, Milk Cabbage, Baby Corn, Carrot, Fried Noodle
28-May-24	Fried Chicken, Sesame Oyster Sauce, Long Bean, Carrot, Celery, Corn, Fried Rice (D, E, G)	Beef Bolognese Pasta, Cauliflower, Mushroom, Chickpea (D, E, G)	Tomato, Corn, Red Cabbage, Edamame, Bean, Tomato Sauce Pasta (D, E, G)	Stir-fried Chicken, Long Bean, Carrot, Corn, Fried Rice
29-May-24	Masala Beef Curry, Lentil, White Cabbage, Carrot, Tempeh, Turmeric Basmati Rice (D, E, G)	Breaded Fish Fillet, Red Potato, Baked Egg, Edamame, Japanese Sesame Rice (D, E, G)	Plant-based Chicken Chunks, Bean, Mixed Vegetables, Japanese Sesame Rice (D, E, G)	Stir-fried Beef, White Cabbage, Carrot, Mushroom, Japanese Sesame Rice
30-May-24	Baked Salmon, Pea Shoot, Bean Sprout, Carrot, Stir-fried Noodle (D, E, G)	Chicken Ham Pizza, Mushroom, Onion, Capsicum, Potato Wedges (D, E, G)	Margherita Pizza (D, E, G)	Roasted Salmon, Sweet & Sour Sauce, Pea Shoot, Bean Sprout, Carrot, Stir-fried Noodle
31-May-24	Kung Pao Chicken, Sesame, Baby Asparagus, Mushroom, Corn, Brown Jasmine Rice (D, E, G)	Lamb Ragu Pasta, Zucchini, Sweet Potato, Bean, Tomato Sauce (D, E, G)	Stir-fried Asparagus, Leek, Black Bean, Tomato Sauce Pasta (D, E, G)	Stir-fried Chicken, Baby Asparagus Mushroom, Corn, Brown Jasmine Rice

WEEK 8	ASIAN	WESTERN FUSION	VEGETARIAN	ALLERGEN (D, E, G-FREE)
3-Jun-24	Roasted Chicken, Noodle Soup, Chinese Cabbage, Bean Sprout, Carrot, Fish Cake (D, E, G)	Breaded Fish Goujons, Butternut, Zucchini, Tartar Sauce, Jasmine Rice with Quinoa (D, E, G)	Fried Egg Tofu, Bean, Mixed Vegetables, Jasmine Rice with Quinoa (D, E, G)	Roasted Chicken, Chinese Cabbage, Bean Sprout, Carrot, Fish Cake, Fried Noodle
4-Jun-24	Braised Beef in Soya Sauce, Beijing Cabbage, French Bean, Carrot, Jasmine Rice (D, E, G)	Roasted Turkey Bacon, Tomato Sauce Pasta, Cauliflower, French Bean, Mushroom (D, E, G)	Avocado, Bean, Mixed Vegetables, Corn, Tomato Sauce Pasta (D, E, G)	Braised Beef, Beijing Cabbage, French Bean, Carrot, Jasmine Rice
5-Jun-24	Indian Chicken Curry, White Cabbage, Long Bean, Carrot, Tempeh, Turmeric Basmati Rice (D, E, G)	Teriyaki Beef Don, Purple Sweet Potato, Broccoli, Bean, Japanese Sesame Rice (D, E, G)	Vegetarian Fish Sticks, Bean, Mixed Vegetables, Japanese Sesame Rice (D, E, G)	Baked Chicken, White Cabbage, Long Bean, Carrot, Turmeric Basmati Rice
6-Jun-24	Crispy Fish, Pea Shoot, Bean Sprout, Carrot, Stir-fried Noodle (D, E, G)	Chicken Burger, Iceberg Lettuce, Tomato, Onion, Potato Wedges, Tartar Sauce (D, E, G)	Fried Tempeh, Bean, Mixed Vegetables, Fried Noodle (D, E, G)	Fried Fish, Pea Shoot, Bean Sprout, Carrot, Stir-fried Noodle
7-Jun-24	Chinese Roasted Chicken, Long Bean, Carrot, Celery, Corn, Fried Rice (D, E, G)	Braised Beef, Brown Sauce, Sweet Potato, Sweet Pea, Bean, Mashed Potato (D, E, G)	Fried Tau Kwa, Mushroom, Bean, Mixed Vegetables, Mashed Potato, Brown Sauce (D, E, G)	Roasted Chicken, Long Bean, Carrot, Celery, Corn, Fried Rice



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WEEK 9	ASIAN	WESTERN FUSION	VEGETARIAN	ALLERGEN (D, E, G-FREE)
10-Jun-24	Steamed Ginger Fish, Milk Cabbage, Baby Corn, Carrot, Fish Cake, Noodle Soup (D, E, G)	Herb-roasted Spiced Chicken, Broccoli, Carrot, Corn, Jasmine Rice with Couscous (D, E, G)	Fried Tau Kwa, Mushroom, Bean, Mixed Vegetables, Jasmine Rice with Couscous (D, E, G)	Roasted Fish, Milk Cabbage, Baby Corn, Carrot, Fried Noodle
11-Jun-24	Crispy Chicken, Orange Sauce, Baby Asparagus, Mushroom, Corn, Jasmine Rice (D, E, G)	Baked Salmon, Hollandaise Sauce, Cauliflower, Mushroom, Chickpea, Brown Jasmine Rice (D, E, G)	Avocado, Bean, Mixed Vegetables, Brown Jasmine Rice (D, E, G)	Stir-fried Chicken, Baby Asparagus, Mushroom, Corn, Jasmine Rice
12-Jun-24	Braised Lamb Curry, Lentil, White Cabbage, Carrot, Tempeh, Turmeric Basmati Rice (D, E, G)	Roasted Yakitori Chicken, Red Potato, Baked Egg, Edamame, Japanese Sesame Rice (D, E, G)	Falafel, Bean, Mixed Vegetables, Japanese Sesame Rice (D, E, G)	Stir-fried Lamb, Lentil, White Cabbage, Carrot, Japanese Sesame Rice
13-Jun-24	Sweet & Sour Chicken, Pea Shoot, Bean Sprout, Carrot, Stir-fried Noodle (D, E, G)	Turkey Bacon Pizza, Mushroom, Onion, Capsicum, Potato Wedges (D, E, G)	Mapo Tofu, Corn, Bean, Mixed Vegetables, Stir-fried Noodle (D, E, G)	Stir-fried Chicken, Pea Shoot, Bean Sprout, Carrot, Stir-fried Noodle
14-Jun-24	Braised Beef, Black Pepper Sauce, Long Bean, Carrot, Celery, Corn, Fried Rice (D, E, G)	Tuscan Chicken Sausage, Zucchini, Sweet Potato, Bean, Tomato Sauce Pasta (D, E, G)	Fried Egg Tofu, Mushroom, Bean, Mixed Vegetables, Corn, Tomato Sauce Pasta (D, E, G)	Braised Beef, Long Bean, Carrot, Celery, Corn, Fried Rice
WEEK 10	ASIAN	WESTERN FUSION	VEGETARIAN	ALLERGEN (D, E, G-FREE)
17-Jun-24 Hari Raya Haji	<h2>School Holidays</h2>			
18-Jun-24	Stir-fried Beef, Beijing Cabbage, Mock Abalone, Carrot, Garlic Black Bean Sauce, Jasmine Rice (D, E, G)	Ragu Chicken Pasta, Cauliflower, French Bean, Mushroom, Corn, Tomato Sauce Pasta (D, E, G)	Stir-fried Eggplant, Corn, Bean, Mixed Vegetables, Tomato Sauce Pasta (D, E, G)	Stir-fried Beef, Beijing Cabbage, Carrot, Jasmine Rice
19-Jun-24	Stir-fried Kung Pao Chicken, Long Bean, Carrot, Celery, Corn, Fried Rice (D, E, G)	Tempura Fish, Purple Sweet Potato, Broccoli, Bean, Japanese Sesame Rice (D, E, G)	Vegetarian Fish Sticks, Bean, Mixed Vegetables, Japanese Sesame Rice (D, E, G)	Stir-fried Chicken, Long Bean, Carrot, Celery, Corn, Fried Rice
20-Jun-24	Fried Fish Curry, Tempeh, White Turnip, French Bean, Carrot, Turmeric Basmati Rice (D, E, G)	Beef Burger, Iceberg Lettuce, Tomato, Onion, Potato Wedges, Tartar Sauce (D, E, G)	Stir-fried Tempeh, Bean, Mixed Vegetables, Turmeric Basmati Rice (D, E, G)	Fried Fish, White Turnip, French Bean, Carrot, Turmeric Basmati Rice
21-Jun-24 Last day of term	Baked Miso Chicken, Pea Shoot, Bean Sprout, Mushroom, Stir-fried Noodle (D, E, G)	Roasted Salmon, Sweet Potato, Sweet Pea, Bean, Mushroom, Tomato Sauce, Jasmine Rice with Brown Rice (D, E, G)	Stir-fried King Oyster Mushroom, Avocado, Bean, Mixed Vegetables, Brown Jasmine Rice (D, E, G)	Baked Chicken, Pea Shoot, Bean Sprout, Mushroom, Stir-fried Noodle

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# SNACKS MENU\*

\*Snacks are available for EYFS to Year 4 via pre-order only. For Year 5 to Year 13, they may pre-order or purchase at the counter, subject to availability.

SNACKS			
<b>Chocolate Chip Cookie</b> (contains Dairy, Egg and Gluten)	\$1.80	<b>Nachos / Chips</b> (Assorted Flavours)	\$2.80
<b>Brownies</b> (contains Dairy, Egg and Gluten)	\$4.00	<b>Assorted Granola Bar</b> (Contains Gluten) (Apple, Honey & Oat, Dark Chocolate)	\$2.50
<b>Banana Cake / Marble Cake</b> (contains Dairy, Egg and Gluten)	\$2.00	<b>Frozt Popsicle</b> (100 Plus Hydration, Mango, Soursop, Mixed Berries, Strawberry)	\$3.00
<b>Belgian Waffle</b> (contains Dairy, Egg and Gluten)	\$2.50	<b>Yoghurt</b> (contains Dairy) (Plain, Grape, Mixed Berries, Strawberry)	\$1.80
<b>Muffin</b> (Chocolate, Blueberry Cream Cheese)	\$3.80	<b>Assorted Wrap</b> (contains Dairy, Egg and Gluten)	\$7.50
<b>Mini Bagel</b> (contains Dairy and Gluten)	\$1.50	<b>Beef Lasagna</b> (contains Dairy, Egg and Gluten)	\$8.50
<b>Croissant</b> (contains Dairy, Egg and Gluten)	\$3.00	<b>Mac &amp; Cheese</b> (contains Dairy, Egg and Gluten)	\$8.50
<b>Pain Au Chocolat</b> (contains Dairy, Egg and Gluten)	\$3.50	<b>Assorted Sandwich</b> (contains Dairy, Egg and Gluten)	\$5.50
<b>Curry Puff (2 Pieces)</b> (contains Egg and Gluten)	\$3.00	<b>Salad of the Day / Pasta Salad</b>	\$6.50
<b>Apple Strudel</b> (contains Dairy, Egg and Gluten)	\$4.20	<b>Mini Goldfish Cup</b> (contains Dairy, Egg and Gluten)	\$1.80
<b>Steamed Hong Kong Chicken Pau</b> (contains Gluten and Oyster)	\$1.00	<b>Fruit Cup / Apple</b>	\$1.00
<b>Kaya Pau (2 Pieces)</b> (contains Dairy and Gluten)	\$1.80	<b>Cranberry Scone</b> (contains Dairy, Egg and Gluten)	\$2.50
<b>Glutinous Char Siew Rice</b> (contains Egg, Gluten and Oyster)	\$2.50		

# DRINKS MENU\*

\*Drinks are available for EYFS to Year 4 via pre-order only. For Year 5 to Year 13, they may pre-order or purchase at the counter, subject to availability.

DRINKS		DRINKS	
Coffee		Hot / Iced Chocolate	\$4.00 / \$5.00
Americano	\$4.00	Iced Peach Tea / Lemon Tea	\$4.00
Latte	\$5.00	English Breakfast / Earl Grey / Chamomile / Peppermint / Lemongrass / Ginger / Sencha Tea	\$4.00
Cafe Mocha	\$5.00	100 Plus (Zero Sugar)	\$1.30
Cappuccino	\$5.00	Coke Zero	\$1.30
Flat White	\$4.00	Ice Mountain Sparkling Lemon Water (can)	\$2.50
Espresso	\$3.00	Bottled Water	\$1.00
Double Espresso	\$4.00	Flavoured Milk (Plain, Chocolate, Strawberry)	\$1.60
Iced	+\$1.00	Yoghurt Milk (Original, Blueberry)	\$1.60
Extra Shot	+\$1.00	Coconut Water	\$3.00
Flavour (Vanilla / Caramel)	+\$1.00	Vitasoy	\$1.30
Oat / Soy Milk	+\$1.00	Juice (Apple, Orange)	\$1.30



If you have any questions, please feel  
free to get in touch with us at:

[catering@dovercourt.edu.sg](mailto:catering@dovercourt.edu.sg)

