



# **LUNCH MENU BY MYCELIUM CATERING**

**For AY 2024 – Term 2**

**Dover Court International School | January to March 2024**

**MYCELIUM**  
CATERING

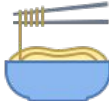

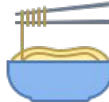



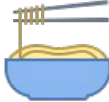
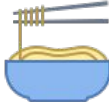



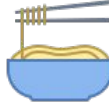


YEARS	PAYMENT AND ORDERING POLICIES
Nursery to Year 4	<u>Strictly pre-order only</u> : All purchases must be placed using your student ID through our online ordering platform.
Year 5 to Year 13	Students from Year 5 to 13 are given the additional privilege of buying à la carte directly from The Canteen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

**MYCELIUM**  
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YEARS	PRE-ORDER AND/OR OVER THE COUNTER PURCHASE				
	SNACKS	ASIAN	WESTERN	VEGETARIAN	ALLERGEN-FREE
Nursery to Reception	Available for pre-order only	<u>Available for pre-order only</u> Meals are of a junior portion size (200g) and served with a side serving of fresh fruits.  \$5.50			<u>Available for pre-order only</u>  We offer allergen meals that are gluten, dairy and egg free. 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 age-appropriate larger portion (250g).  \$5.50			
Year 5 to Year 13	Available for pre-order or purchase over-the-counter	<u>Available for pre-order or purchase over-the-counter*</u> Meals are served in an adult portion size (300g)  \$7.50 (pre-order) / \$8.50 (over the counter)			

\*Subject to availability.

# MEAL PLAN

	<u>A LA CARTE</u>		<u>UPSIZING MAIN</u>	<u>VALUE MEAL</u>
NURSERY TO RECEPTION	<div> Main Course (200g)</div> <div>+</div> <div> Fruits</div>	<div><b>\$5.50</b> (pre-order <b>only</b>*)</div>	<div>↑ <b>+\$2.50</b> (pre-order <b>only</b>)</div>	<div> Main Course (200g)</div> <div>+</div> <div> Fruits</div> <div>+</div> <div> Vitasoy/Juice</div> <div>+</div> <div> Cookie</div> <div><b>\$8.00</b> (pre-order <b>only</b>)</div>
YEAR 1 TO 4	<div> Main Course (250g)</div>			<div> Main Course (250g)</div> <div>+</div> <div> Vitasoy/Juice</div> <div>+</div> <div> Cookie</div> <div><b>\$8.00</b> (pre-order <b>only</b>)</div>
YEAR 5 TO 13	<div> Main Course (300g)</div>	<div><b>\$7.50</b> (pre-order)</div> <div><b>\$8.50</b> (over-the-counter**)</div>	<div>↑ <b>+\$2.00</b> (pre-order <b>only</b>)</div>	<div> Main Course (300g)</div> <div>+</div> <div> Vitasoy/Juice</div> <div>+</div> <div> Cookie</div> <div><b>\$9.50</b> (pre-order)</div> <div><b>\$11.00</b> (over-the-counter**)</div>

\*If meals are not pre-ordered, it will be subjected to over-the-counter pricing and portion.  
\*\*Subject to availability.

**DRINK & COOKIE SET**

:

  
Vitasoy/Juice

+

  
Cookie

**\$2.50**

# LUNCH MENU

## Legend

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

(D) – Contains Dairy

(E) – Contains Egg

(G) – Contains Gluten

WEEK 1	ASIAN	WESTERN	VEGETARIAN	ALLERGEN (D,E,G-FREE)
8-Jan-24	<h2>School Holidays</h2>			
9-Jan-24				
10-Jan-24 First day of term	Roasted Chicken, Kailan (Chinese Broccoli), Shimeji Mushroom, Carrot, Jasmine Rice (D, E, G)	Braised Beef, Broccoli, Celery, Carrot, Tomato Pasta (D, E, G)	Sautéed Tau Kwa & Vegetables, Jasmine Rice (D, E, G)	Roasted Chicken, Roasted Mushroom & Vegetables, Tomato Sauce, Jasmine Rice
11-Jan-24	Baked Fish with Ginger, Xiao Bai Cai (Chinese Cabbage), Carrot, Capsicum, Fried Noodles (D, E, G)	Chicken Yakitori, Cauliflower, Egg, Japanese Rice (D, E, G)	Fried Eggplant, Sautéed Vegetables with Pepper, Fried Noodles (D, E, G)	Baked Salmon, Roasted Asian Green Vegetables, Brown Jasmine Rice
12-Jan-24	Beef Curry, White Turnip, Eggplant, Carrot, Brown Jasmine Rice (D, E, G)	Roasted Salmon, Green & Yellow Zucchini, Carrot, Creamy Mushroom Pasta (D, E, G)	Fried Egg Tofu, Sautéed Shimeji Mushroom & Vegetables, Cream Sauce (D, E, G)	Baked Salmon, Roasted Asian Green Vegetables, Brown Jasmine Rice
WEEK 2	ASIAN	WESTERN	VEGETARIAN	ALLERGEN (D,E,G-FREE)
15-Jan-24	Fried Chicken Noodles, Szechuan-Style Vegetables, White Shimeji Mushroom, Carrot (D, E, G)	Roasted Lamb Shoulder, Potato, Brussels Sprouts, Carrot, Butter Rice (D, E, G)	Fried Tau Kwa, Szechuan-Style Vegetables, White Shimeji Mushroom, Carrot, Brussels Sprouts, Fried Noodles (D, E, G)	Fried Chicken Noodles, Potato, Brussels Sprouts, Carrot
16-Jan-24	Stir-Fried Beef, Dou Miao (Pea Greens), Bean Sprouts, Pepper, Jasmine Rice (D, E, G)	Roasted Chicken, Broccoli, Cabbage, Mushroom, Cream Sauce Penne Pasta (D, E, G)	Leek, Dou Miao (Pea Greens), Carrot, Jasmine Rice (D, E, G)	Stir-Fried Beef, Broccoli, Cabbage, Mushroom, Jasmine Rice
17-Jan-24	Baked Chicken, Long Bean, Celery, Carrot, Corn, Vegetable Fried Rice (D, E, G)	Teriyaki Salmon, Sweet Potato, Green Zucchini, Carrot, Japanese Rice (D, E, G)	Sweet Potato, Long Bean, Celery, Carrot, Corn, Vegetable Fried Rice (D, E, G)	Stir-Fried Chicken, Sweet Potato, Green Zucchini, Carrot, Japanese Rice
18-Jan-24	Fried Fish in Sweet & Sour Sauce, Nai Bai Cai (Milk Cabbage), White Shimeji Mushroom, Carrot, Brown Jasmine Rice (D, E, G)	Roasted Chicken with Herbs, Yellow Zucchini, Haricot Verts (French Green Bean), Carrot, Tomato Pasta (D, E, G)	Roasted Chicken with Herbs, Yellow Zucchini, Haricot Verts (French Green Bean), Carrot, Tomato Pasta (D, E, G)	Fried Fish in Sweet & Sour Sauce, Yellow Zucchini, Haricot Verts (French Green Bean), Carrot, Brown Jasmine Rice
19-Jan-24	Stir-Fried Chicken Noodles, Long Cabbage, Baby Corn, Carrot (D, E, G)	Roasted Beef with Curry Sauce, Pumpkin, Cauliflower, Carrot, Pilaf Rice (D, E, G)	Long Cabbage, Baby Corn, Carrot, Pumpkin, Pilaf Rice (D, E, G)	Stir-Fried Chicken Noodles, Pumpkin, Cauliflower, Carrot

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WEEK 3	ASIAN	WESTERN	VEGETARIAN	ALLERGEN (D,E,G-FREE)
22-Jan-24	Fried Beef Noodles, Winter Melon, Carrot, Green Peas (D, E, G)	Roasted Chicken with Herbs, Red Potato, Brussels Sprouts, Shiitake Mushroom, Butter Rice with Raisins (D, E, G)	Shimeji Mushroom, Winter Melon, Carrot, Green Peas, Fried Noodles (D, E, G)	Fried Beef Noodles, Red Potato, Brussels Sprouts, Shiitake Mushroom
23-Jan-24	Chicken, Beijing Cabbage, Shimeji Mushroom, Green Pepper, Jasmine Rice (D, E, G)	Baked Fish with Breadcrumbs, Cauliflower, Haricot Verts (French Green Bean), Carrot, Pasta (D, E, G)	Silken Tofu, Carrot, Green Peas, Jasmine Rice (D, E, G)	Stir-Fried Chicken, Beijing Cabbage, Shimeji Mushroom, Haricot Verts (French Green Bean), Jasmine Rice
24-Jan-24	Black Pepper Lamb Shoulder, Asparagus, White Shimeji Mushroom, Carrot, Coconut Rice (D, E, G)	Baked Chicken Yakitori, Purple Potato, Yellow Zucchini, Carrot, Japanese Rice (D, E, G)	Baked Potato, Asparagus, White Shimeji Mushroom, Carrot, Coconut Rice (D, E, G)	Stir-Fried Lamb Shoulder, Asparagus, Potato, Shimeji Mushroom, Japanese Rice
25-Jan-24	Chicken, Baby Kailan (Chinese Broccoli), Shimeji Mushroom, Carrot, Brown Jasmine Rice (D, E, G)	Beef Bolognese, Green Zucchini, Haricot Verts (French Green Bean), Button Mushroom (D, E, G)	Eggplant, Shimeji Mushroom, Haricot Verts (French Green Bean), Carrot, Pasta (D, E, G)	Stir-Fried Chicken, Green Zucchini, Haricot Verts (French Green Bean), Button Mushroom, Brown Jasmine Rice
26-Jan-24	Roasted Yam, White Turnip, Red & Green Pepper, Shimeji Mushroom, Stir-Fried Noodles (D, E, G)	Baked Chicken in BBQ Sauce, Yam, Broccoli, Carrot, Pilaf Rice (D, E, G)	Roasted Yam, White Turnip, Red & Green Pepper, Shimeji Mushroom, Stir-Fried Noodles (D, E, G)	Stir-Fried Salmon Noodles, Yam, Broccoli, Shimeji Mushroom, Carrot
WEEK 4	ASIAN	WESTERN	VEGETARIAN	ALLERGEN (D,E,G-FREE)
29-Jan-24	Fried Egg, Szechuan-Style Vegetables, White Shimeji Mushroom, Carrot, Fried Noodles (D, E, G)	Pesto-Baked Fish, Potato, Brussels Sprouts, Carrot, Butter Rice (D, E, G)	Fried Egg, Szechuan-Style Vegetables, White Shimeji Mushroom, Carrot, Fried Noodles (D, E, G)	Fried Chicken Noodles, Potato, Brussels Sprouts, Shimeji Mushroom, Carrot
30-Jan-24	Salmon, Dou Miao (Pea Greens), Bean Sprouts, Red Pepper, Jasmine Rice (D, E, G)	Chicken Chipolata, Broccoli, Cabbage, Shiitake Mushroom, Cream Sauce Pasta (D, E, G)	Egg Tofu, Baby Asparagus, Carrot, Jasmine Rice (D, E, G)	Salmon, Broccoli, Cabbage, Shiitake Mushroom, Jasmine Rice
31-Jan-24	Hainanese Chicken, Xiao Bai Cai (Chinese Cabbage), Baby Corn, Shimeji Mushroom, Chicken Rice (D, E, G)	Teriyaki Beef, Sweet Potato, Green Zucchini, Carrot, Japanese Rice (D, E, G)	Potato Croquettes, Xiao Bai Cai (Chinese Cabbage), Baby Corn, Shimeji Mushroom, Japanese Rice (D, E, G)	Stir-Fried Chicken, Sweet Potato, Green Zucchini, Carrot, Japanese Rice
1-Feb-24	Beef, Nai Bai Cai (Milk Cabbage), White Shimeji Mushroom, Carrot, Brown Jasmine Rice (D, E, G)	Roasted Chicken, Yellow Zucchini, Haricot Verts (French Green Bean), Carrot, Tomato Pasta (D, E, G)	Sugar Snap Peas, Shimeji Mushroom, Baby Corn, Brown Jasmine Rice (D, E, G)	Stir-Fried Beef, Yellow Zucchini, Haricot Verts (French Green Bean), Carrot, Brown Jasmine Rice
2-Feb-24	Stir-Fried Chicken Noodles, Long Cabbage, Baby Corn, Carrot (D, E, G)	Baked Lamb Shoulder with Herbs, Pumpkin, Cauliflower, Carrot, Pilaf Rice (D, E, G)	Long Cabbage, Baby Corn, Carrot, Pilaf Rice (D, E, G)	Stir-Fried Chicken Noodles, Pumpkin, Cauliflower, Carrot

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WEEK 5	ASIAN	WESTERN	VEGETARIAN	ALLERGEN (D,E,G-FREE)
5-Feb-24	Fried Beef Noodles, Winter Melon, Carrot, Green Peas (D, E, G)	Roasted Chicken in BBQ Sauce, Red Potato, Brussels Sprouts, Shiitake Mushroom, Butter Rice (D, E, G)	Winter Melon, Carrot, Green Peas, Fried Noodles (D, E, G)	Fried Beef Noodles, Red Potato, Brussels Sprouts, Shiitake Mushroom
6-Feb-24	Chicken, Beijing Cabbage, Shimeji Mushroom, Green Pepper, Jasmine Rice (D, E, G)	Baked Parmesan Fish, Cauliflower, Haricot Verts (French Green Bean), Carrot, Cream Pasta (D, E, G)	Tau Kwa, Leek, Carrot, Jasmine Rice (D, E, G)	Chicken, Beijing Cabbage, Shimeji Mushroom, Green Pepper, Jasmine Rice
7-Feb-24	Chicken Katsudon, Purple Potato, Yellow Zucchini, Carrot, Japanese Rice (D, E, G)	Roasted Lamb Shoulder, Vegetable Fried Rice, Long Bean, Celery, Carrot, Corn (D, E, G)	Vegetable Fried Rice, Long Bean, Celery, Carrot, Corn (D, E, G)	Roasted Lamb Shoulder, Purple Potato, Yellow Zucchini, Carrot, Japanese Rice
8-Feb-24	Chicken, Baby Kailan (Chinese Broccoli), Shimeji Mushroom, Carrot, Brown Jasmine Rice (D, E, G)	Braised Beef, Green Zucchini, Haricot Verts (French Green Bean), Button Mushroom, Tomato Pasta (D, E, G)	Lady Finger, Baby Corn, Shimeji Mushroom, Brown Jasmine Rice (D, E, G)	Chicken, Green Zucchini, Haricot Verts (French Green Bean), Button Mushroom, Brown Jasmine Rice
9-Feb-24	Fried Salmon Noodles, White Turnip, Red & Green Pepper (D, E, G)	Baked Chicken, Yam, Broccoli, Carrot, Pilaf Rice (D, E, G)	White Turnip, Red & Green Pepper, Shimeji Mushroom, Pilaf Rice (D, E, G)	Fried Salmon Noodles, Yam, Broccoli, Carrot
WEEK 6	ASIAN	WESTERN	VEGETARIAN	ALLERGEN (D,E,G-FREE)
12-Feb-24	<div>School Holidays</div>			
13-Feb-24				
14-Feb-24				
15-Feb-24				
16-Feb-24				

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WEEK 7	ASIAN	WESTERN	VEGETARIAN	ALLERGEN (D,E,G-FREE)
19-Feb-24	Fried Chicken Noodles, Szechuan-Style Vegetables, White Shimeji Mushroom, Carrot (E, G)	Roasted Miso Fish, Potato, Brussels Sprouts, Carrot, Butter Rice (D, E, G)	Szechuan-Style Vegetables, White Shimeji Mushroom, Carrot, Fried Noodles (D, E, G)	Fried Chicken Noodles, Potato, Brussels Sprouts, Carrot
20-Feb-24	Lamb Shoulder Rendang, Dou Miao (Pea Greens), Bean Sprouts, Red Pepper, Jasmine Rice (D, E, G)	Baked Turkey Bacon, Tomato Pasta, Broccoli, Cabbage, Shiitake Mushroom (D, E, G)	Silken Tofu, Carrot, Green Peas, Jasmine Rice (D, E, G)	Baked Lamb Shoulder, Broccoli, Cabbage, Shiitake Mushroom, Jasmine Rice
21-Feb-24	Fried Chicken, Asparagus, White Shimeji Mushroom, Carrot, Coconut Rice (D, E, G)	Teriyaki Beef, Sweet Potato, Green Zucchini, Carrot, Japanese Rice (D, E, G)	Asparagus, White Shimeji Mushroom, Carrot, Coconut Rice (D, E, G)	Roasted Beef, Sweet Potato, Green Zucchini, Carrot, Japanese Rice
22-Feb-24	Steamed Fish in Soya Garlic Sauce, Nai Bai Cai (Milk Cabbage), White Shimeji Mushroom, Carrot, Brown Jasmine Rice (D, E, G)	Roasted Cajun Chicken, Yellow Zucchini, Haricot Verts (French Green Bean), Carrot, Tomato Pasta (D, E, G)	Eggplant, Shimeji, Carrot Tomato Pasta (D, E, G)	Roasted Chicken, Yellow Zucchini, Haricot Verts (French Green Bean), Carrot, Brown Jasmine Rice
23-Feb-24	Stir-Fried Beef Noodles, Long Cabbage, Baby Corn, Carrot (D, E, G)	Roasted Salmon with Pepper, Pumpkin, Cauliflower, Carrot, Pilaf Rice (D, E, G)	Long Cabbage, Baby Corn, Carrot, Pilaf Rice (D, E, G)	Stir-Fried Beef, Pumpkin, Cauliflower, Carrot, Pilaf Rice
WEEK 8	ASIAN	WESTERN	VEGETARIAN	ALLERGEN (D,E,G-FREE)
26-Feb-24	Fried Beef Noodles, Winter Melon, Carrot, Green Peas (D, E, G)	Baked Teriyaki Salmon, Red Potato, Brussels Sprouts, Shiitake Mushroom, Butter Rice (D, E, G)	Winter Melon, Carrot, Green Peas, Fried Noodles (D, E, G)	Fried Beef Noodles, Red Potato, Brussels Sprouts, Shiitake Mushroom
27-Feb-24	Claypot Sesame Oil Chicken, Beijing Cabbage, Shimeji Mushroom, Green Pepper, Jasmine Claypot Rice (D, E, G)	Roasted Beef Sausage, Cauliflower, Haricot Verts (French Green Bean), Carrot, Tomato Pasta (D, E, G)	Egg Tofu, Baby Asparagus, Carrot, Tomato Pasta (D, E, G)	Roasted Chicken, Cauliflower, Haricot Verts (French Green Bean), Carrot, Tomato Pasta
28-Feb-24	Roasted Lamb Shoulder, Fried Pineapple Rice, Red Pepper, Carrot, Green Peas (D, E, G)	Miso-Baked Chicken, Purple Potato, Yellow Zucchini, Carrot, Japanese Rice (D, E, G)	Fried Pineapple Rice, Red Pepper, Carrot, Green Peas (D, E, G)	Roasted Lamb Shoulder, Purple Potato, Yellow Zucchini, Carrot, Japanese Rice
29-Feb-24	Fried Sweet & Sour Chicken with Sesame Oil, Baby Kailan (Chinese Broccoli), Carrot, Shimeji Mushroom, Brown Jasmine Rice (D, E, G)	Pesto-Baked Fish, Green Zucchini, Haricot Verts (French Green Bean), Button Mushroom, Cream Sauce Pasta (D, E, G)	Sugar Peas, Shimeji Mushroom, Baby Corn, Cream Sauce Pasta (D, E, G)	Pesto-Baked Fish, Baby Kailan (Chinese Broccoli), Shimeji Mushroom, Carrot, Brown Jasmine Rice
1-Mar-24	Stir-Fried Fish Noodles, White Turnip, Red & Green Pepper, Shimeji Mushroom (D, E, G)	Baked Chicken Curry, Yam, Broccoli, Carrot, Pilaf Rice (D, E, G)	White Turnip, Red & Green Pepper, Shimeji Mushroom, Stir-Fried Noodles (D, E, G)	Baked Chicken, Yam, Broccoli, Carrot, Stir-Fried Noodles

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WEEK 9	ASIAN	WESTERN	VEGETARIAN	ALLERGEN (D,E,G-FREE)	
4-Mar-24	Fried Fish Noodles, Szechuan-Style Vegetables, White Shimeji Mushroom, Carrot (D, E, G)	Roasted Chicken with Pepper Sauce, Potato, Brussels Sprouts, Carrot, Butter Rice (D, E, G)	Szechuan-Style Vegetables, White Shimeji Mushroom, Carrot, Stir-Fried Noodles (D, E, G)	Roasted Chicken, Potato, Brussels Sprouts, Carrot, Stir-Fried Noodles	
5-Mar-24	Mapo Tofu with Beef, Dou Miao (Pea Greens), Bean Sprouts, Red Pepper, Jasmine Rice (D, E, G)	Baked Salmon, Broccoli, Cabbage, Shiitake Mushroom, Cream Sauce Pasta (D, E, G)	Tau Kwa, Leek, Carrot Jasmine Rice (D, E, G)	Baked Salmon, Broccoli, Cabbage, Shiitake Mushroom, Jasmine Rice	
6-Mar-24	Hainanese Chicken, Xiao Bai Cai (Chinese Cabbage), Baby Corn, Shimeji Mushroom, Brown Chicken Rice (D, E, G)	Baked Beef Yakitori, Sweet Potato, Green Zucchini, Carrot, Japanese Rice with Sesame Seeds (D, E, G)	Xiao Bai Cai (Chinese Cabbage), Baby Corn, Shimeji Mushroom, Brown Japanese Rice with Sesame Seeds (D, E, G)	Steamed Chicken, Sweet Potato, Green Zucchini, Carrot, Japanese Rice	
7-Mar-24	Roasted Lamb Shoulder Curry, Nai Bai Cai (Milk Cabbage), White Shimeji Mushroom, Carrot, Brown Jasmine Rice (D, E, G)	Roasted Cajun Chicken Breast with Pepper, Yellow Zucchini, Haricot Verts (French Green Bean), Carrot, Tomato Pasta (D, E, G)	Lady Finger, Baby Corn, Shimeji Mushroom, Tomato Pasta (D, E, G)	Roasted Lamb Shoulder, Yellow Zucchini, Haricot Verts (French Green Bean), Carrot, Brown Jasmine Rice	
8-Mar-24	Stir-Fried Chicken Noodles, Long Cabbage, Baby Corn, Carrot (D, E, G)	Breaded Fish Fillet, Pumpkin, Cauliflower, Carrot, Pilaf Rice (D, E, G)	Long Cabbage, Baby Corn, Carrot, Stir-Fried Noodles (D, E, G)	Baked Chicken, Pumpkin, Cauliflower, Carrot, Pilaf Rice	
WEEK 10	ASIAN	WESTERN	VEGETARIAN	ALLERGEN (D,E,G-FREE)	
11-Mar-24	Fried Chicken Noodles, Winter Melon, Carrot, Green Peas (D, E, G)	Fried Tempura Fish, Tartar Sauce, Red Potato, Brussels Sprouts, Shiitake Mushroom, Butter Rice (D, E, G)	Winter Melon, Carrot, Green Peas, Stir-Fried Noodles (D, E, G)	Baked Chicken, Red Potato, Brussels Sprouts, Shiitake Mushroom, Stir-Fried Noodles	
12-Mar-24	Thai Curry Fish, Beijing Cabbage, Shimeji Mushroom, Green Pepper, Jasmine Rice (D, E, G)	Roasted Lemon Garlic Chicken, Cauliflower, Haricot Verts (French Green Bean), Carrot, Cream Sauce Pasta (D, E, G)	Silken Tofu, Carrot, Green Peas, Cream Sauce Pasta (D, E, G)	Baked Chicken, Cauliflower, Haricot Verts (French Green Bean), Carrot, Jasmine Rice	
13-Mar-24	Baked Soy Beef, Vegetable Fried Rice, Long Bean, Celery, Carrot, Corn (D, E, G)	Roasted Salmon with Black Pepper, Purple Potato, Yellow Zucchini, Carrot, Japanese Rice (D, E, G)	Vegetable Fried Rice, Long Bean, Celery, Carrot, Corn (D, E, G)	Roasted Salmon, Purple Potato, Yellow Zucchini, Carrot, Japanese Rice	
14-Mar-24	Baked Char Siew Chicken, Baby Kailan (Chinese Broccoli), Shimeji Mushroom, Carrot, Jasmine Brown Rice (D, E, G)	Stir-Fried Beef Stroganoff, Green Zucchini, Haricot Verts (French Green Bean), Button Mushroom, Tomato Pasta (D, E, G)	Eggplant, Shimeji Mushroom, Carrot, Brown Jasmine Rice (D, E, G)	Baked Chicken, Green Zucchini, Haricot Verts (French Green Bean), Button Mushroom, Brown Jasmine Rice	
15-Mar-24	Stir-Fried Lamb Shoulder Noodles, White Turnip, Red & Green Pepper, Shimeji Mushroom (D, E, G)	Roasted Chicken Tikka, Yellow Dahl, Yam, Broccoli, Carrot, Pilaf Rice (D, E, G)	White Turnip, Red & Green Pepper, Shimeji Mushroom, Pilaf Rice (D, E, G)	Stir-Fried Lamb Shoulder, Yam, Broccoli, Carrot, Pilaf Rice	

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WEEK 11	ASIAN	WESTERN	VEGETARIAN	ALLERGEN (D,E,G-FREE)
18-Mar-24	Fried Lamb Shoulder Noodles, Szechuan-Style Vegetables, White Shimeji Mushroom, Carrot (D, E, G)	Roasted Sesame Chicken with Gravy, Potato, Brussels Sprouts, Carrot, Butter Rice (D, E, G)	Szechuan-Style Vegetables, White Shimeji Mushroom, Carrot, Stir-Fried Noodles (D, E, G)	Baked Chicken, Potato, Brussels Sprouts, Carrot, Stir-Fried Noodles
19-Mar-24	Fried Sesame Chicken Karaage, Dou Miao (Pea Greens), Bean Sprouts, Red Pepper, Jasmine Rice (D, E, G)	Herb & Parmesan-Baked Fish, Broccoli, Cabbage, Shiitake Mushroom, Cream Sauce Pasta (D, E, G)	Egg Tofu, Baby Asparagus, Carrot, Cream Sauce Pasta (D, E, G)	Fried Fish, Broccoli, Cabbage, Shiitake Mushroom, Jasmine Rice
20-Mar-24	Breaded Fried Fish, Tartar Sauce, Asparagus, White Shimeji Mushroom, Carrot, Coconut Jasmine Rice (D, E, G)	Baked Sesame Chicken Yakitori, Sweet Potato, Green Zucchini, Carrot, Japanese Rice (D, E, G)	Asparagus, White Shimeji Mushroom, Carrot, Coconut Jasmine Rice (D, E, G)	Baked Chicken,Sweet Potato, Green Zucchini, Carrot, Japanese Rice
21-Mar-24	Stir-Fried Beef with Oyster, Nai Bai Cai (Milk Cabbage), White Shimeji Mushroom, Carrot, Brown Jasmine Rice (D, E, G)	Roasted Salmon with Herbs & Pepper, Yellow Zucchini, Haricot Verts (French Green Bean), Carrot, Tomato Pasta (D, E, G)	Sugar Peas, Shimeji Mushroom, Baby Corn, Brown Jasmine Rice (D, E, G)	Roasted Salmon, Yellow Zucchini, Haricot Verts (French Green Bean), Carrot, Brown Jasmine Rice
22-Mar-24	Stir-Fried Chicken Noodles, Long Cabbage, Baby Corn, Carrot (D, E, G)	Beef Curry, Pumpkin, Cauliflower, Carrot, Pilaf Rice (D, E, G)	Long Cabbage, Baby Corn, Carrot, Pilaf Rice (D, E, G)	Baked Chicken, Pumpkin, Cauliflower, Carrot, Pilaf Rice
WEEK 12	ASIAN	WESTERN	VEGETARIAN	ALLERGEN (D,E,G-FREE)
25-Mar-24	Fried Chicken Noodles, Winter Melon, Carrot, Green Peas (D, E, G)	Baked Salmon, Nacho Mayo, Red Potato, Brussels Sprouts, Shiitake Mushroom, Butter Rice (D, E, G)	Winter Melon, Carrot, Green Peas, Stir-Fried Noodles (D, E, G)	Baked Chicken, Red Potato, Brussels Sprouts, Shiitake Mushroom, Stir-Fried Noodles
26-Mar-24	Braised Soya Beef, Beijing Cabbage, Shimeji Mushroom, Green Pepper, Jasmine Rice (D, E, G)	Baked Chicken Chipolata Sausage, Cauliflower, Haricot Verts (French Green Bean), Carrot, Cream Sauce Pasta (D, E, G)	Tau Kwa, Leek, Carrot, Jasmine Rice (D, E, G)	Baked Chicken, Cauliflower, Haricot Verts (French Green Bean), Carrot, Jasmine Rice
27-Mar-24	Fried Fish, Fried Pineapple Rice, Red Pepper, Carrot, Green Peas (D, E, G)	Roasted Lamb Shoulder with Black Pepper, Purple Potato, Yellow Zucchini, Carrot, Japanese Rice (D, E, G)	Fried Pineapple Rice, Red Pepper, Carrot, Green Peas (D, E, G)	Fried Fish, Purple Potato, Yellow Zucchini, Carrot, Japanese Rice
28-Mar-24 Last day of term	Beef Rendang, Baby Kailan (Chinese Broccoli), Shimeji Mushroom, Carrot, Brown Jasmine Rice (D, E, G)	Roasted Turkey Bacon, Green Zucchini, Haricot Verts (French Green Bean), Button Mushroom, Tomato Pasta (D, E, G)	Lady Finger, Zucchini, Baby Corn, Shimeji Mushroom, Tomato Pasta (D, E, G)	Baked Chicken, Green Zucchini, Haricot Verts (French Green Bean), Button Mushroom, Brown Jasmine Rice
29-Mar-24 Good Friday	School Holidays			

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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 over-the-counter, subject to availability.

SNACKS			
<b>Salad of the Day</b>	\$6.50	<b>Croissant</b> (contains Dairy, Egg and Gluten)	\$3.00
<b>Assorted Wrap</b> (contains Dairy, Egg and Gluten)	\$7.50	<b>Pain Au Chocolat</b> (contains Dairy, Egg and Gluten)	\$3.50
<b>Assorted Sandwich</b> (contains Dairy, Egg and Gluten)	\$5.50	<b>Belgian Waffle</b> (contains Dairy, Egg and Gluten)	\$2.50
<b>Kaya Pau ( 2 Pieces)</b> (contains Dairy and Gluten)	\$1.80	<b>Steamed Hong Kong Chicken Pau</b> (contains Gluten and Oyster)	\$1.00
<b>Beef / Vegetable Lasagna</b> (contains Dairy, Egg and Gluten)	\$8.50	<b>Glutinous Char Siew Rice</b> (contains Egg ,Gluten and Oyster)	\$2.50
<b>Apple Strudel</b> (contains Dairy, Egg and Gluten)	\$4.20	<b>Mini Bagel</b> (contains Dairy and Gluten)	\$1.50
<b>Mac &amp; Cheese</b> (contains Dairy, Egg and Gluten)	\$8.50	<b>Mini Goldfish Cup</b> (contains Dairy, Egg and Gluten)	\$1.80
<b>Curry Puff (2 Pieces)</b> (contains Egg and Gluten)	\$3.00	<b>Muffin</b> (Chocolate/Blueberry Cream Cheese)	\$3.80
<b>Nuts-Free Granola Bar</b> (contains Gluten)	\$2.50	<b>Pizza Twist</b> (contains Dairy, Egg and Gluten)	\$3.80
<b>Yoghurt</b> (contains Dairy)	\$1.80	<b>Chocolate Brownie</b> (contains Dairy, Egg and Gluten)	\$4.00
<b>Chocolate Cookie</b> (contains Dairy, Egg and Gluten)	\$1.80	<b>Fresh Fruit</b>	\$1.00
<b>Nachos/Chips</b> (assorted flavours)	\$2.80	<b>100+ Hydration Popsicle</b>	\$3.00
<b>Frozt Popsicle</b> (Mango, Soursop, Mixed Berries, Strawberry)	\$3.00		

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# DRINKS 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 over-the-counter, subject to availability.

DRINKS	
Fresh Milk	\$1.60
Flavoured Milk (Chocolate/Strawberry)	\$1.60
Yoghurt Milk (Original/Blueberry)	\$1.60
Soy Milk	\$1.30
Apple Juice	\$1.30
Orange Juice	\$1.30
Coconut Water	\$3.00
Bottled Water	\$1.00
100+ Hydration (Zero Sugar)	\$1.30

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If you have any questions, please feel free  
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