



Prince of Wales Island  
International School

APRIL 2024



	MONDAY 1-Apr-24					TUESDAY 2-Apr-24					WEDNESDAY 3-Apr-24					THURSDAY 4-Apr-24					FRIDAY 5-Apr-24					SATURDAY 6-Apr-24					SUNDAY 7-Apr-24				
	T	V	D	E	G	T	V	D	E	G	T	V	D	E	G	T	V	D	E	G	T	V	D	E	G	T	V	D	E	G	T	V	D	E	G
BREAKFAST	BRAISED HOKKIEN MEE					MUSHROOM FRIED RICE					TUNA MAYO SANDWICH					Curry Mee with Condiment					Egg Buritto					AMERICAN BREAKFAST (SCRAMBLE EGG, FRENCH TOAST & BAKED BEAN)									
	Aglio Olio					Toast Bun, Baked Bean Chicken Ham					Noodles Soup					Pancake with Fruits					Roti Canai with Dhall														
WESTERN	CREAMY CHEEZY CHICKEN					GRILLED PERCH FILLET WITH SALSA					ROASTED CHICKEN CHOP WITH GRAVY					TEMPURA FISH FILLET					CHICKEN LASAGNA					CHICKEN FAJITA									
	GARLIC HERB SPAGHETTI					MASHED POTATO					BUTTER RICE					FRENCH FRIES					FRESH GARDEN SALAD					CORN & TOMATO SALSA									
	CAESAR SALAD					HONEY GLAZED CARROT					BRINJOL WITH CARAMELIZED ONION					COLESLAW					SPRING ROLL					POTATO WEDGES									
ASIAN	FRIED FISH WITH PLUM SAUCE					CHICKEN RENDANG					KOREAN GRILLED FISH					CHICKEN SZECHUAN					DEEP FRIED FISH WITH THAI SAUCE					FISH CURRY WITH LADYFINGER									
	WHITE RICE					GHEE RICE					FRIED GLASS NOODLE					WHITE RICE					WHITE RICE					WHITE RICE									
	BRAISED CABBAGE WITH GOJI BERRY					CUCUMBER PICKLED					STIR FRIED BEANSPROUT & CHIVES					SAUTEED SIEW PAK CHOY					MIXED VEGETABLE & MUSHROOM					TURMERIC CABBAGE									
VEGETARIAN	VEGETARIAN FISH WITH PLUM SAUCE					VEGGIE CHICKEN RENDANG					VEGGIE SPRING ROLL					VEGGIE CHICKEN SZECHUAN					VEGGIE FRIED FISH WITH THAI SAUCE					VEGETARIAN CHICKEN FAJITA					VEGETARIAN FISH CURRY WITH LADYFINGER				
	WHITE RICE					STEAM RICE					FRIED GLASS NOODLE					WHITE RICE					WHITE RICE					CORN & TOMATO SALSA					WHITE RICE				
	BRAISED CABBAGE WITH GOJI BERRY					CUCUMBER PICKLED					STIR FRIED BEANSPROUT & CHIVES					SAUTEED SIEW PAK CHOY					MIXED VEGETABLE & MUSHROOM					POTATO WEDGES					TURMERIC CABBAGE				
DESSERT	WATERMELON					BUTTER CAKE					ORANGE					BANANA CAKE					HONEYDEW					GUAVA					APPLE				
DINNER	CHICKEN TERIYAKI					IKAN MASAK ASAM PEDAS					CHICKEN CURRY MASALA					BLACK PEPPER FISH WITH SPRING ONION					HOME MADE CHICKEN PIE					GARLIC SESAME FISH					BLACK PEPPER CHICKEN CHOP				
	JAPANESE RICE					MILD CHILLI BRINJAL					TURMERIC CABBAGE															CORN RICE					CURLEY POTATO				
	SAUTEED BEANSPROUT					BRAISED TOFU					BRIYANI RICE					GARLIC SESAME BROCCOLLI					CARMELIZED BUTTER POTATO					VEGETABLE STIR FRIED					TOMATO SALAD				
	SWEET CHILLI TOFU					WHITE RICE					PAPADOM					WHITE RICE					COBB SALAD					EGG FOO YOUNG					CREAMY MUSHROOM SOUF				
	HONEY DEW					ORANGE					BUTTER CAKE					BANANA					BREAD BUTTER PUDDING					WATERMELON					PINEAPPLE				

Information & Privilege:  
All the food served are Halal  
Menu may change according to food supply seasons  
Delischool Healthy Food Guidelines  
No added salt in cooking. All our food is MSG (monosodium glutamate) free  
We reduce saturated fat, the sugar content and artificial coloring in our production  
We bake, grill and steam rather than fry  
Guaranteed nut-free and Glutenate and Ajinomoto free

T: TRAFFIC LIGHT SYSTEM  
V: VEGETARIAN  
D: DAIRY FREE  
E: EGG FREE  
G: GLUTEN FREE

GREEN

BEST CHOICE

AMBER

CHOOSE CAREFULLY

RED

LIMIT CONSUMPTION



Delischool



Prince of Wales Island  
International School

APRIL 2024



	MONDAY 8-Apr-24	TUESDAY 9-Apr-24	WEDNESDAY 10-Apr-24	THURSDAY 11-Apr-24	FRIDAY 12-Apr-24	SATURDAY 13-Apr-24	SUNDAY 14-Apr-24
BREAKFAST	T V D E G	T V D E G	T V D E G	T V D E G	T V D E G	T V D E G	T V D E G
WESTERN							
ASIAN							
VEGETARIAN							
DESSERT							
DINNER							

# SCHOOL HOLIDAY

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MONDAY 15-Apr-24 T V D E G    TUESDAY 16-Apr-24 T V D E G    WEDNESDAY 17-Apr-24 T V D E G    THURSDAY 18-Apr-24 T V D E G    FRIDAY 19-Apr-24 T V D E G    SATURDAY 20-Apr-24 T V D E G    SUNDAY 21-Apr-24 T V D E G

BREAKFAST  
WESTERN  
ASIAN  
LUNCH  
VEGETARIAN  
DESSERT  
DINNER

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		MONDAY 22-Apr-24	TUESDAY 23-Apr-24	WEDNESDAY 24-Apr-24	THURSDAY 25-Apr-24	FRIDAY 26-Apr-24	SATURDAY 27-Apr-24	SUNDAY 28-Apr-24						
		T V D E G	T V D E G	T V D E G	T V D E G	T V D E G	T V D E G	T V D E G						
BREAKFAST	YOUNG CHOW FRIED RICE	●	PANCAKE WITH HONEY	● ✓	PENANG STYLE CHAR KUAW TEOW	●	Montecristo	●	NON SPICY KAMPUNG FRIED RICE	● ✓	AMERICAN BREAKFAST (BAKED BEAN, SCRAMBLE EGG)	●		
	French Toast with Jam	● ✓	Tom Yam Noodles with Condiment	●	Toast Bread, Baked Bean Chicken Ham	●	Char Hor Fun with Condiment	● ✓	Egg Buritto	● ✓				
WESTERN	PARMESAN CRUSTED FISH	●	CREAMY SMOKED CHICKEN	● ✓	FISH MOUSSAKA	●	CHICKEN STROGANOFF	●	FISH PICCATA & TOMATO CILANTRO	●	BLACK PEPPER CHICKEN MEATBALL	●		
	POTATO AU GRATIN	● ✓	BUTTER SPAGHETTI	● ✓	TOMATO RICE	● ✓ ✓	HOMEMADE MASHED POTATO	● ✓ ✓	PENNE ARABIATA	● ✓	BAKED POTATO	● ✓ ✓		
	TOMATO SALAD & DRESSING	● ✓ ✓	ROASTED VEGETABLE	● ✓ ✓ ✓	CARROT VINCHY & ENGLISH PARSLEY	● ✓ ✓ ✓ ✓	SAUERKRAUT	● ✓ ✓ ✓ ✓	VEGETABLE TIAN	● ✓ ✓ ✓ ✓	MIXED VEGETABLE	● ✓ ✓ ✓ ✓		
ASIAN	AYAM MASAK MERAH	●	SWEET & SOUR FISH	● ✓ ✓	BUTTER MILK CHICKEN	●	IKAN GORENG BEREMPAH	● ✓	HAINAN CHICKEN RICE	● ✓ ✓		HONEY CHICKEN	● ✓	
	NASI TOMATO	● ✓ ✓ ✓	WHITE RICE	● ✓ ✓ ✓	FRIED YEE MEE	● ✓ ✓ ✓	STEAMED RICE	● ✓ ✓ ✓				WHITE RICE	● ✓ ✓ ✓	
	SAYUR CAMPUR	● ✓ ✓ ✓	SAUTEED EGGPLANT	● ✓ ✓ ✓ ✓	SAUTEED BEAN SPROUT & TOFU	● ✓ ✓ ✓	VEGETABLE CURRY	● ✓ ✓ ✓	SALAD, TOMATO AND CUCUMBER	● ✓ ✓ ✓ ✓		STIR FRIED LADY FINGER	● ✓ ✓ ✓	
VEGETARIAN	TOFU MASAK MERAH	●	CREAMY VEGGIE CHICKEN	● ✓	VEGGIE BUTTER MILK CHICKEN	●	MUSHROOM TEMPURA	● ✓ ✓ ✓	VEGETARIAN FRIED RICE	● ✓ ✓	BLACK PEPPER VEGGIE CHICKEN	● ✓ ✓	VEGGIE HONEY CHICKEN	● ✓ ✓
	NASI TOMATO	● ✓ ✓ ✓	BUTTER SPAGHETTI	● ✓	FRIED YEE MEE	● ✓ ✓ ✓	STEAMED RICE	● ✓ ✓ ✓	SALAD, TOMATO AND CUCUMBER	● ✓ ✓ ✓ ✓	BAKED POTATO	● ✓ ✓	WHITE RICE	● ✓ ✓ ✓
	SAYUR CAMPUR	● ✓ ✓ ✓	ROASTED VEGETABLE	● ✓ ✓ ✓	SAUTEED BEAN SPROUT & TOFU	● ✓ ✓ ✓	VEGETABLE CURRY	● ✓ ✓ ✓			MIXED VEGETABLE	● ✓ ✓ ✓ ✓	STIR FRIED LADY FINGER	● ✓ ✓ ✓
DESSERT	BREAD BUTTER PUDDING	● ✓ ✓ ✓ ✓	FRUIT SALAD	● ✓ ✓ ✓ ✓	APPLE	● ✓ ✓ ✓ ✓	WATERMELON	● ✓ ✓ ✓	HONEYDEW	● ✓ ✓ ✓ ✓	BANANA	● ✓ ✓ ✓ ✓	GUAVA	● ✓ ✓ ✓ ✓
DINNER	CHICKEN BOLOGNISE	●	KAM HEONG CHICKEN	● ✓	GRILLED FISH FILLET	● ✓	GARLIC PESTO SPIRAL	● ✓	BEEF STEW	● ✓	FISH VARUVAL	● ✓	CHICKEN & MUSHROOM STEW	● ✓
	GARLIC BUTTER PASTA	● ✓	SOFT TOFU EGG SAUCE	● ✓	LEMON BUTTER SAUCE	● ✓	ROASTED CAJUN CHICKEN	● ✓			BRIYANI RICE	● ✓ ✓ ✓	BAKED POTATO	● ✓ ✓ ✓
	RATATOUILLE	● ✓ ✓ ✓	SAUTEED SPINACH	● ✓ ✓ ✓	ROASTED POTATO	● ✓ ✓	ZUCCHINI AU GRATIN	● ✓ ✓	MASHED POTATO	● ✓	BRINJOL CURRY	● ✓ ✓ ✓	CARROT SALAD	● ✓ ✓ ✓ ✓
	GARLIC BREAD	● ✓ ✓	WHITE RICE	● ✓ ✓ ✓	SAUTEED FRENCH BEAN	● ✓ ✓ ✓	MUSHROOM SAUCE	● ✓ ✓	GARDEN SALAD	● ✓ ✓ ✓	PAPADOM	● ✓ ✓ ✓	GARLIC BREAD	● ✓ ✓ ✓
	WATERMELON	● ✓ ✓ ✓ ✓	ORANGE	● ✓ ✓ ✓ ✓	BANANA CAKE	● ✓	HONEY DEW	● ✓ ✓ ✓ ✓	BUTTER CAKE	● ✓ ✓ ✓ ✓	WATERMELON	● ✓ ✓ ✓ ✓	GUAVA	● ✓

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