



		SATURDAY 1-Jun-24	T	V	D	E	G	SUNDAY 2-Jun-24	T	V	D	E	G
BREAKFAST		SCRAMBLE EGG, BAKED BEAN & TOAST BREAD	●	✓	✓	✓							
	WESTERN	CHICKEN PANINI	●										
LUNCH	ASIAN	COLESLAW WITH RAISIN	●	✓	✓								
		POTATO WEDGES	●	✓	✓	✓							
	VEGETARIAN							BUTTER MILK TILAPIA FILLET	●			✓	
DESSERT								STEAMED RICE	●	✓	✓	✓	
								SAUTEED CABBAGE & MUSHROOM	●	✓	✓	✓	✓
DINNER		VEGETARIAN CREAMY SPINACH PUFF	●	✓	✓	✓		BUTTER MILK VEGGIE FISH	●	✓			
		MIXED GARDEN SALAD	●	✓				STEAMED RICE	●	✓	✓	✓	
		POTATO WEDGES	●	✓	✓			SAUTEED CABBAGE & MUSHROOM	●	✓	✓	✓	
	ORANGE	●	✓	✓	✓	✓	MANGO PUDDING	●	✓	✓	✓	✓	
	SWEET & SOUR FISH FILLET	●	✓				CHICKEN CHOP WITH MUSHROOM SAUCE	●			✓		
	STEAMED RICE	●	✓	✓	✓		BAKED POTATO	●	✓	✓			
	BRAISED SIEW PAK CHOI	●	✓	✓	✓		MIX SALAD	●	✓	✓	✓	✓	
	SOFT TOFU GARLIC SOY	●	✓	✓			CREAM PUMPKIN SOUP	●	✓	✓		✓	
	WATERMELON	●	✓	✓	✓	✓	BUTTER CAKE	●	✓				

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**GREEN**  
BEST CHOICE

**AMBER**  
CHOOSE CAREFULLY

**RED**  
LIMIT CONSUMPTION



JUNE 2024



		MONDAY (P-H) 3-Jun-24		TUESDAY (HALF TEAM BREAK) 4-Jun-24		WEDNESDAY 5-Jun-24		THURSDAY 6-Jun-24		FRIDAY 7-Jun-24		SATURDAY 8-Jun-24		SUNDAY 9-Jun-24		
		T	V	D	E	G	T	V	D	E	G	T	V	D	E	G
BREAKFAST	GRILLED CHICKEN SLICE & CHEESE BREAKFAST BUN	•	✓													
		•	✓													
WESTERN	CHICKEN MARYLAND	•														
	GRATIN POTATO	•														
	CAESAR SALAD	•	✓													
ASIAN																
VEGETARIAN	VEGGIE CHICKEN MARYLAND	•	✓	✓												
	BUTTER SPAGHETTI	•	✓	✓	✓											
	VEGETARIAN CAESAR SALAD	•	✓	✓	✓											
DESSERT	WATERMELON	•	✓	✓	✓	✓										

DINNER	FISH CURRY MASALA	•	✓	✓												
	STEAMED RICE	•	✓	✓												
	STIR FRY CABBAGE	•	✓	✓	✓											
	PAPADAM	•	✓	✓	✓											
	HONEY DEW	•	✓	✓	✓	✓										

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JUNE 2024



		MONDAY 10-Jun-24	T V D E G	TUESDAY 11-Jun-24	T V D E G	WEDNESDAY 12-Jun-24	T V D E G	THURSDAY 13-Jun-24	T V D E G	FRIDAY 14-Jun-24	T V D E G	SATURDAY 15-Jun-24	T V D E G	SUNDAY 16-Jun-24	T V D E G
BREAKFAST		SCRAMBLE EGG, ENGLISH MUFFIN	●	GRILLED SAUSAGE OMELETTE	● ✓	PAN CAKE WITH HONEY	●	FRENCH TOAST BAKED BEAN	●	FRIED EGG & CHEESE ENGLISH MUFFIN	● ✓	LONTONG WITH CONDIMENT	●		
		BEEHOON GORENG	● ✓	CANTONESE KWAY TEOW	●	YOUNG CHOW FRIED RICE	●	CHICKEN PORRIDGE	● ✓	TOM YAM NOODLES SOUP WITH CONDIMENT	● ✓				
WESTERN		FISH CANNELONI	●	ROSEMARY CHICKEN & MUSHROOM SAUCE	● ✓	FISH MARINARA	●	KOREAN FOOD PROMOTION	●	FISH KEBAB	●	CHICKEN MEATBALL IN TOMATO SAUCE	●		
		POTATO WEDGES	● ✓	PILAF RICE	● ✓	BUTTER HERB PENNE	● ✓ ✓	JAPCHAE DAKGALBI KIMCHI	● ✓ ✓ ✓ ✓	PITA BREAD	● ✓	SPIRAL ARRABBIATA	● ✓ ✓		
		GARDEN SALAD	● ✓ ✓	CARROT VINCHY	● ✓ ✓ ✓	TUNA SALAD	● ✓ ✓ ✓ ✓			GARDEN SALAD	● ✓ ✓ ✓ ✓	CAESAR SALAD	● ✓ ✓ ✓ ✓		
ASIAN		AYAM MASAK MERAH	●	ASAM PEDAS IKAN	● ✓ ✓	BLACK PEPPER CHICKEN WITH SPRING ONION	●		● ✓	HAINANESE CHICKEN RICE	● ✓ ✓			CHICKEN TANDOORI	● ✓
		NASI TOMATO	● ✓ ✓ ✓	STEMED RICE	● ✓ ✓ ✓		● ✓ ✓ ✓	BEEF BULGOGI STEAMED RICE SUNDUBU JJIGAE	● ✓ ✓ ✓	WITH SALAD, TOMATO AND CUCUMBER	● ✓ ✓ ✓ ✓			WHITE RICE	● ✓ ✓ ✓
		ACAR RAMPAI	● ✓ ✓ ✓	TERUNG SAMBALADO	● ✓ ✓ ✓ ✓	FRIED KUAW TEOW	● ✓ ✓ ✓		● ✓ ✓ ✓					STIR FRY TURMERIC CABBAGE	● ✓ ✓ ✓
VEGETARIAN		VEGE CHICKEN MASAK MERAH	●	VEGGIE CHICKEN WITH MUSHROOM SAUCE	● ✓	VEGGIE BLACK PEPPER CHICKEN	●		● ✓ ✓ ✓	VEGGIE FISH KEBAB	● ✓ ✓	BLACK PEPPER VEGGIE CHICKEN	● ✓ ✓	VEGGIE HONEY CHICKEN	● ✓ ✓
		NASI TOMATO	● ✓ ✓ ✓	PILAF RICE	● ✓	FRIED KUAW TEOW	● ✓ ✓ ✓	BIBIMBAP KOREAN GREEN SALAD	● ✓ ✓ ✓	PITA BREAD	● ✓ ✓ ✓ ✓	STEAMED RICE	● ✓ ✓	WHITE RICE	● ✓ ✓ ✓
		ACAR RAMPAI	● ✓ ✓ ✓	CARROT VINCHY	● ✓ ✓ ✓ ✓	BRAISED SIEW PAK CHOI	● ✓ ✓ ✓		● ✓ ✓ ✓	GARDEN SALAD	● ✓ ✓ ✓ ✓	MIXED VEGETABLE	● ✓ ✓ ✓ ✓	MIXED VEGETABLE WITH MUSHROOM	● ✓ ✓ ✓
DESSERT		BREAD BUTTER PUDDING	● ✓ ✓ ✓ ✓	FRUIT SALAD	● ✓ ✓ ✓ ✓	MUFFIN	● ✓ ✓ ✓ ✓	WATERMELON	● ✓ ✓	ORANGE	● ✓ ✓ ✓ ✓	BANANA	● ✓ ✓ ✓ ✓	JELLY PUDDING	● ✓ ✓ ✓ ✓
DINNER		CHICKEN PUTTANESCA	●	SEAFOOD TOMYAM	● ✓	GRILLED FISH FILLET	● ✓	ROASTED CAJUN CHICKEN	● ✓	BEEF GOULASH STEW	● ✓	CHICKEN MASSALA	● ✓	FRIED CRISPY FISH WITH SALSA	● ✓
		GARLIC BUTTER SPIRAL	● ✓	OMMELETE	● ✓	LEMON BUTTER SAUCE	● ✓	PENNE ARABIATA	● ✓			BRIYANI RICE	● ✓ ✓ ✓	AGLIO ALIO SPAGHETTI	● ✓ ✓ ✓
		RATATOUILLE	● ✓ ✓ ✓	STIR FRY LONG BEAN	● ✓ ✓ ✓	PILAF RICE	● ✓ ✓	CAULIFLOWER AU GRATIN	● ✓ ✓	MASHED POTATO	● ✓	DHALL CURRY	● ✓ ✓ ✓	TUNA SALAD	● ✓ ✓ ✓ ✓
		GARLIC BREAD	● ✓ ✓	WHITE RICE	● ✓ ✓ ✓	SAUTEED FRENCH BEAN	● ✓ ✓ ✓	BROCCOLI SOUP	● ✓ ✓	CEASER SALAD	● ✓ ✓ ✓	PAPADOM	● ✓ ✓ ✓	GARLIC BREAD	● ✓ ✓
		WATERMELON	● ✓ ✓ ✓ ✓	BUTTER CAKE	● ✓ ✓ ✓ ✓	BANANA CAKE	● ✓	HONEY DEW	● ✓ ✓ ✓ ✓	BANANA	● ✓ ✓ ✓ ✓	JELLY PUDDING	● ✓ ✓ ✓ ✓	MINI MUFFIN	● ✓

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LIMIT CONSUMPTION



**Delischool**



		MONDAY ( RAYA HAJI) 17-Jun-24	T V D E G	TUESDAY 18-Jun-24	T V D E G	WEDNESDAY 19-Jun-24	T V D E G	THURSDAY 20-Jun-24	T V D E G	FRIDAY 21-Jun-24	T V D E G	SATURDAY 22-Jun-24	T V D E G	SUNDAY 23-Jun-24	T V D E G
BREAKFAST	WESTERN	FRENCH TOAST WITH HONEY TURKEY HAM	• ✓	SCRAMBLE EGG CHICKEN NUGGET	• ✓	CHICKEN SAUSAGE GRILLED TOMATO	• ✓	PANCAKE WITH HONEY	• ✓ ✓	FRIED EGG & CHEESE ENGLISH MUFFIN	• ✓ ✓	OMELETTE FISH NUGGET BAKED BEAN	•		
	ASIAN			STIR FRIED LOH SEE FUN	•	CHICKEN PORRIDGE	•	BRAISED HOKKIEN MEE	• ✓ ✓	NASI LEMAK WITH CONDIMENT	• ✓ ✓				
	VEGETARIAN	SMOKE CHICKEN CARBONARA	•	PERCH FILLET FLORENTINE	• ✓	GRILLED CHICKEN CHICKEN GRAVY	•	MEDITERRANEAN GRILLED FISH	•	CHICKEN LASAGNA	•	TEMPURA FISH FILLET	•		
LUNCH	WESTERN	GARLIC HERB SPAGHETTI	•	BOILED POTATO WITH HERBS	• ✓	BUTTER RICE	• ✓	PARMESAN COUSCOUS	• ✓	GARLIC BREAD	• ✓ ✓ ✓ ✓	FRENCH FRIES	• ✓ ✓ ✓		
	ASIAN	CARROT SALAD	• ✓	SAUTEED SPINACH	• ✓ ✓ ✓	CARAMELIZED CARROT WITH ONION	• ✓ ✓ ✓	CAULIFLOWER AU GRATIN	• ✓ ✓	FRESH GARDEN SALAD	• ✓ ✓ ✓	STEAMED GREEN PEAS	• ✓ ✓ ✓		
	VEGETARIAN			DAGING DENDENG MINANG	• ✓	KOREAN GRILLED FISH	•	TERIYAKI CHICKEN	•	IKAN MASAK TIGA RASA	•			CHICKEN & POTATO CURRY	• ✓
DINNER	WESTERN			NASI MINYAK	• ✓ ✓ ✓	KOREAN RAMEN NOODLES	• ✓	STEAMED JAPANESE RICE	• ✓ ✓ ✓	SIAMESE NOODLE	• ✓ ✓ ✓			WHITE RICE	• ✓ ✓ ✓
	ASIAN			ACAR TIMUN DAN NENAS	• ✓ ✓ ✓ ✓	GARLIC SESAME PAK CHOY	• ✓ ✓ ✓	BEAN SPROUT WITH CHIVES	• ✓ ✓	GARLIC KANGKUNG	• ✓ ✓ ✓			TURMERIC CABBAGE	• ✓ ✓ ✓ ✓
	VEGETARIAN	VEGGIE FISH RENDANG	• ✓ ✓	VEGGIE BEEF DENDENG	• ✓ ✓	BRAISED SOFT BEANCURD	• ✓	VEGGIE CHICKEN IN TOMATO SAUCE	• ✓	VEGETABLE LASAGNA	• ✓	VEGETABLE CUTLET	• ✓ ✓ ✓	VEGGIE CHICKEN MARINARA	• ✓
DESSERT	WESTERN	STEAMED RICE	• ✓ ✓ ✓	NASI MINYAK	• ✓ ✓ ✓	KOREAN RAMEN NOODLES	• ✓	PARMESAN COUSCOUS	• ✓ ✓ ✓	GARLIC BREAD	• ✓ ✓ ✓	CORN RICE	• ✓	BUTTER SPAGHETTI	• ✓ ✓ ✓
	ASIAN	SAUTEED CABBAGE	• ✓ ✓ ✓	ACAR TIMUN DAN NENAS	• ✓ ✓ ✓ ✓	SESAME PAK CHOY	• ✓ ✓ ✓	CAULIFLOWER AU GRATIN	• ✓ ✓ ✓	FRESH GARDEN SALAD	• ✓ ✓ ✓ ✓	MILD CHICPEAS CURRY	• ✓ ✓	CROUTON SALAD	• ✓ ✓ ✓
	VEGETARIAN	WATERMELON	• ✓ ✓ ✓ ✓	BUTTER CAKE	• ✓	ORANGE	• ✓ ✓ ✓ ✓	BREAD BUTTER PUDDING	• ✓	HONEYDEW	• ✓ ✓ ✓ ✓	APPLE	• ✓ ✓ ✓ ✓	BANANA CAKE	• ✓ ✓ ✓ ✓
DESSERT	WESTERN														
	ASIAN	JAPANESE CHICKEN CURRY	• ✓ ✓	FISH AND CHIPS	•	CHICKEN 65	• ✓ ✓	MUTTON CURRY WITH POTATO	•	HOME MADE CHICKEN BURGER	• ✓	CHICKEN FINGER WITH THAI SAUCE	• ✓	GRILLED FISH GARLIC IOLI SAUCE	• ✓
	VEGETARIAN	STEAMED JAPANESE RICE	• ✓ ✓	COLESLAW	• ✓ ✓	MILD CURRY BRINJOL	• ✓ ✓ ✓	BOILED EGG	• ✓ ✓	POTATO WEDGES	• ✓	PINEAPPLE FRIED RICE	• ✓ ✓ ✓	MASHED POTATO	• ✓ ✓
	DESSERT	SAUTEED BEANSPROUT	• ✓ ✓ ✓	MUSHROOM SOUP	• ✓ ✓	STEAMED RICE	• ✓ ✓ ✓	MILD CHILLI LADY FINGER	• ✓ ✓ ✓			BRAISED LONG CABBAGE	• ✓ ✓ ✓	CEASER SALAD	• ✓ ✓ ✓ ✓
	DESSERT	SWEET CHILLI TOFU	• ✓ ✓ ✓	GARLIC BREAD	• ✓ ✓ ✓	TOFU TIKKA MASALA	• ✓ ✓ ✓	STEAMED RICE	• ✓ ✓ ✓	COBB SALAD	• ✓ ✓ ✓	EGG FOO YOUNG	• ✓ ✓	PUMPKIN SOUP	• ✓ ✓ ✓
DESSERT	MUFFIN	• ✓ ✓ ✓ ✓	WATERMELON	• ✓ ✓ ✓ ✓	ORANGE	• ✓	BANANA	• ✓ ✓ ✓ ✓	FRI LITS SAI AD	• ✓ ✓ ✓ ✓	BUTTER CAKE	• ✓ ✓ ✓ ✓	PAPAYA	• ✓	

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CHOOSE CAREFULLY

**RED**

LIMIT CONSUMPTION





JUNE 2024



		MONDAY 24-Jun-24	T V D E G	TUESDAY 25-Jun-24	T V D E G	WEDNESDAY 26-Jun-24	T V D E G	THURSDAY 27-Jun-24	T V D E G	FRIDAY 28-Jun-24	T V D E G	SATURDAY 29-Jun-24	T V D E G	SUNDAY 30-Jun-24	T V D E G
BREAKFAST		FISH NUGGET AND FRENCH TOAST	●	GRILLED CHICKEN PATTY ENGLISH MUFFIN AND CHEESE	● ✓	PANCAKE & HONEY CUT FRUITS	●	SWEET BUN WITH SCRAMBLE EGG	●	GRILLED SAUSAGE, BAKED BEAN AND BUN	● ✓	AMERICAN BREAKFAST (BAKED BEAN, SCRAMBLE EGG, CHICKEN HAM)		●	
		KAMPUNG PRIED RICE	● ✓	FRIED YEE MEE	●	FISH PORRIDGE WITH CONDIMENT	●	FRIED KOEY TEAW PENANG STYLE	● ✓	TOM YAM FRIED RICE	● ✓				
WESTERN		FISH MOUSSAKA	●	GRILLED CAJUN CHICKEN	● ✓	SEARED FISH FILLET WITH SALSA	●	BBQ CHICKEN DRUMSTICK	●	GRILLED TILAPIA PARSLEY ANCHOVY		HOT HONEY CHICKEN MEATBALL		●	
		PILAF RICE	● ✓	AGLIO OLIO SPAGHETTI	● ✓	MOROCCAN COUSCOUS	● ✓ ✓	POTATO GRATIN	● ✓ ✓	LINGUINE PESTO PASTA	● ✓	HOME MADE POTATO WEDGES		● ✓ ✓	
		TOMATO SALAD & DRESSING	● ✓ ✓	BAKED TOMATO & ZUCCHINI	● ✓ ✓ ✓	STEAMED GREEN PEAS	● ✓ ✓ ✓ ✓	GRILLED PUMPKIN	● ✓ ✓ ✓ ✓	ITALIAN RADICCHIO SALAD	● ✓ ✓ ✓ ✓	MIXED VEGETABLE		● ✓ ✓ ✓ ✓	
LUNCH	ASIAN	CRISPY CHICKEN THAI SAUCE	●	SWEET AND SOUR FISH	● ✓ ✓ ✓	IKAN GORENG BEREMPAH	●	MILD BEEF PADPRIK	● ✓	FISH TONKATSU	● ✓			STEAMED FISH IN GINGER SAUCE	● ✓
		TOM YAM FRIED BEEHOON	● ✓ ✓ ✓	WHITE RICE	● ✓ ✓ ✓	STEAMED RICE	● ✓ ✓ ✓	STEAMED RICE	● ✓ ✓ ✓	GARLIC FRIED RICE	● ✓ ✓			WHITE RICE	● ✓ ✓ ✓
		SAUTED MIXED VEGETABLE	● ✓ ✓ ✓	SAUTEED EGGPLANT	● ✓ ✓ ✓ ✓	VEGETABLE & TOFU MILD CURRY	● ✓ ✓ ✓	SAUTED KAILAN WITH SALTED FISH	● ✓ ✓ ✓	SOYU BEAN SPROUTS & SHREDDED LONG CABBAGE	● ✓ ✓ ✓ ✓			SAUTED MIXED VEGETABLE	● ✓ ✓ ✓ ✓
VEGETARIAN		CRISPY TEMPE THAI SAUCE	●	POTATO CUTLET	● ✓	VEGGIE FISH FILLET WITH SALSA	●	BBQ VEGGIE CHICKEN DRUMSTICK	● ✓ ✓ ✓	TEMPURA CAULIFLOWER	● ✓ ✓ ✓	VEGETARIAN TORTILLA WRAP	● ✓ ✓	MILD CHILLI TOFU	● ✓ ✓
		VEGGIE TOM YAM FRIED BEEHOON	● ✓ ✓ ✓	AGLIO OLIO SPAGHETTI	● ✓	MOROCCAN COUSCOUS	● ✓ ✓ ✓	MOROCCAN COUSCOUS	● ✓ ✓ ✓	VEGGIE FRIED RICE	● ✓ ✓ ✓ ✓			VEGETARIAN FRIED GLASS NOODLE	● ✓ ✓ ✓
		SAUTED MIXED VEGETABLE	● ✓ ✓ ✓ ✓	BAKED TOMATO & ZUCCHINI	● ✓ ✓ ✓ ✓	STEAMED GREEN PEAS	● ✓ ✓ ✓ ✓	POTATO GRATIN	● ✓ ✓ ✓	SOYU BEAN SPROUTS & SHREDDED LONG CABBAGE	● ✓ ✓ ✓ ✓	MIXED GARDEN SALAD	● ✓ ✓ ✓ ✓	HONEY GLAZE CARROT	● ✓ ✓ ✓ ✓
DESSERT		BREAD BUTTER PUDDING	● ✓ ✓ ✓ ✓	FRUIT SALAD	● ✓ ✓ ✓ ✓	APPLE	● ✓ ✓ ✓ ✓	BANANA CAKE	● ✓ ✓ ✓	ORANGE	● ✓ ✓ ✓ ✓	BANANA	● ✓ ✓ ✓ ✓	PAPAYA	● ✓ ✓ ✓ ✓
DINNER		BRAISED CHICKEN & MUSHROOM	●	GRILLED FISH FILLET	● ✓	KAM HEONG CHICKEN	● ✓	GRILLED FISH WITH CREAM MUSTARD	● ✓	GRILLED CHICKEN ROSEMARY SAUCE	● ✓	FISH VARUVAL	● ✓	TOMATO CHICKEN STEW	● ✓
		CHINESE FRIED RICE	● ✓	SOFT TOFU EGG SAUCE	● ✓	STEAMED RICE	● ✓	BUTTER RICE	● ✓	MASHED POTATO	● ✓ ✓	BRIYANI RICE	● ✓ ✓ ✓	BAKED POTATO	● ✓ ✓ ✓
		STIR FRY KAILAN	● ✓ ✓ ✓	SAUTEED SPINACH	● ✓ ✓ ✓	EGG FOO YOUNG	● ✓ ✓	CAULIFLOWER AU GRATIN	● ✓ ✓	GARLIC BREAD	● ✓	BRINJOL CURRY	● ✓ ✓ ✓	SALAD	● ✓ ✓ ✓ ✓
		CLEAR SOUP	● ✓ ✓	WHITE RICE	● ✓ ✓ ✓	SAUTEED LONG BEAN	● ✓ ✓ ✓	PUMPKIN SOUP	● ✓ ✓	GARDEN SALAD	● ✓ ✓ ✓	PAPADOM	● ✓ ✓ ✓	BROCOLI SOUP	● ✓ ✓ ✓
		WATERMELON	● ✓ ✓ ✓ ✓	BUTTER CAKE	● ✓ ✓ ✓ ✓	ORANGE	● ✓	HONEY DEW	● ✓ ✓ ✓ ✓	JELLY PUDDING	● ✓ ✓ ✓ ✓	BANANA	● ✓ ✓ ✓ ✓	MUFFIN	● ✓

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