



		MONDAY 16-Sep-24	TUESDAY 17-Sep-24	WEDNESDAY 18-Sep-24	THURSDAY 19-Sep-24	FRIDAY 20-Sep-24	SATURDAY 21-Sep-24	SUNDAY 22-Sep-24	T V D E G
BREAKFAST		GRILLED SAUSAGE OMELETTE	PAN CAKE WITH HONEY	FRENCH TOAST BAKED BEAN	FRIED EGG & CHEESE ENGLISH MUFFIN	LONTONG WITH CONDIMENT	SCRAMBLE EGG, BAKED BEAN & TOAST BREAD		
		CANTONESE KWAY TEOW	YOUNG CHOW FRIED RICE	CHICKEN PORRIDGE	TOM YAM NOODLES SOUP WITH CONDIMENT				
WESTERN		ROSEMARY CHICKEN & MUSHROOM SAUCE	FISH MARINARA	KOREAN FOOD PROMOTION	FISH KEBAB	CHICKEN MEATBALL IN TOMATO SAUCE	CHICKEN PANINI		
		PILAF RICE	BUTTER HERB PENNE		PITA BREAD	SPIRAL ARRABBIATA	COLESLAW WITH RAISIN		
		CARROT VINCHY	TUNA SALAD	JAPCHAE DAKGALBI KIMCHI	GARDEN SALAD	CAESAR SALAD	POTATO WEDGES		
ASIAN		ASAM PEDAS IKAN	BLACK PEPPER CHICKEN WITH SPRING ONION	BEEF BULGOGI STEAMED RICE SUNDUBU JIGAE	HAINANESE CHICKEN RICE WITH SALAD, TOMATO AND CUCUMBER	KOREAN GRILLED FISH		BUTTER MILK TILAPIA FILLET	
		STEMED RICE				STEAM RICE		STEAMED RICE	
		TERUNG SAMBALADO	FRIED KUAW TEOW			STIR FRY MIX VEGE		SAUTEED CABBAGE & MUSHROOM	
VEGETARIAN		VEGGIE CHICKEN WITH MUSHROOM SAUCE	VEGGIE BLACK PEPPER CHICKEN		VEGGIE FISH KEBAB	BLACK PEPPER VEGGIE CHICKEN	VEGETARIAN CREAMY SPINACH PUFF	BUTTER MILK VEGGIE FISH	
		PILAF RICE	FRIED KUAW TEOW	BIBIMBAP KOREAN GREEN SALAD	PITA BREAD	STEAMED RICE	MIXED GARDEN SALAD	STEAMED RICE	
		CARROT VINCHY	BRAISED SIEW PAK CHOI		GARDEN SALAD	MIXED VEGETABLE	POTATO WEDGES	SAUTEED CABBAGE & MUSHROOM	
DESSERT		FRUIT SALAD	ORANGE	WATERMELON	MUFFIN	BANANA	ORANGE	MANGO PUDDING	
DINNER		SEAFOOD TOMYAM	GRILLED FISH FILLET	ROASTED CAJUN CHICKEN	BEEF GOULASH STEW	CHICKEN MASSALA	SWEET & SOUR FISH FILLET	CHICKEN CHOP WITH MUSHROOM SAUCE	
		OMMELETE	LEMON BUTTER SAUCE	PENNE ARABIATA		BRIYANI RICE		BAKED POTATO	
		STIR FRY LONG BEAN	PILAF RICE	CAULIFLOWER AU GRATIN	MASHED POTATO	DHALL CURRY	STEAMED RICE	MIX SALAD	
		WHITE RICE	SAUTEED FRENCH BEAN	BROCCOLI SOUP	CEASER SALAD	PAPADOM	BRAISED SIEW PAK CHOI	CREAM PUMPKIN SOUP	
		BUTTER CAKE	BANANA CAKE	HONEY DEW	BANANA	JELLY PUDDING	SOFT TOFU GARLIC SOY	BUTTER CAKE	

Information & Privilege:
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 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 saturate of fat, the sugar content and artificial colouring in our production

We bake, grill and steam rather than fry
 Guaranteed nut-free and Glutamate 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





		MONDAY 23-Sep-24	T V D E G	TUESDAY 24-Sep-24	T V D E G	WEDNESDAY 25-Sep-24	T V D E G	THURSDAY 26-Sep-24	T V D E G	FRIDAY 27-Sep-24	T V D E G	SATURDAY 28-Sep-24	T V D E G	SUNDAY 29-Sep-24	T V D E G
BREAKFAST	WESTERN	GRILLED CHICKEN SLICE & CHEESE BREAKFAST BUN	• ✓	Toast Bun, Baked Bean SCRAMBLE EGG	•	PANCAKE & HONEY	•	SLICE TURKEY HAM BAKED BEAN OMELETTE	• ✓ ✓	BAKED CHICKEN NUGGET SUNNY SIDE UP	• ✓ ✓	SCRAMBLE EGG, FRENCH TOAST & CHEESE	• ✓		
				KAMPUNG FRIED RICE WITH EGG	•	SINGAPORE FRIED BEEHOON	• ✓	MEE CURRY WITH CONDIMENT	• ✓ ✓	ROTI CANAI WITH POTATO CURRY	• ✓				
LUNCH	ASIAN	CHICKEN MARYLAND	•	CHICKEN LASAGNA	•	BEEF BOLOGNESE	•	CHICKEN WITH CHEEZY SAUCE	•	FISH FINGER	•	CHICKEN FAJITAS	•		
		GRATIN POTATO	•	FRESH GARDEN SALAD	• ✓ ✓ ✓ ✓	GARLIC PARSLEY SPAGHETTI	•	PILAF RICE	• ✓	BAKED MAC & CHEESE	• ✓ ✓ ✓ ✓	TOMATO SALSA	• ✓ ✓ ✓		
		CAESAR SALAD	• ✓	PUMPKIN SOUP	• ✓ ✓ ✓	MIXED GARDEN SALAD	• ✓ ✓ ✓	GARLIC BROCCOLI	• ✓ ✓	MIXED SALAD	• ✓ ✓ ✓	POTATO SALAD	• ✓ ✓ ✓		
LUNCH	VEGETARIAN	SWEET AND SOUR FISH	•	THAI MANGO CRISPY CHICKEN	• ✓	MILD FISH MASALA	•	PADPRIK SEAFOOD	•	AYAM SAMBAL HITAM MANIS	•	VEGGIE CHICKEN TOM YAM	• ✓ ✓ ✓	VEGGIE CHICKEN CARBONARA	• ✓
		WHITE RICE	• ✓ ✓ ✓	WHITE RICE	• ✓ ✓ ✓	GHEE RICE	• ✓	WHITE RICE	• ✓ ✓ ✓	STEAMED	• ✓ ✓ ✓	STEAMED GLASS NOODLES	• ✓	BUTTER SPAGHETTI	• ✓ ✓ ✓
		MIXED VEGETABLE & MUSHROOM	• ✓ ✓ ✓	STIR FRY THAI MIXED VEGETABLE	• ✓ ✓ ✓ ✓	PINEAPPLE CUCUMBER PICKLE	• ✓ ✓ ✓	SAUTEED SIEW PAK CHOY	• ✓ ✓	MIXED VEGETABLE & MUSHROOM	• ✓ ✓ ✓	POTATO WEDGES	• ✓ ✓	GARDEN SALAD	• ✓ ✓ ✓
LUNCH	DESSERT	WATERMELON	• ✓ ✓ ✓ ✓	BUTTER CAKE	• ✓	ORANGE	• ✓ ✓ ✓ ✓	BANANA	• ✓	HONEYDEW	• ✓ ✓ ✓ ✓	ORANGE	• ✓ ✓ ✓ ✓	BREAD BUTTER PUDDING	• ✓ ✓ ✓ ✓
DINNER	WESTERN	FISH CURRY MASALA	• ✓ ✓	BLACK PEPPER LAMB STEW	•	CRISPY SESAME FISH FILLET	• ✓ ✓	BLACK PEPPER CHICKEN WITH SPRING ONION	•	CHICKEN CORDON BLEU	• ✓	STEAMED FISH FILLET	• ✓	BLACK PEPPER CHICKEN CHOP	• ✓
		STEAMED RICE	• ✓ ✓	BAKED POTATO	• ✓ ✓	BRAISED CABBAGE WITH GOJI BERRY	• ✓ ✓ ✓	MASHED POTATO	•			CORN RICE	• ✓ ✓ ✓	OVEN BAKED POTATO	• ✓ ✓
		STIR FRY CABBAGE	• ✓ ✓ ✓	HONEY GLAZE CARROT	• ✓ ✓	WHITE RICE	• ✓ ✓ ✓	BRAISED SIEW PAK CHOY	• ✓ ✓ ✓			STIR FRIED CHOI TAM	• ✓ ✓ ✓	MIX SALAD	• ✓ ✓ ✓ ✓
		PAPADAM	• ✓ ✓ ✓			FRIED EGGS	• ✓ ✓ ✓	WHITE RICE	• ✓ ✓	SAUTEED FRENCH BEAN & CARROT	• ✓ ✓ ✓	EGG FOO YOUNG	• ✓ ✓	MUSHROOM SOUP	• ✓ ✓
		HONEY DEW	• ✓ ✓ ✓ ✓	APPLE	• ✓ ✓ ✓ ✓	WATERMELON	• ✓	MUFFIN	• ✓ ✓ ✓ ✓	BANANA CAKE	• ✓ ✓ ✓	WATERMELON	• ✓ ✓ ✓ ✓	BUTTER CAKE	• ✓ ✓

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AMBER

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SEPTEMBER 2024



		MONDAY 30-Sep-24	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		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	SCRAMBLE EGG, ENGLISH MUFFIN	●						
	BEEHOON GORENG	● ✓						
LUNCH	WESTERN							
	FISH CANNELLONI	●						
	POTATO WEDGES	● ✓						
ASIAN	GARDEN SALAD	● ✓ ✓						
	AYAM MASAK MERAH	●						
	NASI TOMATO	● ✓ ✓ ✓						
VEGETARIAN	ACAR RANPAI	● ✓ ✓ ✓						
	VEGE CHICKEN MASAK MERAH	●						
	NASI TOMATO	● ✓ ✓ ✓						
DESSERT	ACAR RANPAI	● ✓ ✓ ✓						
	BREAD BUTTER PUDDING	● ✓ ✓ ✓ ✓						
DINNER	CHICKEN PUTTANESCA	●						
	GARLIC BUTTER SPIRAL	● ✓						
	RATATOUILLE	● ✓ ✓ ✓						
	GARLIC BREAD	● ✓ ✓						
	WATERMELON	● ✓ ✓ ✓ ✓						

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