



Prince of Wales International School

OCTOBER 2024



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

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

G

BEST CHOICE

A

CHOOSE CAREFULLY

R

LIMIT CONSUMPTION





OCTOBER 2024



		MONDAY 7-Oct-24	T V D E G	TUESDAY 8-Oct-24	T V D E G	WEDNESDAY 9-Oct-24	T V D E G	THURSDAY 10-Oct-24	T V D E G	FRIDAY 11-Oct-24	T V D E G	SATURDAY 12-Oct-24	T V D E G	SUNDAY 13-Oct-24	T V D E G
BREAKFAST	WESTERN	YOUNG CHOW FRIED RICE	●	PANCAKE WITH HONEY	● ✓	PENANG STYLE CHAR KUAW TEOW	●	Montecristo	●	NON SPICY KAMPUNG FRIED RICE	● ✓	AMERICAN BREAKFAST (BAKED BEAN, SCRAMBLE EGG)	●		
	ASIAN	French Toast with Jam	● ✓	Tom Yam Noodles with Condiment	●	Toast Bread, Baked Bean Chicken Ham	●	Char Hor Fun with Condiment	● ✓	Egg Buritto	● ✓				
LUNCH	WESTERN	PARMESAN CRUSTED FISH	●	CREAMY SMOKED CHICKEN	● ✓	FISH MOUSSAKA	●	CHICKEN STROGANOFF	●	FISH PICCATA & TOMATO CILANTRO	●	BLACK PEPPER CHICKEN MEATBALL	●		
	ASIAN	POTATO AU GRATIN	● ✓	BUTTER SPAGHETTI	● ✓	TOMATO RICE	● ✓ ✓	HOMEMADE MASHED POTATO	● ✓ ✓	PENNE ARABIATA	● ✓	BAKED POTATO	● ✓ ✓		
	VEGETARIAN	TOMATO SALAD & DRESSING	● ✓ ✓	ROASTED VEGETABLE	● ✓ ✓ ✓	CARROT VINCHY & ENGLISH PARSLEY	● ✓ ✓ ✓ ✓	SAUERKRAUT	● ✓ ✓ ✓ ✓	VEGETABLE TIAN	● ✓ ✓ ✓ ✓	MIXED VEGETABLE	● ✓ ✓ ✓ ✓		
DINNER	WESTERN	AYAM MASAK MERAH	●	SWEET & SOUR FISH	● ✓ ✓	BUTTER MILK CHICKEN	●	IKAN GORENG BEREMPAH	● ✓	HAINAN CHICKEN RICE	● ✓ ✓			HONEY CHICKEN	● ✓
	ASIAN	NASI TOMATO	● ✓ ✓ ✓	WHITE RICE	● ✓ ✓ ✓	FRIED YEE MEE	● ✓ ✓ ✓	STEAMED RICE	● ✓ ✓ ✓					WHITE RICE	● ✓ ✓ ✓
	VEGETARIAN	SAYUR CAMPUR	● ✓ ✓ ✓	SAUTEED EGGPLANT	● ✓ ✓ ✓ ✓	SAUTEED BEAN SPROUT & TOFU	● ✓ ✓ ✓	VEGETABLE CURRY	● ✓ ✓ ✓	SALAD, TOMATO AND CUCUMBER	● ✓ ✓ ✓ ✓			STIR FRIED LADY FINGER	● ✓ ✓ ✓
DESSERT	WESTERN	TOFU MASAK MERAH	●	CREAMY VEGGIE CHICKEN	● ✓	VEGGIE BUTTER MILK CHICKEN	●	MUSHROOM TEMPURA	● ✓ ✓	VEGETARIAN FRIED RICE	● ✓ ✓	BLACK PEPPER VEGGIE CHICKEN	● ✓ ✓	VEGGIE HONEY CHICKEN	● ✓ ✓
	ASIAN	NASI TOMATO	● ✓ ✓ ✓	BUTTER SPAGHETTI	● ✓	FRIED YEE MEE	● ✓ ✓ ✓	STEAMED RICE	● ✓ ✓ ✓	SALAD, TOMATO AND CUCUMBER	● ✓ ✓ ✓ ✓	BAKED POTATO	● ✓ ✓	WHITE RICE	● ✓ ✓ ✓
	VEGETARIAN	SAYUR CAMPUR	● ✓ ✓ ✓	ROASTED VEGETABLE	● ✓ ✓ ✓	SAUTEED BEAN SPROUT & TOFU	● ✓ ✓ ✓	VEGETABLE CURRY	● ✓ ✓ ✓			MIXED VEGETABLE	● ✓ ✓ ✓ ✓	STIR FRIED LADY FINGER	● ✓ ✓ ✓
DINNER	WESTERN	BREAD BUTTER PUDDING	● ✓ ✓ ✓ ✓	FRUIT SALAD	● ✓ ✓ ✓ ✓	APPLE	● ✓ ✓ ✓ ✓	COOKIES	● ✓ ✓	WATERMELON	● ✓ ✓ ✓ ✓	BANANA	● ✓ ✓ ✓ ✓	HONEY DEW	● ✓ ✓ ✓ ✓
	ASIAN	CHICKEN BOLOGNISE	●	KAM HEONG CHICKEN	● ✓	GRILLED FISH FILLET	● ✓	GARLIC PESTO SPIRAL	● ✓	BEEF STEW	● ✓	FISH VARUVAL	● ✓	CHICKEN & MUSHROOM STEW	● ✓
	VEGETARIAN	GARLIC BUTTER PASTA	● ✓	SOFT TOFU EGG SAUCE	● ✓	LEMON BUTTER SAUCE	● ✓	ROASTED CAJUN CHICKEN	● ✓			BRIYANI RICE	● ✓ ✓ ✓	BAKED POTATO	● ✓ ✓ ✓
	ASIAN	RATATOUILLE	● ✓ ✓ ✓	SAUTEED SPINACH	● ✓ ✓ ✓	ROASTED POTATO	● ✓ ✓	ZUCCHINI AU GRATIN	● ✓ ✓	MASHED POTATO	● ✓	BRINJOL CURRY	● ✓ ✓ ✓	CARROT SALAD	● ✓ ✓ ✓ ✓
	VEGETARIAN	GARLIC BREAD	● ✓ ✓	WHITE RICE	● ✓ ✓ ✓	SAUTEED FRENCH BEAN	● ✓ ✓ ✓	MUSHROOM SAUCE	● ✓ ✓	GARDEN SALAD	● ✓ ✓ ✓	PAPADOM	● ✓ ✓ ✓	GARLIC BREAD	● ✓ ✓
ASIAN	WATERMELON	● ✓ ✓ ✓ ✓	ORANGE	● ✓ ✓ ✓ ✓	CHOCOLATE ROLL	● ✓	HONEY DEW	● ✓ ✓ ✓ ✓	GREEN APPLE	● ✓ ✓ ✓ ✓	BANANA	● ✓ ✓ ✓ ✓	MINI MUFFIN	● ✓	

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

G

**BEST CHOICE**

A

**CHOOSE CAREFULLY**

R

**LIMIT CONSUMPTION**



**Delischool**



Prince of Wales International School

OCTOBER 2024



		MONDAY 14-Oct-24	T V D E G	TUESDAY 15-Oct-24	T V D E G	WEDNESDAY 16-Oct-24	T V D E G	THURSDAY 17-Oct-24	T V D E G	FRIDAY 18-Oct-24	T V D E G	SATURDAY 19-Oct-24	T V D E G	SUNDAY 20-Oct-24	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)	●		●	
		Aglío 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	● ✓		● ✓ ✓ ✓	
		BRAISED CABBAGE WITH GOJI BERRY	● ✓ ✓ ✓	CUCUMBER PICKLED	● ✓ ✓ ✓ ✓	STIR FRIED BEANSPROUT & CHIVES	● ✓ ✓ ✓	SAUTEED SIEW PAK CHOY	● ✓ ✓ ✓	MIXED VEGETABLE & MUSHROOM	● ✓ ✓ ✓	POTATO WEDGES	● ✓ ✓	WHITE RICE	● ✓ ✓ ✓	
															TURMERIC CABBAGE	● ✓ ✓ ✓
DESSERT		WATERMELON	● ✓ ✓ ✓ ✓	BUTTER CAKE	● ✓	ORANGE	● ✓ ✓ ✓ ✓	ASSORTED TART	● ✓	HONEYDEW	● ✓ ✓ ✓ ✓	ORANGE	● ✓ ✓ ✓ ✓	CHINESE PEAR	● ✓ ✓ ✓ ✓	
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	● ✓ ✓			CARAMELIZED BUTTER POTATO	● ✓	CORN RICE	● ✓ ✓ ✓	CURLEY POTATO	● ✓ ✓	
		SAUTEED BEANSPROUT	● ✓ ✓ ✓	BRAISED TOFU	● ✓ ✓	BRIYANI RICE	● ✓ ✓ ✓	GARLIC SESAME BROCCOLLI	● ✓ ✓ ✓			VEGETABLE STIR FRIED	● ✓ ✓ ✓	TOMATO SALAD	● ✓ ✓ ✓ ✓	
		SWEET CHILLI TOFU	● ✓ ✓ ✓	WHITE RICE	● ✓ ✓ ✓	PAPADOM	● ✓ ✓ ✓	WHITE RICE	● ✓ ✓	COBB SALAD	● ✓ ✓ ✓	EGG FOO YOUNG	● ✓ ✓	CREAMY MUSHROOM SOU	● ✓ ✓	
		HONEY DEW	● ✓ ✓ ✓ ✓	APPLE	● ✓ ✓ ✓ ✓	BUTTER CAKE	● ✓	BANANA	● ✓ ✓ ✓ ✓	YOGURT	● ✓ ✓ ✓ ✓	WATERMELON	● ✓ ✓ ✓ ✓	BROWNIE	● ✓	

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

G

**BEST CHOICE**

A

**CHOOSE CAREFULLY**

R

**LIMIT CONSUMPTION**





OCTOBER 2024



		MONDAY 21-Oct-24	T V D E G	TUESDAY 22-Oct-24	T V D E G	WEDNESDAY 23-Oct-24	T V D E G	THURSDAY 24-Oct-24	T V D E G	FRIDAY 25-Oct-24	T V D E G	SATURDAY 26-Oct-24	T V D E G	SUNDAY 27-Oct-24	T V D E G
BREAKFAST	WESTERN	YOUNG CHOW FRIED RICE	●	PANCAKE WITH HONEY	● ✓	PENANG STYLE CHAR KUAW TEOW	●	Montecristo	●	NON SPICY KAMPUNG FRIED RICE	● ✓	AMERICAN BREAKFAST (BAKED BEAN, SCRAMBLE EGG)	●		
	ASIAN	French Toast with Jam	● ✓	Tom Yam Noodles with Condiment	●	Toast Bread, Baked Bean Chicken Ham	●	Char Hor Fun with Condiment	● ✓	Egg Buritto	● ✓				
LUNCH	WESTERN	PARMESAN CRUSTED FISH	●	CREAMY SMOKED CHICKEN	● ✓	FISH MOUSSAKA	●	CHICKEN STROGANOFF	●	FISH PICCATA & TOMATO CILANTRO	●	BLACK PEPPER CHICKEN MEATBALL	●		
	ASIAN	POTATO AU GRATIN	● ✓	BUTTER SPAGHETTI	● ✓	TOMATO RICE	● ✓ ✓	HOMEMADE MASHED POTATO	● ✓ ✓	PENNE ARABIATA	● ✓	BAKED POTATO	● ✓ ✓		
	VEGETARIAN	TOMATO SALAD & DRESSING	● ✓ ✓	ROASTED VEGETABLE	● ✓ ✓ ✓	CARROT VINCHY & ENGLISH PARSLEY	● ✓ ✓ ✓ ✓	SAUERKRAUT	● ✓ ✓ ✓ ✓	VEGETABLE TIAN	● ✓ ✓ ✓ ✓	MIXED VEGETABLE	● ✓ ✓ ✓ ✓		
DINNER	WESTERN	AYAM MASAK MERAH	●	SWEET & SOUR FISH	● ✓ ✓ ✓	BUTTER MILK CHICKEN	●	IKAN GORENG BEREMPAH	● ✓	HAINAN CHICKEN RICE	● ✓ ✓			HONEY CHICKEN	● ✓
	ASIAN	NASI TOMATO	● ✓ ✓ ✓	WHITE RICE	● ✓ ✓ ✓	FRIED YEE MEE	● ✓ ✓ ✓	STEAMED RICE	● ✓ ✓ ✓					WHITE RICE	● ✓ ✓ ✓
	VEGETARIAN	SAYUR CAMPUR	● ✓ ✓ ✓	SAUTEED EGGPLANT	● ✓ ✓ ✓ ✓	SAUTEED BEAN SPROUT & TOFU	● ✓ ✓ ✓ ✓	VEGETABLE CURRY	● ✓ ✓ ✓ ✓	SALAD, TOMATO AND CUCUMBER	● ✓ ✓ ✓ ✓			STIR FRIED LADY FINGER	● ✓ ✓ ✓ ✓
DESSERT	WESTERN	TOFU MASAK MERAH	●	CREAMY VEGGIE CHICKEN	● ✓	VEGGIE BUTTER MILK CHICKEN	●	MUSHROOM TEMPURA	● ✓ ✓ ✓	VEGETARIAN FRIED RICE	● ✓ ✓ ✓	BLACK PEPPER VEGGIE CHICKEN	● ✓ ✓ ✓	VEGGIE HONEY CHICKEN	● ✓ ✓ ✓
	ASIAN	NASI TOMATO	● ✓ ✓ ✓	BUTTER SPAGHETTI	● ✓	FRIED YEE MEE	● ✓ ✓ ✓	STEAMED RICE	● ✓ ✓ ✓	SALAD, TOMATO AND CUCUMBER	● ✓ ✓ ✓ ✓	BAKED POTATO	● ✓ ✓ ✓	WHITE RICE	● ✓ ✓ ✓
	VEGETARIAN	SAYUR CAMPUR	● ✓ ✓ ✓	ROASTED VEGETABLE	● ✓ ✓ ✓	SAUTEED BEAN SPROUT & TOFU	● ✓ ✓ ✓ ✓	VEGETABLE CURRY	● ✓ ✓ ✓ ✓			MIXED VEGETABLE	● ✓ ✓ ✓ ✓	STIR FRIED LADY FINGER	● ✓ ✓ ✓ ✓
DINNER	DESSERT	BREAD BUTTER PUDDING	● ✓ ✓ ✓ ✓	FRUIT SALAD	● ✓ ✓ ✓ ✓	APPLE	● ✓ ✓ ✓ ✓	COOKIES	● ✓ ✓ ✓	WATERMELON	● ✓ ✓ ✓ ✓	BANANA	● ✓ ✓ ✓ ✓	HONEY DEW	● ✓ ✓ ✓ ✓
	WESTERN	CHICKEN BOLOGNISE	●	KAM HEONG CHICKEN	● ✓	GRILLED FISH FILLET	● ✓	GARLIC PESTO SPIRAL	● ✓	BEEF STEW	● ✓	FISH VARUVAL	● ✓	CHICKEN & MUSHROOM STEW	● ✓
	ASIAN	GARLIC BUTTER PASTA	● ✓	SOFT TOFU EGG SAUCE	● ✓	LEMON BUTTER SAUCE	● ✓	ROASTED CAJUN CHICKEN	● ✓			BRIYANI RICE	● ✓ ✓ ✓	BAKED POTATO	● ✓ ✓ ✓
	VEGETARIAN	RATATOUILLE	● ✓ ✓ ✓	SAUTEED SPINACH	● ✓ ✓ ✓	ROASTED POTATO	● ✓ ✓	ZUCCHINI AU GRATIN	● ✓ ✓	MASHED POTATO	● ✓	BRINJOL CURRY	● ✓ ✓ ✓	CARROT SALAD	● ✓ ✓ ✓ ✓
	DESSERT	GARLIC BREAD	● ✓ ✓	WHITE RICE	● ✓ ✓ ✓	SAUTEED FRENCH BEAN	● ✓ ✓ ✓	MUSHROOM SAUCE	● ✓ ✓	GARDEN SALAD	● ✓ ✓ ✓	PAPADOM	● ✓ ✓ ✓	GARLIC BREAD	● ✓ ✓
DESSERT	WATERMELON	● ✓ ✓ ✓ ✓	ORANGE	● ✓ ✓ ✓ ✓	CHOCOLATE ROLL	● ✓	HONEY DEW	● ✓ ✓ ✓ ✓	GREEN APPLE	● ✓ ✓ ✓ ✓	BANANA	● ✓ ✓ ✓ ✓	MINI MUFFIN	● ✓	

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

T

**GREEN**

BEST CHOICE

A

**AMBER**

CHOOSE CAREFULLY

R

**RED**

LIMIT CONSUMPTION





Prince of Wales International School

OCTOBER 2024



		MONDAY 28-Oct-24	T V D E G	TUESDAY 29//10/2024	T V D E G	WEDNESDAY 30-Oct-24	T V D E G	THURSDAY 31-Oct-24	T V D E G	FRIDAY	T V D E G	SATURDAY 4-May-24	T V D E G	SUNDAY 5-May-24	T V D E G
BREAKFAST	WESTERN	BRAISED HOKKIEN MEE Aglío Olio	● ✓	MUSHROOM FRIED RICE Toast Bun, Baked Bean Chicken Ham	● ✓	TUNA MAYO SANDWICH Noodles Soup	● ✓	Curry Mee with Condiment Pancake with Fruits	● ✓ ✓						
	ASIAN	CREAMY CHEEZY CHICKEN GARLIC HERB SPAGHETTI CAESAR SALAD	● ✓	GRILLED PERCH FILLET WITH SALSA MASHED POTATO HONEY GLAZED CARROT	● ✓ ✓	ROASTED CHICKEN CHOP WITH GRAVY BUTTER RICE BRINJOL WITH CAMELIZED ONION	● ✓ ✓ ✓	TEMPURA FISH FILLET FRENCH FRIES COLESLAW	● ✓ ✓						
LUNCH	WESTERN	FRIED FISH WITH PLUM SAUCE WHITE RICE BRAISED CABBAGE WITH GOJI BERRY	● ✓ ✓ ✓	CHICKEN RENDANG GHEE RICE CUCUMBER PICKLED	● ✓ ✓ ✓	KOREAN GRILLED FISH FRIED GLASS NOODLE STIR FRIED BEANSPROUT & CHIVES	● ✓ ✓ ✓	CHICKEN SZECHUAN WHITE RICE SAUTEED SIEW PAK CHOY	● ✓ ✓ ✓						
	ASIAN	VEGETARIAN FISH WITH PLUM SAUCE WHITE RICE BRAISED CABBAGE WITH GOJI BERRY	● ✓ ✓ ✓	VEGGIE CHICKEN RENDANG STEAM RICE CUCUMBER PICKLED	● ✓ ✓ ✓	VEGGIE SPRING ROLL FRIED GLASS NOODLE STIR FRIED BEANSPROUT & CHIVES	● ✓ ✓ ✓	VEGGIE CHICKEN SZECHUAN WHITE RICE SAUTEED SIEW PAK CHOY	● ✓ ✓ ✓						
DINNER	DESSERT	WATERMELON	● ✓ ✓ ✓ ✓	BUTTER CAKE	● ✓	ORANGE	● ✓ ✓ ✓ ✓	ASSORTED TART	● ✓						
	DESSERT	CHICKEN TERIYAKI JAPANESE RICE SAUTEED BEANSPROUT SWEET CHILLI TOFU HONEY DEW	● ✓ ✓ ✓	IKAN MASAK ASAM PEDAS MILD CHILLI BRINJAL BRAISED TOFU WHITE RICE APPLE	● ✓ ✓ ✓	CHICKEN CURRY MASALA TURMERIC CABBAGE BRIYANI RICE PAPADOM BUTTER CAKE	● ✓ ✓ ✓	BLACK PEPPER FISH WITH SPRING ONION GARLIC SESAME BROCCOLLI WHITE RICE BANANA	● ✓ ✓ ✓						

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

