



NOVEMBER 2024



		MONDAY 4-Nov-24				TUESDAY 5-Nov-24				WEDNESDAY 6-Nov-24				THURSDAY 7-Nov-24				FRIDAY 8-Nov-24				SATURDAY 9-Nov-24				SUNDAY 10-Nov-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	WESTERN	GRILLED CHICKEN SLICE & CHEESE BREAKFAST BUN				TOAST BUN, CHICKEN PATTY WITH CHEESE				PANCAKE & HONEY				SLICE TURKEY HAM BAKED BEAN OMELETTE				BAKED CHICKEN NUGGET SUNNY SIDE UP				SCRAMBLE EGG, FRENCH TOAST & CHEESE														
	ASIAN					KAMPUNG FRIED RICE WITH EGG				SINGAPORE FRIED BEEHOON				MEE CURRY WITH CONDIMENT				ROTI CANAI WITH POTATO CURRY																		
LUNCH	WESTERN	CHICKEN MARYLAND				GRILLED PERCH FILLET WITH SALSA				BEEF BOLOGNESE				CHICKEN WITH CHEEZY SAUCE				FISH FINGER				CHICKEN FAJITAS														
	ASIAN	GRATIN POTATO				MASHED POTATO				GARLIC PARSLEY SPAGHETTI				PILAF RICE				BAKED MAC & CHEESE				TOMATO SALSA														
	VEGETARIAN	CAESAR SALAD				STEAMED GREEN PEAS				MIXED GARDEN SALAD				GARLIC BROCCOLI				MIXED SALAD				POTATO SALAD														
DINNER	WESTERN	SWEET AND SOUR PERCH FILLET				THAI MANGO CRISPY CHICKEN				MILD FISH MASALA				PADPRIK SEAFOOD				AYAM SAMBAL HITAM MANIS				FISH CURRY WITH LADYFINGER														
	ASIAN	WHITE RICE				WHITE RICE				GHEE RICE				WHITE RICE				STEAMED				WHITE RICE														
	VEGETARIAN	SAUTEED LADY FINGER				STIR FRY THAI MIXED VEGETABLE				PINEAPPLE CUCUMBER PICKLE				SAUTEED SIEW PAK CHOY				MIXED VEGETABLE & MUSHROOM				TURMERIC CABBAGE														
DESSERT	WESTERN	VEGGIE CHICKEN MARYLAND				VEGGIE THAI MANGO CRISPY CHICKEN				VEGGIE BEEF BOLOGNESE				VEGGIE PADPRIK SEAFOOD				VEGGIE FISH FINGER				VEGETARIAN CHICKEN TOM YAM				VEGGIE CHICKEN CARBONARA										
	ASIAN	BUTTER SPAGHETTI				VEGETARIAN FRIED MEE				GARLIC PARSLEY SPAGHETTI				WHITE RICE				BAKED MAC & CHEESE				STEAMED GLASS NOODLES				BUTTER SPAGHETTI										
		VEGETARIAN CAESAR SALAD				STIR FRY THAI MIXED VEGETABLE				MIXED GARDEN SALAD				SAUTEED SIEW PAK CHOY				MIXED SALAD				POTATO WEDGES				GARDEN SALAD										
		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										
	ASIAN	STEAMED RICE				BAKED POTATO				BRAISED CABBAGE WITH GOJI BERRY								MASHED POTATO				CORN RICE				OVEN BAKED POTATO										
	VEGETARIAN	STIR FRY CABBAGE				HONEY GLAZE CARROT				WHITE RICE				BRAISED SIEW PAK CHOY								STIR FRIED CHOI TAM				MIX SALAD										
	DESSERT	PAPADAM								FRIED EGGS				WHITE RICE				SAUTEED FRENCH BEAN & CARROT				EGG FOO YOUNG				MUSHROOM SOUP										
		HONEY DEW				APPLE				WATERMELON				MUFFIN				BANANA CAKE				WATERMELON				BUTTER CAKE										

Information & Privilege:
 All the food served are Halal
 Menu may change according to food supply seasons
 Delicious 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 colouring in our products on

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



NOVEMBER 2024



		MONDAY 11-Nov-24	T V D E G	TUESDAY 12-Nov-24	T V D E G	WEDNESDAY 13-Nov-24	T V D E G	THURSDAY 14-Nov-24	T V D E G	FRIDAY 15-Nov-24	T V D E G	SATURDAY 16-Nov-24	T V D E G	SUNDAY 17-Nov-24	T V D E G
BREAKFAST	WESTERN	SCRAMBLE EGG, ENGLISH MUFFIN	●	GRILLED SAUSAGE OMELETTE	● ✓	PAN CAKE WITH HONEY	●	FRENCH TOAST BAKED BEAN	●	FRIED EGG & CHEESE ENGLISH MUFFIN	● ✓	LONTONG WITH CONDIMENT	●		
	ASIAN	BEEHOON GORENG	● ✓	CANTONESE KWAY TEOW	●	YOUNG CHOW FRIED RICE	●	CHICKEN PORRIDGE	● ✓	TOM YAM NOODLES SOUP WITH CONDIMENT	● ✓				
LUNCH	WESTERN	FISH CANNELONI	●	ROSEMARY CHICKEN & MUSHROOM SAUCE	● ✓	FISH MARINARA	●	BEEF LASAGNA	●	FISH KEBAB	●	CHICKEN MEATBALL IN TOMATO SAUCE	●		
	ASIAN	POTATO WEDGES	● ✓	PILAF RICE	● ✓	BUTTER HERB PENNE	● ✓ ✓			PITA BREAD	● ✓	SPIRAL ARRABBIATA	● ✓ ✓		
	VEGETARIAN	GARDEN SALAD	● ✓ ✓	CARROT VINCHY	● ✓ ✓ ✓	TUNA SALAD	● ✓ ✓ ✓ ✓	COLESLAW	● ✓ ✓ ✓ ✓	GARDEN SALAD	● ✓ ✓ ✓ ✓	CAESAR SALAD	● ✓ ✓ ✓ ✓		
DESSERT	WESTERN	AYAM MASAK MERAH	●	ASAM PEDAS IKAN	● ✓ ✓	BLACK PEPPER CHICKEN WITH SPRING ONION	●			HAINANESE CHICKEN RICE	● ✓ ✓			CHICKEN TANDOORI	● ✓
	ASIAN	NASI TOMATO	● ✓ ✓ ✓	STEMED RICE	● ✓ ✓ ✓	CHICKEN BULGOGI STEAMED RICE	● ✓ ✓ ✓			WITH SALAD, TOMATO AND CUCUMBER	● ✓ ✓ ✓ ✓			WHITE RICE	● ✓ ✓ ✓
	VEGETARIAN	ACAR RAMPAI	● ✓ ✓ ✓	TERUNG SAMBALADO	● ✓ ✓ ✓ ✓	FRIED KUAW TEOW	● ✓ ✓ ✓	SUNDUBU JJIGAE	● ✓ ✓ ✓					STIR FRY TURMERIC CABBAGE	● ✓ ✓ ✓ ✓
DESSERT	WESTERN	VEGE CHICKEN MASAK MERAH	●	VEGGIE CHICKEN WITH MUSHROOM SAUCE	● ✓	VEGGIE BLACK PEPPER CHICKEN	●			VEGGIE FISH KEBAB	● ✓ ✓	BLACK PEPPER VEGGIE CHICKEN	● ✓ ✓	VEGGIE HONEY CHICKEN	● ✓ ✓
	ASIAN	NASI TOMATO	● ✓ ✓ ✓	PILAF RICE	● ✓	FRIED KUAW TEOW	● ✓ ✓ ✓	VEGGIE PRAWN CURRY STEAMED RICE	● ✓ ✓ ✓	PITA BREAD	● ✓ ✓ ✓ ✓	STEAMED RICE	● ✓ ✓	WHITE RICE	● ✓ ✓ ✓
	VEGETARIAN	ACAR RAMPAI	● ✓ ✓ ✓	CARROT VINCHY	● ✓ ✓ ✓ ✓	BRAISED SIEW PAK CHOI	● ✓ ✓ ✓	STIR FRY CABBAGE	● ✓ ✓ ✓	GARDEN SALAD	● ✓ ✓ ✓ ✓	MIXED VEGETABLE	● ✓ ✓ ✓ ✓	MIXED VEGETABLE WITH MUSHROOM	● ✓ ✓ ✓ ✓
DINNER	WESTERN	BREAD BUTTER PUDDING	● ✓ ✓ ✓ ✓	FRUIT SALAD	● ✓ ✓ ✓ ✓	ORANGE	● ✓ ✓ ✓ ✓	WATERMELON	● ✓ ✓	MUFFIN	● ✓ ✓ ✓ ✓	BANANA	● ✓ ✓ ✓ ✓	JELLY PUDDING	● ✓ ✓ ✓ ✓
	ASIAN	CHICKEN PUTTANESCA	●	SEAFOOD TOMYAM	● ✓	GRILLED FISH FILLET	● ✓	ROASTED CAJUN CHICKEN	● ✓	BEEF GOULASH STEW	● ✓	CHICKEN MASSALA	● ✓	FRIED CRISPY FISH WITH SALSA	● ✓
	VEGETARIAN	GARLIC BUTTER SPIRAL	● ✓	OMMELETE	● ✓	LEMON BUTTER SAUCE	● ✓	PENNE ARABIATA	● ✓			BRIYANI RICE	● ✓ ✓ ✓	AGLIO ALIO SPAGHETTI	● ✓ ✓ ✓
	ASIAN	RATATOUILLE	● ✓ ✓ ✓	STIR FRY LONG BEAN	● ✓ ✓ ✓	PILAF RICE	● ✓ ✓	CAULIFLOWER AU GRATIN	● ✓ ✓	MASHED POTATO	● ✓	DHALL CURRY	● ✓ ✓ ✓	TUNA SALAD	● ✓ ✓ ✓ ✓
	VEGETARIAN	GARLIC BREAD	● ✓ ✓	WHITE RICE	● ✓ ✓ ✓	SAUTEED FRENCH BEAN	● ✓ ✓ ✓	BROCOLLI SOUP	● ✓ ✓	CEASER SALAD	● ✓ ✓ ✓	PAPADOM	● ✓ ✓ ✓	GARLIC BREAD	● ✓ ✓
DESSERT	WATERMELON	● ✓ ✓ ✓ ✓	BUTTER CAKE	● ✓ ✓ ✓ ✓	BANANA CAKE	● ✓	HONEY DEW	● ✓ ✓ ✓ ✓	BANANA	● ✓ ✓ ✓ ✓	IFILIY PUDDING	● ✓ ✓ ✓ ✓	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 colouring in our products
 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

