



Prince of Wales Island  
International School

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									
							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									
		GRATIN POTATO					MASHED POTATO					GARLIC PARSLEY SPAGHETTI					PILAF RICE					BAKED MAC & CHEESE					TOMATO SALSA									
		CAESAR SALAD					STEAMED GREEN PEAS					MIXED GARDEN SALAD										MIXED SALAD					POTATO SALAD									
	ASIAN	SWEET AND SOUR PERCH FILLET					THAI MANGO CRISPY CHICKEN					MILD FISH MASALA					PADPRIK SEAFOOD					AYAM SAMBAL HITAM MANIS										FISH CURRY WITH LADYFINGER				
		WHITE RICE					WHITE RICE					GHEE RICE					WHITE RICE					STEAMED					WHITE RICE									
		SAUTEED LADY FINGER					STIR FRY THAI MIXED VEGETABLE					PINEAPPLE CUCUMBER PICKLE					SAUTEED SIEW PAK CHOY					MIXED VEGETABLE & MUSHROOM					TURMERIC CABBAGE									
	VEGETARIAN	VEGGIE CHICKEN MARYLAND					VEGGIE THAI MANGO CRISPY CHICKEN					VEGGIE BEEF BOLOGNESE					VEGGIE PADPRIK SEAFOOD					VEGGIE FISH FINGER					VEGETARIAN CHICKEN TOM YAM					VEGGIE CHICKEN CARBONARA				
		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				
DESSERT		WATERMELON					BUTTER CAKE					ORANGE					BANANA					HONEYDEW					ORANGE					BREAD BUTTER PUDDING				

DINNER

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 CHOI	• ✓ ✓ ✓		• ✓	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	• ✓ ✓

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





Prince of Wales Island  
International School

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		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	● ✓				
LUNCH	WESTERN	FISH CANNELLONI	●	ROSEMARY CHICKEN & MUSHROOM SAUCE	● ✓	FISH MARINARA	●	BEEF LASAGNA	●	FISH KEBAB	●	CHICKEN MEATBALL IN TOMATO SAUCE	●		
		POTATO WEDGES	● ✓	PILAF RICE	● ✓	BUTTER HERB PENNE	● ✓ ✓			PITA BREAD	● ✓	SPIRAL ARRABBIATA	● ✓ ✓		
		GARDEN SALAD	● ✓ ✓	CARROT VINCHY	● ✓ ✓ ✓	TUNA SALAD	● ✓ ✓ ✓ ✓	COLESLAW	● ✓ ✓ ✓ ✓	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	● ✓ ✓ ✓		● ✓ ✓ ✓	CHICKEN BULGOGI STEAMED RICE	● ✓ ✓ ✓	WITH				WHITE RICE	● ✓ ✓ ✓
		ACAR RAMPAI	● ✓ ✓ ✓	TERUNG SAMBALADO	● ✓ ✓ ✓ ✓	FRIED KUAW TEOW	● ✓ ✓ ✓	SUNDUBU JJIGAE	● ✓ ✓ ✓	SALAD, TOMATO AND CUCUMBER	● ✓ ✓ ✓ ✓			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	● ✓ ✓ ✓	VEGGIE PRAWN CURRY STEAMED RICE	● ✓ ✓ ✓	PITA BREAD	● ✓ ✓ ✓ ✓	STEAMED RICE	● ✓ ✓	WHITE RICE	● ✓ ✓ ✓
		ACAR RAMPAI	● ✓ ✓ ✓	CARROT VINCHY	● ✓ ✓ ✓	BRAISED SIEW PAK CHOI	● ✓ ✓ ✓	STIR FRY CABBAGE	● ✓ ✓ ✓	GARDEN SALAD		MIXED VEGETABLE	● ✓ ✓ ✓ ✓	MIXED VEGETABLE WITH MUSHROOM	● ✓ ✓ ✓
	DESSERT	BREAD BUTTER PUDDING	● ✓ ✓ ✓ ✓	FRUIT SALAD	● ✓ ✓ ✓ ✓	ORANGE	● ✓ ✓ ✓ ✓	WATERMELON	● ✓ ✓	MUFFIN	● ✓ ✓ ✓ ✓	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	● ✓ ✓ ✓	BROCOLLI SOUP	● ✓ ✓	CEASER SALAD	● ✓ ✓ ✓	PAPADOM	● ✓ ✓ ✓	GARLIC BREAD	● ✓ ✓
		WATERMELON	● ✓ ✓ ✓ ✓	BUTTER CAKE	● ✓ ✓ ✓ ✓	BANANA CAKE	● ✓	HONEY DEW	● ✓ ✓ ✓ ✓	BANANA	● ✓ ✓ ✓ ✓	JELLY 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 on  
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





NOVEMBER 2024



		MONDAY 18-Nov-24					TUESDAY 19-Nov-24					WEDNESDAY 20-Nov-24					THURSDAY 21-Nov-24					FRIDAY 22-Nov-24					SATURDAY 23-Nov-24					SUNDAY 24-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													
BREAKFAST		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	●																
														✓	✓																													
WESTERN							STIR FRIED LOH SEE FUN	●				CHICKEN PORRIDGE	●				BRAISED HOKKIEN MEE	●	✓	✓		NASI LEMAK WITH CONDIMENT		✓	✓	✓																		
	SMOKE CHICKEN CARBONARA		●				PERCH FILLET FLORENTINE		●	✓		GRILLED CHICKEN CHICKEN GRAVY		●			MEDITERRANEAN GRILLED FISH		●			CHICKEN LASAGNA	●				TEMPURA FISH FILLET	●																
	GARLIC HERB SPAGHETTI		●				BOILED POTATO WITH HERBS		●	✓		BUTTER RICE		●	✓		PARMESAN COUSCOUS	●	✓			GARLIC BREAD		✓	✓	✓	✓	FRENCH FRIES	●	✓	✓	✓												
	CARROT SALAD		●	✓			SAUTEED SPINACH		●	✓	✓	✓	CARAMELIZED CARROT WITH ONION		●	✓	✓	✓	CAULIFLOWER AU GRATIN		●	✓		✓	FRESH GARDEN SALAD		●	✓	✓	✓	✓	STEAMED GREEN PEAS		●	✓	✓	✓							
ASIAN							DAGING DENDENG MINANG	●		✓		KOREAN GRILLED FISH		●			TERIYAKI CHICKEN		●			IKAN MASAK TIGA RASA		●						CHICKEN & POTATO CURRY	●			✓										
							NASI MINYAK		●	✓	✓	✓	KOREAN RAMEN NOODLES		●	✓		STEAMED JAPANESE RICE		●	✓	✓	✓	SIAMESE NOODLE		●	✓	✓	✓		WHITE RICE		●	✓	✓	✓								
							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		●	✓	✓	✓						
	STEAMED RICE		●	✓	✓	✓	NASI MINYAK		●	✓	✓	✓	KOREAN RAMEN NOODLES		●	✓		PARMESAN COUSCOUS		●	✓	✓	✓	GARLIC BREAD		●	✓	✓	✓		CORN RICE		●	✓										
	SAUTEED CABBAGE		●	✓	✓	✓	ACAR TIMUN DAN NENAS		●	✓	✓	✓	SESAME PAK CHOY		●	✓	✓	✓	CAULIFLOWER AU GRATIN		●	✓	✓	✓	FRESH GARDEN SALAD		●	✓	✓	✓	✓	MILD CHICPEAS CURRY		●	✓		✓							
																																CROUTON SALAD		●	✓	✓	✓	✓						
DESSERT		WATERMELON		●	✓	✓	✓	BUTTER CAKE	●	✓			ORANGE		●	✓	✓	✓	BREAD BUTTER PUDDING	●	✓			HONEYDEW		●	✓	✓	✓	✓	APPLE		●	✓	✓	✓	✓	BANANA CAKE		●	✓	✓	✓	✓

DINNER	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	●	✓		
	STEAMED JAPANESE RICE	●	✓	✓	COLESLAW	●	✓	✓	MILD CURRY BRINJOL	●	✓	✓	BOILED EGG	●	✓	✓		POTATO WEDGES				PINEAPPLE FRIED RICE	●	✓	✓	MASHED POTATO	●	✓	✓
	SAUTEED BEANSPOUT	●	✓	✓	MUSHROOM SOUP	●	✓	✓	STEAMED RICE	●	✓	✓	MILD CHILLI LADY FINGER	●	✓	✓			✓		BRAISED LONG CABBAGE	●	✓	✓	CEASER SALAD	●	✓	✓	
	SWEET CHILLI TOFU	●	✓	✓	GARLIC BREAD	●	✓	✓	TOFU TIKKA MASALA	●	✓	✓	STEAMED RICE	●	✓	✓		COBB SALAD	●	✓	✓	EGG FOO YOUNG	●	✓	✓	PUMPKIN SOUP	●	✓	✓
	MUFFIN	●	✓	✓	WATERMELON	●	✓	✓	ORANGE	●	✓		BANANA	●	✓	✓		FRIIITS SAI AN	●	✓	✓	BUTTER CAKE	●	✓	✓	PAPAYA	●	✓	

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  
saturate  
d fat,  
the  
sugar  
content  
and  
artificial  
colourin  
g in our  
producti  
on  
  
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

