



MARCH 2025



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		MONDAY		TUESDAY		WEDNESDAY			THURSDAY			FRIDAY		SATURDAY		SUNDAY	
														8-Mar-25			TVDEG
ta l		SINGAPORE FRIED BEE HOON	•	CHICKEN PORRIDGE		EGG BURITO	• •			• •		YEEFUMEE	•	AMERICAN BREAKFAST			
BREAKFAST		BAKED BEAN,FRENCH	•	AGLIO OLIO		PINEAPPLE FRIED RICE	•	TOM	NYAM MAGGIE			CREAMY HAM ORZO	•	(PANCAKE, SUNNY SIDE UP EGGS AND SAUSAGE)			
BRE,		TOAST &HAM															
		CHICKEN CARBONARA		PERCH FILLET		MUSHROOM CHICKEN		FRE	NCH CHICKEN		J.	FISH MARINARA		GRILLED HERB CHICKEN			
	쫉	CHICKEN CARDONARA	•	PENCITTELLI		STEW		В	LANQUETTE	•	•	TISTI WANTANA		GNILLED FIERD CHICKEN			
	WESTERN	PASTA	• •	✓ ROASTED HERB POTATO	0 • •	PILAF RICE	• , , ,	SPAGHE	ETTI WITH BUTTE	R • 🗸	•	PASTA	• • •	PENNE ARRABIATA	• • • •	•	
		GARLIC BUTTER SPINACH	• •	✓ HONEY GLAZED CARRO	T • • •	✓ MIXED VEGETABLE	• • •	• 0	GREEN PEAS	• • •		FRESH GARDEN SALAD	•	GARDEN VEGETABLES	• • • •	•	
		BLACK PEPPER FISH WITH CAPSICUM	• •	CREAMY SALTED EGG CHICKEN	• •	FRIED FISH WITH GINGE		G	SINGER FISH	•		BUTTER CHICKEN	•			SWEET & SOUR FISH	•
	ASIAN	STEAMED RICE	• • • •	STEAMED RICE	• , , ,	FRIED NOODLES CHINES	E • •	ST	EAMED RICE	• •	~ ~	STEAMED RICE	• • • •			STEAMED RICE	• • • •
LUNCH		LONG CABBAGE WITH CARROT	• • • •	✓ ✓ MIXED VEGETABLE	• • • •	✓ CHAP CHAI VEGETABLE	• • • •	✓ LONG	BEAN WITH EGG	• • •	•	SAUTEED KAILAN	• , , , ,			BRAISED SIEW POK CHOY	• , , , ,
3																	
	IIAN	VEGETARIAN FISH SAMBAL	• •	KUNG PAO TOFU	• •	VEGETARIAN SPRING ROLL		VEGETA	ARIAN MARINARA SAUCE	A • • •	•	VEGETARIAN CHICKEN	• •				
	VEGETARIAN	STEAMED RICE	• • •	STEAMED RICE	• , , ,	FRIED NOODLES CHINES	E • • •		PASTA	• • •	•	ROASTED PUMPKIN AND POTATO	• , , , ,				
	VEG	LONG CABBAGE WITH CARROT	• • • •	✓ MIXED VEGETABLE	• • •	✓ CHAP CHAI VEGETABLE	• • • •	✓ FRESH	I GARDEN SALAD	• • •	~ ~	GREEN PEAS AND CARROT	,,,,				
	DESSERT	WATERMELON		POUND CAKE		ORANGE	•	CUC	OCOLATE ROLL	•		HONEYDEW		ORANGE		CHINESE PEAR	
	DES	WATERMELON	• , , ,			ORANGE	• , , ,		JCOLATE ROLL			HONEYDEW	• , , , ,	ORANGE	• , , , ,		• , , , ,
			• • • • • • • • • • • • • • • • • • • •	, ,	•										• • • • •	<u> </u>	<u> </u>
														CREAMY POTATO SOUP	,	CHICKEN SOUP	, , ,
		GRILLED CHICKEN	•	MALACCA ASSAM FISH	· • •	✓ AYAM MASAK MERAH	•	→ BF	READED FISH	•	, ,	GINGER CHICKEN	• • •	THAI FISH	•	CHICKEN CHOP BLACK PEPPER SAUCE	•
		BBQ SAUCE	•	MILD CHILLI BRINJAL	• , ,	ACAR RAMPAI	• • • •	TA	ARTAR SAUCE	• ,		SWEET AND SOUR TOFU	• •	CORN RICE	• • • •	POTATO WEDGES	• , , , ,
VER		SAUTEED POTATO	• , , ,	BRAISED TOFU	• • •	TOMATO RICE	• • • •	РОТ	TATO WEDGES	• , ,		KANGKUNG BELACAN	• •	VEGETABLE STIR FRIED	• , , , ,	TOMATO SALAD	• , , , ,
DINNER		GARDEN SALAD	• , , ,	WHITE RICE	• , , ,	FRUIT COMPOTE	• • •		COLESLAW	• ,		STEAMED RICE	• • • •	EGG FOO YOUNG	• • • •		
		HONEY DEW	• , , ,	APPLE	• , , ,	BUTTER CAKE	•		BANANA	• , ,		YOGURT	• •	WATERMELON	• , , , ,	BROWNIE	• •
				•	•	•	•			. •	•				^	elischool	
												MA.	WATER CO.				

Information & Privilege:
All the food served are Halal
Menu may change according to food supply seasons
Delischool Healthy Food Guidelines
No added salf in cooking. All our food is MSG (innonsoldum glutamate) free
We reduce saturated fat, the supar content and artificial coloring in our production
We bake, gift and steam rather than the content and artificial coloring in our production
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We bake, gift and steam rather than the content and Alphomoto free

T: TRAFFIC LIGHT SYSTEM V: VEGETARIAN D: DAIRY FREE E: EGG FREE G: GLUTEN FREE



















MARCH 2025

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	MONDAY 10-Mar-25		TUESDAY 11-Mar-25		WEDNESDAY 12-Mar-25		THURSDAY 13-Mar-25		FRIDAY 14-Mar-25		SATURDAY 15-Mar-25		SUNDAY 16-Mar-25	
KFAST	CHICKEN PORRIDGE	• • •	ENGLISH MUFFIN, BAKED BEAN,HAM	• •	KOEYTEOW SOUP	•	FRIED MEE HOON	•	CHARHORFUN	• •	FRIED MEE HOON WITH EGG & TEA TARIK		10 Mai 25	, , , ,
BKEA	MONTE CRISTO		MEE GORENG MAMAK		STIRFRY PASTA		EGG BURITTO		PANCAKE WITH HONEY					
Z	OVEN BAKED FISH	• • •	CHICKEN MEATBALL TOMATO SAUCE	• • •	OVEN BAKED FISH	•	BRAISED CHICKEN IN TOMATO SAUCE	• •	FISH & CHIPS	• • •	GRILLED FISH WITH LEMON			
WESTERN	ROASTED POTATO WITH CARROT	• •	SPAGHETTI	• •	MASHED POTATO	• • •	FRENCH BAGUETTE	• • •	COLESLAW	• • • •	BUTTER RICE	• • •		
>	CAULIFLOWER AU GRATIN	• • •	GARDEN SALAD	•	FRENCH BEAN	• • • • •	MIXED VEGETABLE	• , , , ,	GARDEN SALAD	•	MIXED VEGETABLE	• , , , ,		
_	CHICKEN KURMA	•	STEAMED FISH WITH SOY	Y • •	SWEET AND SOUR CHICKEN		FISH CURRY	• •	HAINAN CHICKEN RICE	• • •			CHICKEN RENDANG	• •
ASIAN	GHEE RICE	• • • •	STEAMED RICE	• • • •	TOMATO RICE	• • • •	STEAMED RICE	• , , ,					STEAMED RICE	• • • •
	CABBAGE WITH CARRO	г • • • •	SAUTEED EGGPLANT	• • • • •	SAUTEED BEAN SPROUT	• • • •	CHOY TAM WITH OYSTER SAUCE		SALAD, TOMATO AND CUCUMBER	•			STIR FRIED LADY FINGER	• • • •
VEGETARIAN	TOFU SAMBAL GHEE RICE CABBAGE WITH CARRO	• • • • •	VEGETARIAN CHICKEN BOLOGNAISE SPAGHETTI GARDEN SALAD	• • • • • • • • • • • • • • • • • • • •	VEGETARIAN SWEET AND SOUR CHICKEN STEAMED RICE SAUTEED BEAN SPROUT	• • • •	VEGETARIAN PIZZA CAESAR SALAD	• • •	VEGETARIAN FRIED RICE SALAD, TOMATO AND CUCUMBER	• • • • •				
	CABBAGE WITH CARRO		GARDEN SALAD		SACTEED BEAR STROOT		CALSAII SALAD							
DESSERT	SLICED FRUITS	• • • • •	FRUIT SALAD	• • • • •	APPLE	• • • • •	COOKIES	• • •	WATERMELON	• • • • •	SLICED DRAGON FRUIT	• • • • •	HONEY DEW	• > > >
	CHICKEN MARYLAND	•	KAM HEONG CHICKEN	•	BREADED FISH FILLET	• , ,	STIRFRY PENNE	• •	LAMB CURRY WITH CARRO	г• 🗸	AYAM MASAK MERAH	•	HERB ROASTED FISH	•
	AGLIO OLIO PASTA	• , , , ,	IAPANESE TOFU EGG SAUG	CI • 🗸	CHEEZY CREAMY SAUCE	• •	GRILLED CAJUN CHICKEN	l •	ALOO GOBI	• •	NASI TOMATO	• • • •	SPAGHETTI ALFREDO	• • • •
DINNER	BUTTER HERB CAULIFLOW	/EI • • • •	SAUTEED SPINACH	• , , , ,	ROASTED POTATO	• • • •	ZUCCHINI AU GRATIN	• •	TURMERIC CABBAGE	• ,	ACAR RAMPAI	• , , , ,	GRATED CARROT	• , , , ,
	GARLIC BREAD	• •	STEAMED RICE	• , , ,	CARROT AND FRENCH BEA	V • ^	BROWN SAUCE	• , , ,	STEAMED RICE	• • • •	PAPADOM	• • •	GARLIC BREAD	• •
	WATERMELON	• , , , ,	ORANGE	• , , , ,	CHOCOLATE ROLL	• •	HONEY DEW	• , , ,	CHEESE TART	• 0 0	BANANA	•	MINI MUFFIN	• 5 5

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	MONDAY 17-Mar-25		TUESDAY 3 18-Mar-25		WEDNESDAY 19-Mar-25		THURSDAY G 20-Mar-25		FRIDAY 21-Mar-25				SUNDAY 23-Mar-25	TVDEG
AKFAST	BRAISED HOKKIEN MEE	•	MUSHROOM FRIED RICE	•	EGG AND PAPRIKA SANDWICH	•		• • •	BRAISED YEE MEE WITH BLACK MUSHROOM	•	AMERICAN BREAKFAST (SCRAMBLE EGG, FRENCH TOAST & BAKED BEAN)	•	25-War-25	TVDEG
BRE	PANCAKE WITH FRUIT	• •	TOAST, SCRAMBLE EGG HAM	• •	MAGGI SOUP WITH CONDIMENT	• •	WESTERN SCRAMBLE DIJONNAISE	•	FRENCH TOAST WITH HONEY	• •				
Z	CREAMY CHEEZY CHICKEN	۱ •	GRILLED PERCH FILLET WITH SALSA	• •	CLASSIC CHICKEN MARYLAND	• •	TEMPURA FISH FILLET	• •	CHICKEN LASAGNA	• •	CHICKEN FAJITA	• • •		
VESTERN	GARLIC HERB SPAGHETTI	• •	MASHED POTATO	• •	BAKED POTATO & CARROT	• •	FRENCH FRIES	• •	FRESH GARDEN SALAD	• •	CORN & TOMATO SALSA	• •		
	CAESAR SALAD	• • •	→ HONEY GLAZED CARROT	• • • • •	CITRUS SALAD	• •	✓ COLESLOW	• • • • •	SPRING ROLL	•	POTATO WEDGES	•		
	FRIED FISH WITH PLUM SAUCE	• •	CHICKEN RENDANG	• •	MILD FISH SAMBAL	• •	CHICKEN SZECHUAN	•	DEEP FRIED FISH WITH THAI SAUCE	•			FISH CURRY WITH LADYFINGER	•
ASIAN	STEAMED RICE	• , , ,	GHEE RICE	• , , ,	STEAMED RICE	• , , ,	CORN RICE	• ,,,	STEAMED RICE	• • • •			STEAMED RICE	• • • •
LUNCH	BRAISED CABBAGE WITH GOJI BERRY	• • • •	✓ CUCUMBER PICKLED	• • • • •	MASAK LEMAK SAYUR CAMPUR	• • • •	SAUTEED SIEW PAK CHOY	• • • •	MIXED VEGETABLE & MUSHROOM	• • • • •			TURMERIC CABBAGE	• • • •
2	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	•
ARIA	STEAMED RICE	• • • •	GHEE RICE	• • • •	FRIED GLASS NOODLE	• 🗸	CORN RICE	• • • •	STEAMED RICE	•	CORN & TOMATO SALSA	• 🗸		• • • •
VEGETARIAN	BRAISED CABBAGE WITH GOJI BERRY	• • • •	✓ CUCUMBER PICKLED	•	STIR FRIED BEANSPROUT & CHIVES	• • • •	SAUTEED SIEW PAK CHOY	• • • •	MIXED VEGETABLE & MUSHROOM	• • • • •	POTATO WEDGES	• • • •	STEAMED RICE	• • • •
													TURMERIC CABBAGE	• • • •
DESSERT	WATERMELON	• , , , ,	BUTTER CAKE	• •	ORANGE	• , , ,	ASSORTED TART	• •	HONEYDEW	• , , , ,	ORANGE	• , , , ,	CHINESE PEAR	• , , , ,
	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	• • • •		• •		• •	CORN RICE	• • • •	CURLEY POTATO	• • • •
DINNER	SAUTEED BEANSPROUT	• • • •	BRAISED TOFU	• • •	BRIYANI RICE	• • • •	, GARLIC SESAME BROCCOLLI	• • • •	CARAMELIZED BUTTER POTATO	• •	VEGETABLE STIR FRIED	• • • •	TOMATO SALAD	• • • • •
N N	SWEET CHILLI TOFU	• • • •	✓ STEAMED RICE	• • • •	PAPADOM	• • •	WHITE RICE	• • •	COBB SALAD	• • • •	EGG FOO YOUNG	• • • C	REAMY MUSHROOM SOU	P
	HONEY DEW	• • • •	✓ APPLE	• • • • •	BUTTER CAKE	•	BANANA	• • • • •	YOGURT	• •	WATERMELON	• • • • •	BROWNIE	• •
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T: TRAFFIC LIGHT SYSTEM
V: VEGETARIAN
D: DAIRY FREE
E: EGG FREE
G: GLUTEN FREE

GREEN

BEST CHOICE

















		MONDAY 24-Mar-25	TVDEG	TUESDAY 25-Mar-25	TVDEG	WEDNESDAY 26-Mar-25	TVDEG	THURSDAY 27-Mar-25	TVDEG	FRIDAY 28-Mar-25	TVE	E G	SATURDAY 29-Mar-25	TVDEG	SUNDAY 30-Mar-25	TVDEG
AKFAST		CHINESE FRIED RICE	• •	STIR FRY PASTA	• •	YOUNG CHOW FRIED RICE	•	NON SPICY KAMPUNG FRIED RICE	• •	KUAW TEOW SOUP WITH CONDIMENT	•	•	ENGLISH MUFFIN, SUNNY SIDE EGG & CHICKEN HAM	•		
BRE		BAKED TOMATO, FRENCH TOAST, EGG MUFFIN	•	CHAR HOR FUN	• •	TOAST, SCRAMBLE EGG HAM	• •	PANCAKE WITH FRUIT		MONTECRISTO	• •	,				
	z	PARMESAN CRUSTED FISH	• • •	CREAMY SMOKED CHICKEN	• •	FISH MOUSSAKA	•	CHICKEN ALFREDO	• •	BAKED MACCARONI AND CHEESE	•	,	OVEN BAKED BBQ CHICKEN	•		
	WESTERN	POTATO AU GRATIN	• •	BUTTER SPAGHETTI	• •	TOMATO RICE	• • •	GARLIC PASTA	• •	ROASTED CHICKEN DRUMSTICK	•		HOME MADE MASH POTATO	• •		
	3	TOMATO SALAD & DRESSING	• •	ROASTED VEGETABLE	• • • • •	CARROT VINCHY & ENGLISH PARSLEY	• • • • •	ROASTED VEGETABLES	• •	GARDEN SALAD	• •		CREAMY VEGETABLE	• • •		
										STIR FRIED BLACK PEPPER						
	z	AYAM MASAK MERAH	•	SWEET & SOUR FISH	•	BUTTER MILK CHICKEN	•	HAINAN CHICKEN	• • •	FISH FILLET	•				KOREAN GRILLED FISH	•
_	ASIAN	NASI TOMATO	• • • •	STEAMED RICE	• • • •	FRIED YEE MEE	• • • •	RICE	• • • •	STEAMED RICE	• 🗸				STEAMED JAPANESE RICE	• •
LUNC		SAYUR CAMPUR	• • • • •	SAUTEED EGGPLANT	• • • • •	SAUTEED BEAN SPROUT & TOFU	• • • • •	SALAD, TOMATO AND CUCUMBER	• • • • •	SPRING VEGETABLE PAD THAI	• •				TOFU WITH STIR FRIED KIMCHI	• •
	VEGETARIAN	TOFU MASAK MERAH NASI TOMATO	•	CREAMY VEGGIE CHICKEN BUTTER SPAGHETTI	• •	VEGGIE BUTTER MILK CHICKEN FRIED YEE MEE	• , , ,	VEGETARIAN FRIED RICE SALAD, TOMATO AND CUCUMBER	• • • •	BAKED MACCARONI AND CHEESE ROASTED VEGGIE DRUMSTICK CHICKEN	• • •	, ,	BLACK PEPPER VEGETARIAN CHICKEN BAKED POTATO	• • • •	KOREAN FRIED VEGGIE FISH STEAM JAPANESE RICE	• • • •
	VEGEI	SAYUR CAMPUR	• • • • •	ROASTED VEGETABLE	• • • • •	SAUTEED BEAN SPROUT & TOFU	• • • • •			GARDEN SALAD	• •		MIXED VEGETABLE	• • • • •	TOFU WITH STIR FRY KIMCHI	• • • •
	DESSERT	BREAD BUTTER PUDDING	• • • • •	FRUIT SALAD	• • • • •	APPLE	• • • • •	WATERMELON	•	COOKIES	• •	~	BANANA	• • • • •	HONEY DEW	• • • •
		CHICKEN BOLOGNESE	•	KAM HEONG CHICKEN	•	GRILLED FISH FILLET	• •	GRILLED SALMON FILLET	• •	CHICKEN INCHILADAS	• •		FISH VARUVAL	•	CHICKEN & MUSHROOM STEW	•
		GARLIC BUTTER PASTA	• • •	SOFT TOFU EGG SAUCE	• •	LEMON BUTTER SAUCE	• •	DILL SAUCE	• •	MEXICAN RICE	•	~	BRIYANI RICE	• • • •	BAKED POTATO	• • •
DINNER		RATTATUILLE	• • •	SAUTEED SPINACH	• • • •	ROASTED POTATO	• • • •	SAUTEED POTATO & CARROT	• •	CHEESE SALAD	• •	•	BRINJOL CURRY	• • • •	CARROT SALAD	• , , , ,
Ž O		GARLIC BREAD	• •	STEAMED RICE	• • • •	SAUTEED FRENCH BEAN	• •	GARDEN SALAD	• • • •	FRIED ONION RING	• •	•	PAPADOM	• • •	GARLIC BREAD	• •
	_	WATERMELON	• • • • •	ORANGE	• • • • •		• •	GREEN APPLE	• •	HONEY DEW	• •	, , ,	BANANA	• , , , ,	MINI MUFFIN	• •
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	Sec. real	PH HARI RAYA		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	re d	SUNDAY	
		31-Mar-25													TVDEG
EAKFAST		GRILLED CHICKEN SLICE & CHEESE BREAKFAST BUN	• •			PANCAKE & HONEY	•	SLICE TURKEY HAM BAKED BEAN OMELETTE	• • •	BAKED CHICKEN NUGGET SUNNY SIDE UP	• • •	SCRAMBLE EGG, FRENCH TOAST & CHEESE	•		•
BRE				KAMPUNG FRIED RICE WITH EGG	•	SINGAPORE FRIED BEEHOON	• •	MEE CURRY WITH CONDIMENT	• • •	ROTI CANAI WITH POTATO CURRY	• •				
	Z.	CHICKEN MARYLAND	•			BEEF BOLOGNESE	•	CHICKEN WITH CHEEZY SAUCE	•	FISH FINGER	•	CHICKEN FAJITAS	•		
	WESTERN	GRATIN POTATO	•			GARLIC PARSLEY SPAGHETTI	•	PILAF RICE	• •	BAKED MAC & CHEESE	• , , , ,	TOMATO SALSA	• • • •		
	-	CAESAR SALAD	• •			MIXED GARDEN SALAD	• • •	▼ GARLIC BROCCOLI	• •	✓ MIXED SALAD	• , , ,	POTATO SALAD	• • • • •		
	7			THAI MANGO CRISPY CHICKEN	• •	MILD FISH MASALA	•	PADPRIK SEAFOOD	•	AYAM SAMBAL HITAM MANIS	•			FISH CURRY WITH LADYFINGER	• •
	SIAN			WHITE RICE	• • • •	GHEE RICE	• •	WHITE RICE	• • •	✓ STEAMED	• • • •			WHITE RICE	• • • •
LUNCH	•			STIR FRY THAI MIXED VEGETABLE	•	PINEAPPLE CUCUMBER PICKLE	• • • •	SAUTEED SIEW PAK CHOY	· • • •	MIXED VEGETABLE & MUSHROOM	• • • • •			TURMERIC CABBAGE	• • • • •
	7	VEGGIE CHICKEN MARYLAND	• • •	VEGGIE THAI MANGO CRISPY CHICKEN	• • •	VEGGIE BEEF BOLOGNESE	• •	VEGGIE PADPRIK SEAFOOD	• •	VEGGIE FISH FINGER	• •	VEGETARIAN CHICKEN TON YAM	1	VEGGIE CHICKEN CARBONARA	• •
	ARIAN	VEGGIE CHICKEN MARYLAND	• • • •		• • • •	VEGGIE BEEF BOLOGNESE GARLIC PARSLEY SPAGHETTI	• •		• •	VEGGIE FISH FINGER BAKED MAC & CHEESE	• •		• • • •		• •
	VEGETARIAN		• • • •	CHICKEN	• • •	GARLIC PARSLEY SPAGHETTI MIXED GARDEN SALAD		SEAFOOD	• • • •	BAKED MAC & CHEESE		YAM	• • • •	CARBONARA	
	VEGETARIAN	BUTTER SPAGHETTI	• • • •	CHICKEN VEGETARIAN FRIED MEE STIR FRY THAI MIXED	• • • •	GARLIC PARSLEY SPAGHETTI MIXED GARDEN SALAD	• •	SEAFOOD WHITE RICE	• • • •	BAKED MAC & CHEESE	• • • •	YAM STEAMED GLASS NOODLES	• • •	CARBONARA BUTTER SPAGHETTI	• • • •
	DESSERT VEGETARIAN	BUTTER SPAGHETTI	• • • •	CHICKEN VEGETARIAN FRIED MEE STIR FRY THAI MIXED	• • • •	GARLIC PARSLEY SPAGHETTI MIXED GARDEN SALAD	• •	SEAFOOD WHITE RICE SAUTEED SIEW PAK CHOY	• • • •	BAKED MAC & CHEESE	• • • •	YAM STEAMED GLASS NOODLES POTATO WEDGES	• • •	CARBONARA BUTTER SPAGHETTI GARDEN SALAD	• • • • •
	VEGET	BUTTER SPAGHETTI VEGETARIAN CAESAR SALAD	• • • • •	CHICKEN VEGETARIAN FRIED MEE STIR FRY THAI MIXED VEGETABLE	• • • • •	GARLIC PARSLEY SPAGHETTI MIXED GARDEN SALAD	• • • • •	SEAFOOD WHITE RICE SAUTEED SIEW PAK CHOY	• • • •	BAKED MAC & CHEESE MIXED SALAD	• • • • •	YAM STEAMED GLASS NOODLES POTATO WEDGES	• • •	CARBONARA BUTTER SPAGHETTI GARDEN SALAD GARLIC BREAD	• • • • •
	VEGET	BUTTER SPAGHETTI VEGETARIAN CAESAR SALAD	• • • • •	CHICKEN VEGETARIAN FRIED MEE STIR FRY THAI MIXED VEGETABLE	• • • •	GARLIC PARSLEY SPAGHETTI MIXED GARDEN SALAD	• • • • •	SEAFOOD WHITE RICE SAUTEED SIEW PAK CHOY	• • • •	BAKED MAC & CHEESE MIXED SALAD	• • • • •	YAM STEAMED GLASS NOODLES POTATO WEDGES	• • •	CARBONARA BUTTER SPAGHETTI GARDEN SALAD GARLIC BREAD	• • • • •
	VEGET	BUTTER SPAGHETTI VEGETARIAN CAESAR SALAD WATERMELON	• • • • •	CHICKEN VEGETARIAN FRIED MEE STIR FRY THAI MIXED VEGETABLE BUTTER CAKE	• • • •	GARLIC PARSLEY SPAGHETTI MIXED GARDEN SALAD ORANGE CRISPY SESAME FISH	• • • • •	SEAFOOD WHITE RICE SAUTEED SIEW PAK CHOV BANANA BLACK PEPPER CHICKEN	• • • •	BAKED MAC & CHEESE MIXED SALAD HONEYDEW CHICKEN CORDON BLEU		YAM STEAMED GLASS NOODLES POTATO WEDGES ORANGE	• • • • • •	CARBONARA BUTTER SPAGHETTI GARDEN SALAD GARLIC BREAD BREAD BUTTER PUDDING BLACK PEPPER CHICKEN	• • • • •
VER THE STATE OF T	VEGET	BUTTER SPAGHETTI VEGETARIAN CAESAR SALAD WATERMELON FISH CURRY MASALA		CHICKEN VEGETARIAN FRIED MEE STIR FRY THAI MIXED VEGETABLE BUTTER CAKE BLACK PEPPER LAMB STEW		GARLIC PARSLEY SPAGHETTI MIXED GARDEN SALAD ORANGE CRISPY SESAME FISH FILLET BRAISED CABBAGE WITH	• • • • •	SEAFOOD WHITE RICE SAUTEED SIEW PAK CHOV BANANA BLACK PEPPER CHICKEN	• • • •	BAKED MAC & CHEESE MIXED SALAD HONEYDEW		YAM STEAMED GLASS NOODLES POTATO WEDGES ORANGE STEAMED FISH FILLET		CARBONARA BUTTER SPAGHETTI GARDEN SALAD GARLIC BREAD BREAD BUTTER PUDDING BLACK PEPPER CHICKEN CHOP	• • • • •
DINNER	VEGET	BUTTER SPAGHETTI VEGETARIAN CAESAR SALAD WATERMELON FISH CURRY MASALA STEAMED RICE	• • • • •	CHICKEN VEGETARIAN FRIED MEE STIR FRY THAI MIXED VEGETABLE BUTTER CAKE BLACK PEPPER LAMB STEW BAKED POTATO	• • • • • • • • • • • • • • • • • • • •	GARLIC PARSLEY SPAGHETTI MIXED GARDEN SALAD ORANGE CRISPY SESAME FISH FILLET BRAISED CABBAGE WITH GOJI BERRY	• • • • • • • • • • • • • • • • • • • •	SEAFOOD WHITE RICE SAUTEED SIEW PAK CHOV BANANA BLACK PEPPER CHICKEN WITH SPRING ONION	• • • •	BAKED MAC & CHEESE MIXED SALAD HONEYDEW CHICKEN CORDON BLEU		YAM STEAMED GLASS NOODLES POTATO WEDGES ORANGE STEAMED FISH FILLET CORN RICE		CARBONARA BUTTER SPAGHETTI GARDEN SALAD GARLIC BREAD BREAD BUTTER PUDDING BLACK PEPPER CHICKEN CHOP OVEN BAKED POTATO	• • • • •

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No added salt in cooking, All our food is MSG (monosodium glutamate) free

T: TRAFFIC LIGHT SYSTEM V: VEGETARIAN D: DAIRY FREE E: EGG FREE











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

G: GLUTEN FREE







		7-Apr-25	TVDEG	8-Apr-25	TVDEG	9-Apr-25	T V D	E G	10-Apr-25	TVD	E G		TVDEG	12-Apr-25	TVDEG	13-Apr-25	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 TOM YAM NOODLES	• •	LONTONG WITH	•			
BRE		BEEHOON GORENG	• •	CANTONESE KWAY TEOW	•	YOUNG CHOW FRIED RICE	•		CHICKEN PORRIDGE	• •		SOUP WITH CONDIMENT	• •	CONDIMENT				
	N.	FISH CANNELLONI	•	ROSEMAREY CHICKEN & MUSHROOM SAUCE	• •	FISH MARINARA	•		KOREAN FOOD PROMOTION	•		FISH KEBAB	•	CHICKEN MEATBALL IN TOMATO SAUCE	•			
	WESTERN	POTATO WEDGES	• •	PILAF RICE	• •	BUTTER HERB PENNE	• • •		JAPCHAE			PITA BREAD	• •	SPIRAL ARRABBIATA	• •			
	>	GARDEN SALAD	• • •	CARROT VINCHY	• • • •	TUNA SALAD	• • •	• •	DAKGALBI KIMCHI	• • •	~ ~	GARDEN SALAD	• • • • •	CAESAR SALAD	• • • • •			
	_	AYAM MASAK MERAH	•	ASAM PEDAS IKAN	• • •	BLACK PEPPER CHICKEN	•			• •		HAINANESE CHICKEN RICE	• • •			CHICKEN TANDOORI	• •	
	ASIAN	NASI TOMATO	• • • •	STEMED RICE	• • • •	WITH SPRING ONION	• • •	•	BEEF BULGOGI STEAMED RICE	• • •	~	WITH				WHITE RICE	• • •	•
LUNCH		ACAR RAMPAI	• • • •	TERUNG SAMBALADO	•	FRIED KUAW TEOW BRAISED SIEW PAK CHOI	• • •	•	SUNDUBU JJIGAE	• • •	•	SALAD, TOMATO AND CUCUMBER	• • • • •			STIR FRY TURMERIC CABBAGE	• • •	•
		VEGE CHICKEN MASAK MERAH	1 •	VEGGIE CHICKEN WITH MUSHROOM SAUCE	• •	VEGGIE BLACK PEPPER CHICKEN	•			• •	•	VEGGIE FISH KEBAB	• • •	BLACK PEPPER VEGGIE CHICKEN	• • •	VEGGIE HONEY CHICKEN	• • •	
	ARIAI	NASI TOMATO	• • • •	PILAF RICE	• •	FRIED KUAW TEOW	• • •	~	BIBIMBAP KOREAN GREEN SALAD	• • •	~	PITA BREAD	• • • • •	STEAMED RICE	• • •	WHITE RICE	• • •	•
	VEGETARIAN	ACAR RAMPAI	• • • •	CARROT VINCHY	• • • •	BRAISED SIEW PAK CHOI	• • •	•	KOREAN GREEN SALAD	• • •	•	GARDEN SALAD		MIXED VEGETABLE	• • • • •	MIXED VEGETABLE WITH MUSHROOM	• • •	~
	DESSERT	BREAD BUTTER PUDDING	• • • • •	FRUIT SALAD	• • • • •	ORANGE	• • •	~ ~	WATERMELON	• •	•	MUFFIN	• • • •	BANANA	• • • • •	JELLY PUDDING	• • •	~ ~
		CHICKEN PUTTANESCA	•	SEAFOOD TOMYAM	• •	GRILLED FISH FILLET	•	-	ROASTED CAJUN CHICKEN	• •		BEEF GOULASH	• •	CHICKEN MASSALA	• •	FRIED CRISPY FISH WITH SALSA	•	~
		GARLIC BUTTER SPIRAL	• •	OMMELETE	• •	LEMON BUTTER SAUCE	• •		PENNE ARABIATA	•	~	STEW		BRIYANI RICE	• • • •	AGLIO ALIO SPAGHHETTI	• • •	•
DINNER		RATATOUILLE	• • • •	STIR FRY LONG BEAN	• • • •	PILAF RICE	• •	• (CAULIFLOWER AU GRATIN	• •	~	MASHED POTATO	• •	DHALL CURRY	• • • •	TUNA SALAD	• • •	~ ~
Δ		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	• •	

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T: TRAFFIC LIGHT SYSTEM V: VEGETARIAN D: DAIRY FREE E: EGG FREE











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







100	LOS	TOTAL PROPERTY.		Q Q	The state of the s					The second control of	The second limited				
		14-Apr-25		15-Apr-25		16-Apr-25				18-Apr-25		19-Apr-25		20-Apr-25	TVDEG
EAKFAST		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	•		
BR				STIR FRIED LOH SEE FUN	•	CHICKEN PORRIDGE	•	BRAISED HOKKIEN MEE	• • •	NASI LEMAK WITH CONDIMENT	• • •				
	Z.	SMOKE CHICKEN CARBONARA	•	PERCH FILLET FLORENTINE	• •	GRILLED CHICKEN CHICKEN GRAVY	•	MEDITERRANEAN GRILLED FISH	•	CHICKEN LASAGNA	•	TEMPURA FISH FILLET	•		
	NESTERN	GARLIC HERB SPAGHETTI	•	BOILED POTATO WITH HERBS	• •	BUTTER RICE	• •	PARMESAN COUSCOUS	• •	GARLIC BREAD	• • • • •	FRENCH FRIES	• • • •		
	3	CARROT SALAD	• •	SAUTEED SPINACH	• • • •	CARAMELIZED CARROT WITH ONION	• • • •	, CAULIFLOWER AU GRATIN	• •	FRESH GARDEN SALAD	• • • •	STEAMED GREEN PEAS	• • • •		
				DAGING DENDENG MINANG	• •	KOREAN GRILLED FISH	•	TERIYAKI CHICKEN	•	IKAN MASAK TIGA RASA	•			CHICKEN & POTATO CURRY	• •
	ASIAN			NASI MINYAK	• • • •	KOREAN RAMEN NOODLES	• •	STEAMED JAPANESE RICE	• • •	SIAMESE NOODLE	• • • •			WHITE RICE	• • • •
LUNCH	•			ACAR TIMUN DAN NENAS	• • • • •	GARLIC SESAME PAK CHOY	• • • •	BEAN SPROUT WITH CHIVES	• • •	GARLIC KANGKUNG	• • • • •			TURMERIC CABBAGE	• • • • •
	IAN	VEGGIE FISH RENDANG	• • •	VEGGIE BEEF DENDENG		BRAISED SOFT BEANCURD	• •	VEGGIE CHICKEN IN TOMATO SAUCE	• •	VEGETABLE LASAGNA GARLIC BREAD	• •	VEGETABLE CUTLET	• • • •	VEGGIE CHICKEN MARINARA	• •
	VEGETARIAN	STEAMED RICE SAUTEED CABBAGE	• • • • •	NASI MINYAK ACAR TIMUN DAN NENAS	• • • • •	NOODLES SESAME PAK CHOY	• • • •	PARMESAN COUSCOUS CAULIFLOWER AU GRATIN		FRESH GARDEN SALAD	• • • • •	CORN RICE MILD CHICPEAS CURRY	• • •	BUTTER SPAGHETTI	• • • •
														CROUTON SALAD	•
	DESSERT	WATERMELON	• • • • •	BUTTER CAKE	• •	ORANGE	• • • • •	BREAD BUTTER PUDDING	5 • •	HONEYDEW	• • • • •	APPLE	• • • • •	BANANA CAKE	• • • • •
		JAPANESE CHICKEN CURRY	• • •	FISH AND CHIPS	•	CHICKEN 65	• • •	MUTTON CURRY WITH POTATO	•	HOME MADE CHICKEN BURGER	• •	CHICKEN FINGER WITH THA SAUCE	ıl •	GRILLED FISH GARLIC IOLI SAUCE	• •
		STEAMED JAPANESE RICE	• • •	COLESLOW	• • •	MILD CURRY BRINJOL	• • • •	BOILED EGG	• • •			PINEAPPLE FRIED RICE	• • • •	MASHED POTATO	• • •
DINNER		SAUTEED BEANSPROUT	• • • •	MUSHROOM SOUP	• • •	STEAMED RICE	• • • •	MILD CHILLI LADY FINGER	• • • •	POTATO WEDGES	• •	BRAISED LONG CABBAGE	• • • •	CEASER SALAD	• , , , ,
Δ		SWEET CHILLI TOFU	• • • •	GARLIC BREAD	• • • •	TOFU TIKKA MASALA	• • • •	STEAMED RICE	• • •	COBB SALAD	• • • •	EGG FOO YOUNG	• • •	PUMPKIN SOUP	• • •
		MUFFIN	• , , , ,	WATERMELON	• , , , ,	ORANGE	• •	BANANA	• • • • •	FRI IITS SAI AD	• 0 0 0	BUTTER CAKE	•	PAPAYA	• •

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T: TRAFFIC LIGHT SYSTEM V: VEGETARIAN D: DAIRY FREE E: EGG FREE

G: GLUTEN FREE

















		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
		21-Apr-25	TVDEG	22-Apr-25	TVDE	G 23-Apr-25	TVDEG	24-Apr-25	TVDEG	25-Apr-25	TVDEG	26-Apr-25	TVDEG	27-Apr-25	TVDEG
	EAKFAST	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	•		
	BR	KAMPUNG PRIED RICE	• •	FRIED YEE MEE	•	FISH PORRIDGE WITH CONDIMENT	•	FRIED KOEY TEAW PENANG STYLE	• •	TOM YAM FRIED RICE	• •	HAM)			
	N.	FISH MOUSSAKA	•	GRILLED CAJUN CHICKEN	• •	SEARED FISH FILLET WITH SALSA	•	BBQ CHICKEN DRUMSTICK	•	GRILLED TILAPIA PARSLEY ANCHOVY		HOT HONEY CHICKEN MEATBALL	•		
	WESTERN	PILAF RICE	• •	AGLIO OLIO SPAGHETTI	• •	MOROCCAN COUSCOUS	• • •	POTATO GRATIN	• • •	LINGUINE PESTO PASTA	• •	HOME MADE POTATO WEDGES	• •		
	>	TOMATO SALAD & DRESSING	• • •	BAKED TOMATO & ZUCHINI	• • • •	STEAMED GREEN PEAS	• , , , ,	GRILLED PUMPKIN	• • • • •	ITALIAN RADICCHIO SALAD	• , , , ,	MIXED VEGETABLE	• • • • •		
	z	CRISPY CHICKEN THAI SAUCI	•	SWEET AND SOUR FISH	• •	✓ IKAN GORENG BEREMPAH	1 •	MILD BEEF PADPRIK	• •	FISH TONKATSU	• •			STEAMED FISH IN GINGER SAUCE	• •
	ASIAN	TOM YAM FRIED BEEHOON	• • • •	WHITE RICE	• • • •	STEAMED RICE	• • • •	STEAMED RICE	• • • •	GARLIC FRIED RICE	• • •			WHITE RICE	• • • •
	LUNCH	SAUTED MIXED VEGETABLE	• • • •	SAUTEED EGGPLANT	• • • •	VEGETABLE & TOFU MILD CURRY	• • • •	SAUTED KAILAN WITH SALTED FISH	• • • •	SOYU BEAN SPROUTS & SHREDED LONG CABBAGE	•			SAUTED MIXED VEGETABLE	• • • •
		CRISPY TEMPE THAI SAUCE	•	POTATO CUTLET	• •	VEGGIE FISH FILLET WITH SALSA	•	BBQ VEGGIE CHICKEN	• • •	TEMPURA CAULIFLOWER	• • • •	VEGETARIAN TORTILLA	• • •	MILD CHILLI TOFU	• • •
	EGETARIAN	VEGGIE TOM YAM FRIED BEEHOON	• • • •	AGLIO OLIO SPAGHETTI	• •	MOROCCAN COUSCOUS	• • • •	DRUMSTICK	• • • •	VEGGIE FRIED RICE	• • • • •	WRAP		VEGETARIAN FRIED GLASS NOODLE	• • • •
	VEGE	SAUTED MIXED VEGETABLE	• • • •	BAKED TOMATO & ZUCHINI	• , , ,	STEAMED GREEN PEAS	• • • •	POTATO GRATIN	• • • •	SOYU BEAN SPROUTS &	• • • • •	MIXED GARDEN SALAD	• , , , ,	HONEY GLAZE CARROT	• • • •
								GRILLED PUMPKIN	• • • •	SHREDED LONG CABBAGE	• • •				
	DESSERT	BREAD BUTTER PUDDING	• • • • •	FRUIT SALAD	• • • •	✓ APPLE	• • • • •	BANANA CAKE	• •	ORANGE	• , , , ,	BANANA	• • • • •	PAPAYA	• • • • •
		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	• • • •
	DINNER	STIR FRY KAILAN	• • • •	SAUTEED SPINACH	• • •	✓ EGG FOO YOUNG	• • •	CAULIFLOWER AU GRATIN	• • •	GARLIC BREAD	• •	BRINJOL CURRY	• • • •	SALAD	• • • • •
	NO NO	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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T: TRAFFIC LIGHT SYSTEM V: VEGETARIAN D: DAIRY FREE E: EGG FREE



CHOOSE CAREFULLY















		28-Apr-25		29-Apr-25		30-Apr-25					TVDEG
BREAKFAST		FRENCH TOAST WITH HONEY TURKEY HAM	•	SCRAMBLE EGG CHICKEN NUGGET STIR FRIED LOH SEE FUN	• •	CHICKEN SAUSAGE GRILLED TOMATO CHICKEN PORRIDGE	•				
	Z.	SMOKE CHICKEN CARBONARA	•	PERCH FILLET FLORENTINE	• •	GRILLED CHICKEN CHICKEN GRAVY	•				
	WESTER	GARLIC HERB SPAGHETTI	•	BOILED POTATO WITH HERBS	S • •	BUTTER RICE	• •				
	>	CARROT SALAD	• •	SAUTEED SPINACH	• • • • •	CARAMELIZED CARROT WITH ONION	• • • •				
		TERIYAKI CHICKEN	•	DAGING DENDENG MINANG	• •	KOREAN GRILLED FISH	•				
Ţ	ASIAN	STEAMED JAPANESE RICE	• • • •	NASI MINYAK	• • • •	KOREAN RAMEN NOODLES	• •				
IONCI		BEAN SPROUT WITH CHIVES	• • •	ACAR TIMUN DAN NENAS	• , , , ,	GARLIC SESAME PAK CHOY	• • • •				
		VEGGIE FISH RENDANG	• • •	VEGGIE BEEF DENDENG	• • •	BRAISED SOFT BEANCURE) • •				
	ARIAN	STEAMED RICE	• , , ,	NASI MINYAK	• • • •	KOREAN RAMEN NOODLES	• •				
	VEGET	SAUTEED CABBAGE	• • • •	ACAR TIMUN DAN NENAS	• , , , ,	SESAME PAK CHOY	• • • •				
	DESSERT	WATERMELON	• • • •	BUTTER CAKE	• •	ORANGE	•				
		JAPANESE CHICKEN CURRY	• • •	FISH AND CHIPS	•	CHICKEN 65	• • •				

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SWEET CHILLI TOFU

MUFFIN

STEAMED JAPANESE RICE • • •

SAUTEED BEANSPROUT • 🗸 🗸

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DINNER

T: TRAFFIC LIGHT SYSTEM V: VEGETARIAN D: DAIRY FREE E: EGG FREE

G: GLUTEN FREE

COLESLOW

MUSHROOM SOUP

GARLIC BREAD

WATERMELON



MILD CURRY BRINJOL • • • •

TOFU TIKKA MASALA • 🗸 🗸

STEAMED RICE

ORANGE





