



MARCH 2025



		MONDAY 3-Mar-25	TUESDAY 4-Mar-25	WEDNESDAY 5-Mar-25	THURSDAY 6-Mar-25	FRIDAY 7-Mar-25	SATURDAY 8-Mar-25	SUNDAY 9-Mar-25	
		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	SINGAPORE FRIED BEE HOON	●	CHICKEN PORRIDGE	●	EGG BURITO	● ✓ ✓	MUESLI WITH FRUIT	● ✓ ✓ ✓	
	BAKED BEAN, FRENCH TOAST & HAM	●	AGLIO OILIO	●	PINEAPPLE FRIED RICE	●	TOMYAM MAGGIE	●	
							CREAMY HAM ORZO	●	
WESTERN	CHICKEN CARBONARA	●	PERCH FILLET	● ✓ ✓	MUSHROOM CHICKEN STEW	●	FRENCH CHICKEN BLANQUETTE	● ✓	
	PASTA	● ✓ ✓ ✓ ✓	ROASTED HERB POTATO	● ✓	PILAF RICE	● ✓ ✓ ✓	SPAGHETTI WITH BUTTER	● ✓ ✓	
	GARLIC BUTTER SPINACH	● ✓ ✓ ✓ ✓	HONEY GLAZED CARROT	● ✓ ✓ ✓ ✓	MIXED VEGETABLE	● ✓ ✓ ✓ ✓	GREEN PEAS	● ✓ ✓ ✓ ✓	
ASIAN	BLACK PEPPER FISH WITH CAPSICUM	● ✓	CREAMY SALTED EGG CHICKEN	● ✓	FRIED FISH WITH GINGER	●	GINGER FISH	●	
	STEAMED RICE	● ✓ ✓ ✓	STEAMED RICE	● ✓ ✓ ✓	FRIED NOODLES CHINESE STYLE	● ✓	STEAMED RICE	● ✓ ✓ ✓	
	LONG CABBAGE WITH CARROT	● ✓ ✓ ✓ ✓	MIXED VEGETABLE	● ✓ ✓ ✓ ✓	CHAP CHAI VEGETABLE	● ✓ ✓ ✓ ✓	LONG BEAN WITH EGG	● ✓ ✓ ✓ ✓	
VEGETARIAN	VEGETARIAN FISH SAMBAL	● ✓	KUNG PAO TOFU	● ✓	VEGETARIAN SPRING ROLL	● ✓	VEGETARIAN MARINARA SAUCE	● ✓ ✓ ✓	
	STEAMED RICE	● ✓ ✓ ✓	STEAMED RICE	● ✓ ✓ ✓	FRIED NOODLES CHINESE STYLE	● ✓	PASTA	● ✓ ✓ ✓	
	LONG CABBAGE WITH CARROT	● ✓ ✓ ✓ ✓	MIXED VEGETABLE	● ✓ ✓ ✓ ✓	CHAP CHAI VEGETABLE	● ✓ ✓ ✓ ✓	FRESH GARDEN SALAD	● ✓ ✓ ✓ ✓	
DESSERT	WATERMELON	● ✓ ✓ ✓ ✓	POUND CAKE	● ✓	ORANGE	● ✓ ✓ ✓ ✓	CHOCOLATE ROLL	● ✓	
								HONEYDEW	● ✓ ✓ ✓ ✓
DINNER	GRILLED CHICKEN	● ✓ ✓ ✓ ✓	MALACCA ASSAM FISH	● ✓ ✓ ✓ ✓	AYAM MASAK MERAH	● ✓ ✓ ✓ ✓	BREADED FISH	● ✓ ✓	
	BBQ SAUCE	●	MILD CHILLI BRINJAL	● ✓ ✓	ACAR RAMPAI	● ✓ ✓ ✓	TARTAR SAUCE	● ✓	
	SAUTEED POTATO	● ✓ ✓ ✓ ✓	BRAISED TOFU	● ✓ ✓	TOMATO RICE	● ✓ ✓ ✓	POTATO WEDGES	● ✓ ✓ ✓ ✓	
	GARDEN SALAD	● ✓ ✓ ✓ ✓	WHITE RICE	● ✓ ✓ ✓	FRUIT COMPOTE	● ✓ ✓	COLESLAW	● ✓ ✓	
	HONEY DEW	● ✓ ✓ ✓ ✓	APPLE	● ✓ ✓ ✓ ✓	BUTTER CAKE	● ✓	BANANA	● ✓ ✓ ✓	
								YOGURT	● ✓
								CREAMY POTATO SOUP	●
								GARLIC BREAD	● ✓ ✓
								GINGER CHICKEN	● ✓ ✓
								THAI FISH	● ✓
								SWEET AND SOUR TOFU	● ✓
								CORN RICE	● ✓ ✓ ✓ ✓
								KANGKUNG BELACAN	● ✓
								VEGETABLE STIR FRIED	● ✓ ✓ ✓ ✓
								STEAMED RICE	● ✓ ✓ ✓ ✓
								EGG FOO YOUNG	● ✓ ✓ ✓
								WATERMELON	● ✓ ✓ ✓ ✓
								BROWNIE	● ✓
								CHICKEN SOUP	● ✓ ✓ ✓
								CHICKEN CHOP BLACK PEPPER SAUCE	● ✓ ✓
								POTATO WEDGES	● ✓ ✓ ✓ ✓
								TOMATO SALAD	● ✓ ✓ ✓ ✓

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 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 Ailinomoto 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



		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		
		T	V	D	E	G	T	V	D	E	G	T	V	D	E	G
BREAKFAST	CHICKEN PORRIDGE	●	✓	✓			●	✓				●	✓			
	MONTE CRISTO															
WESTERN	OVEN BAKED FISH	●	✓	✓	✓		●	✓	✓			●	✓	✓	✓	
	ROASTED POTATO WITH CARROT	●	✓				●	✓	✓			●	✓	✓	✓	
	CAULIFLOWER AU GRATIN	●	✓	✓			●	✓	✓	✓	✓	●	✓	✓	✓	✓
ASIAN	CHICKEN KURMA	●					●	✓				●	✓	✓		
	GHEE RICE	●	✓	✓	✓		●	✓	✓	✓						
	CABBAGE WITH CARROT	●	✓	✓	✓	✓	●	✓	✓	✓	✓	●	✓	✓	✓	✓
VEGETARIAN	TOFU SAMBAL	●	✓				●	✓				●	✓	✓		
	GHEE RICE	●	✓	✓	✓		●	✓	✓	✓		●	✓	✓	✓	✓
	CABBAGE WITH CARROT	●	✓	✓	✓	✓	●	✓	✓	✓	✓	●	✓	✓	✓	✓
DESSERT	SLICED FRUITS	●	✓	✓	✓	✓	●	✓	✓	✓	✓	●	✓	✓	✓	✓
DINNER	CHICKEN MARYLAND	●	✓				●	✓				●	✓			
	AGLIO OLIO PASTA	●	✓	✓	✓	✓	●	✓				●	✓	✓	✓	✓
	BUTTER HERB CAULIFLOWER	●	✓	✓	✓	✓	●	✓	✓	✓	✓	●	✓	✓	✓	✓
	GARLIC BREAD	●	✓				●	✓	✓	✓	✓	●	✓	✓		✓
	WATERMELON	●	✓	✓	✓	✓	●	✓	✓	✓	✓	●	✓	✓	✓	✓

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GREEN

BEST CHOICE

AMBER

CHOOSE CAREFULLY

RED

LIMIT CONSUMPTION





MARCH 2025



		MONDAY 17-Mar-25	T V D E G	TUESDAY 18-Mar-25	T V D E G	WEDNESDAY 19-Mar-25	T V D E G	THURSDAY 20-Mar-25	T V D E G	FRIDAY 21-Mar-25	T V D E G	SATURDAY 22-Mar-25	T V D E G	SUNDAY 23-Mar-25	T V D E G	
BREAKFAST	BRAISED HOKKIEN MEE	●		MUSHROOM FRIED RICE	●	EGG AND PAPRIKA SANDWICH	●	MEE GORENG MAMAK	● ✓ ✓	BRAISED YEE MEE WITH BLACK MUSHROOM	●	AMERICAN BREAKFAST (SCRAMBLE EGG, FRENCH TOAST & BAKED BEAN)		●		
	PANCAKE WITH FRUIT	● ✓		TOAST, SCRAMBLE EGG HAM	● ✓	MAGGI SOUP WITH CONDIMENT	● ✓	WESTERN SCRAMBLE DJONNAISE	●	FRENCH TOAST WITH HONEY	● ✓					
WESTERN	CREAMY CHEEZY CHICKEN	●		GRILLED PERCH FILLET WITH SALSA	● ✓	CLASSIC CHICKEN MARYLAND	● ✓	TEMPURA FISH FILLET	● ✓	CHICKEN LASAGNA	● ✓	CHICKEN FAJITA		● ✓ ✓		
	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		● ✓ ✓ ✓		
LUNCH	ASIAN	FRIED FISH WITH PLUM SAUCE	● ✓	CHICKEN RENDANG	● ✓	MILD FISH SAMBAL	● ✓	CHICKEN SZECHUAN	●	DEEP FRIED FISH WITH THAI SAUCE	●			FISH CURRY WITH LADYFINGER	●	
		STEAMED RICE	● ✓ ✓ ✓	GHEE RICE	● ✓ ✓ ✓	STEAMED RICE	● ✓ ✓ ✓	CORN RICE	● ✓ ✓ ✓	STEAMED RICE	● ✓ ✓ ✓			STEAMED RICE	● ✓ ✓ ✓	
		BRAISED CABBAGE WITH GOJI BERRY	● ✓ ✓ ✓	CUCUMBER PICKLED	● ✓ ✓ ✓	MASAK LEMAK SAYUR CAMPUR	● ✓ ✓ ✓	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		●	
	STEAMED RICE	● ✓ ✓ ✓	GHEE RICE	● ✓ ✓ ✓	FRIED GLASS NOODLE	● ✓	CORN RICE	● ✓ ✓ ✓	STEAMED RICE	● ✓ ✓ ✓	CORN & TOMATO SALSA		● ✓		● ✓ ✓ ✓	
	BRAISED CABBAGE WITH GOJI BERRY	● ✓ ✓ ✓	CUCUMBER PICKLED	● ✓ ✓ ✓	STIR FRIED BEANSPROUT & CHIVES	● ✓ ✓ ✓	SAUTEED SIEW PAK CHOY	● ✓ ✓ ✓	MIXED VEGETABLE & MUSHROOM	● ✓ ✓ ✓	POTATO WEDGES		● ✓ ✓ ✓	STEAMED RICE	● ✓ ✓ ✓	
DESSERT	WATERMELON	● ✓ ✓ ✓	BUTTER CAKE	● ✓	ORANGE	● ✓ ✓ ✓	ASSORTED TART	● ✓	HONEYDEW	● ✓ ✓ ✓	ORANGE	● ✓ ✓ ✓	TURMERIC CABBAGE		● ✓ ✓ ✓	
													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	● ✓ ✓ ✓	STEAMED RICE	● ✓ ✓ ✓	PAPADOM	● ✓ ✓	WHITE RICE	● ✓ ✓	COBB SALAD	● ✓ ✓ ✓	EGG FOO YOUNG		● ✓ ✓	CREAMY MUSHROOM SOUP		
	HONEY DEW	● ✓ ✓ ✓	APPLE	● ✓ ✓ ✓	BUTTER CAKE	●	BANANA	● ✓ ✓ ✓	YOGURT	● ✓	WATERMELON		● ✓ ✓ ✓	BROWNIE		● ✓

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RED

LIMIT CONSUMPTION

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Prince of Wales International School

MARCH 2025



		MONDAY 24-Mar-25	T V D E G	TUESDAY 25-Mar-25	T V D E G	WEDNESDAY 26-Mar-25	T V D E G	THURSDAY 27-Mar-25	T V D E G	FRIDAY 28-Mar-25	T V D E G	SATURDAY 29-Mar-25	T V D E G	SUNDAY 30-Mar-25	T V D E G
BREAKFAST		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	• ✓		
		BAKED TOMATO, FRENCH TOAST, EGG MUFFIN	• ✓	CHAR HOR FUN	• ✓	TOAST, SCRAMBLE EGG HAM	• ✓	PANCAKE WITH FRUIT	• ✓	MONTECRISTO	• ✓				
WESTERN		PARMESAN CRUSTED FISH	• ✓ ✓	CREAMY SMOKED CHICKEN	• ✓	FISH MOUSSAKA	• ✓	CHICKEN ALFREDO	• ✓	BAKED MACCARONI AND CHEESE	• ✓	OVEN BAKED BBQ CHICKEN	• ✓		
		POTATO AU GRATIN	• ✓	BUTTER SPAGHETTI	• ✓	TOMATO RICE	• ✓ ✓	GARLIC PASTA	• ✓ ✓	ROASTED CHICKEN DRUMSTICK	• ✓	HOME MADE MASH POTATO	• ✓		
		TOMATO SALAD & DRESSING	• ✓	ROASTED VEGETABLE	• ✓ ✓ ✓	CARROT VINCHY & ENGLISH PARSLEY	• ✓ ✓ ✓	ROASTED VEGETABLES	• ✓ ✓ ✓	GARDEN SALAD	• ✓	CREAMY VEGETABLE	• ✓ ✓		
ASIAN		AYAM MASAK MERAH	• ✓	SWEET & SOUR FISH	• ✓	BUTTER MILK CHICKEN	• ✓	HAINAN CHICKEN	• ✓ ✓	STIR FRIED BLACK PEPPER FISH FILLET	• ✓			KOREAN GRILLED FISH	• ✓
		NASI TOMATO	• ✓ ✓ ✓	STEAMED RICE	• ✓ ✓ ✓	FRIED YEE MEE	• ✓ ✓ ✓	RICE	• ✓ ✓ ✓	STEAMED RICE	• ✓			STEAMED JAPANESE RICE	• ✓
		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	• ✓	CREAMY VEGGIE CHICKEN	• ✓	VEGGIE BUTTER MILK CHICKEN	• ✓	VEGETARIAN FRIED RICE	• ✓ ✓ ✓	BAKED MACCARONI AND CHEESE	• ✓ ✓ ✓	BLACK PEPPER VEGETARIAN CHICKEN	• ✓ ✓ ✓	KOREAN FRIED VEGGIE FISH	• ✓ ✓ ✓
		NASI TOMATO	• ✓ ✓ ✓	BUTTER SPAGHETTI	• ✓	FRIED YEE MEE	• ✓ ✓ ✓	SALAD, TOMATO AND CUCUMBER	• ✓ ✓ ✓	ROASTED VEGGIE DRUMSTICK CHICKEN	• ✓ ✓ ✓	BAKED POTATO	• ✓ ✓ ✓	STEAM JAPANESE RICE	• ✓ ✓ ✓
		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	• ✓ ✓ ✓ ✓
DINNER		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	• ✓ ✓
		RATTATUILLE	• ✓ ✓	SAUTEED SPINACH	• ✓ ✓ ✓	ROASTED POTATO	• ✓ ✓ ✓	SAUTEED POTATO & CARROT	• ✓	CHEESE SALAD	• ✓ ✓	BRINJOL CURRY	• ✓ ✓ ✓	CARROT SALAD	• ✓ ✓ ✓ ✓
		GARLIC BREAD	• ✓ ✓	STEAMED RICE	• ✓ ✓ ✓	SAUTEED FRENCH BEAN	• ✓	GARDEN SALAD	• ✓ ✓ ✓	FRIED ONION RING	• ✓ ✓	PAPADOM	• ✓ ✓	GARLIC BREAD	• ✓
		WATERMELON	• ✓ ✓ ✓ ✓	ORANGE	• ✓ ✓ ✓ ✓	CHOCOLATE ROLL	• ✓	GREEN APPLE	• ✓ ✓	HONFY DFV	• ✓ ✓ ✓ ✓	BANANA	• ✓ ✓ ✓ ✓	MINI MUFFIN	• ✓

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RED
LIMIT CONSUMPTION



Delischool



Prince of Wales Island International School

APRIL 2025



		PH HARI RAYA 31-Mar-25					TUESDAY 1-Apr-25					WEDNESDAY 2-Apr-25					THURSDAY 3-Apr-25					FRIDAY 4-Apr-25					SATURDAY 5-Apr-25					SUNDAY 6-Apr-25									
		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	GRILLED CHICKEN SLICE & CHEESE BREAKFAST BUN	●	✓		✓													●	✓	✓			●	✓	✓			●	✓	✓											
WESTERN	CHICKEN MARYLAND	●																																							
	GRATIN POTATO		●																																						
	CAESAR SALAD		●	✓																																					
ASIAN																																									
VEGETARIAN	VEGGIE CHICKEN MARYLAND	●	✓	✓																																					
	BUTTER SPAGHETTI	●	✓	✓	✓																																				
	VEGETARIAN CAESAR SALAD	●	✓	✓	✓																																				
DESSERT	WATERMELON	●	✓	✓	✓	✓																																			

DINNER	FISH CURRY MASALA	●	✓	✓																																
	STEAMED RICE	●	✓	✓																																
	STIR FRY CABBAGE	●	✓	✓	✓																															
	PAPADAM	●	✓	✓	✓																															
	HONEY DEW	●	✓	✓	✓	✓																														

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G

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LIMIT CONSUMPTION



Delischool



Prince of Wales
International School

APRIL 2025



		MONDAY 7-Apr-25	T V D E G	TUESDAY 8-Apr-25	T V D E G	WEDNESDAY 9-Apr-25	T V D E G	THURSDAY 10-Apr-25	T V D E G	FRIDAY 11-Apr-25	T V D E G	SATURDAY 12-Apr-25	T V D E G	SUNDAY 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	● ✓	LONTONG WITH CONDIMENT	●		
		BEEHOON GORENG	● ✓	CANTONESE KWAY TEOW	●	YOUNG CHOW FRIED RICE	●	CHICKEN PORRIDGE	● ✓	TOM YAM NOODLES SOUP WITH CONDIMENT	● ✓				
WESTERN		FISH CANNELONI	●	ROSEMARY CHICKEN & MUSHROOM SAUCE	● ✓	FISH MARINARA	●	KOREAN FOOD PROMOTION	●	FISH KEBAB	●	CHICKEN MEATBALL IN TOMATO SAUCE	●		
		POTATO WEDGES	● ✓	PILAF RICE	● ✓	BUTTER HERB PENNE	● ✓ ✓	JAPCHAE DAKGALBI KIMCHI	● ✓ ✓ ✓ ✓	PITA BREAD	● ✓	SPIRAL ARRABBIATA	● ✓ ✓		
		GARDEN SALAD	● ✓ ✓	CARROT VINCHY	● ✓ ✓ ✓	TUNA SALAD	● ✓ ✓ ✓ ✓			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	● ✓ ✓ ✓		● ✓ ✓ ✓	BEEF BULGOGI STEAMED RICE SUNDUBU JIGAE	● ✓ ✓ ✓	WITH SALAD, TOMATO AND CUCUMBER	● ✓ ✓ ✓ ✓			WHITE RICE	● ✓ ✓ ✓
		ACAR RAMPAI	● ✓ ✓ ✓	TERUNG SAMBALADO	● ✓ ✓ ✓ ✓	FRIED KUAW TEOW	● ✓ ✓ ✓		● ✓ ✓ ✓					STIR FRY TURMERIC CABBAGE	● ✓ ✓ ✓ ✓
						BRAISED SIEW PAK CHOI									
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	● ✓ ✓ ✓	BIBIMBAP KOREAN GREEN SALAD	● ✓ ✓ ✓	PITA BREAD	● ✓ ✓ ✓ ✓	STEAMED RICE	● ✓ ✓	WHITE RICE	● ✓ ✓ ✓
		ACAR RAMPAI	● ✓ ✓ ✓	CARROT VINCHY	● ✓ ✓ ✓ ✓	BRAISED SIEW PAK CHOI	● ✓ ✓ ✓		● ✓ ✓ ✓	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	● ✓ ✓ ✓	BROCCOLI SOUP	● ✓ ✓	CEASER SALAD	● ✓ ✓ ✓	PAPADOM	● ✓ ✓ ✓	GARLIC BREAD	● ✓ ✓
		WATERMELON	● ✓ ✓ ✓ ✓	BUTTER CAKE	● ✓ ✓ ✓ ✓	BANANA CAKE	● ✓	HONEY DEW	● ✓ ✓ ✓ ✓	BANANA	● ✓ ✓ ✓ ✓	IFILIY PUDDING	● ✓ ✓ ✓ ✓	MINI MUFFIN	● ✓

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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
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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



Delischool



APRIL 2025



		MONDAY 14-Apr-25		TUESDAY 15-Apr-25		WEDNESDAY 16-Apr-25		THURSDAY 17-Apr-25		FRIDAY 18-Apr-25		SATURDAY 19-Apr-25		SUNDAY 20-Apr-25												
		T	V	D	E	G	T	V	D	E	G	T	V	D	E	G										
BREAKFAST	WESTERN	FRENCH TOAST WITH HONEY TURKEY HAM	•	✓				CHICKEN SAUSAGE GRILLED TOMATO	•					FRIED EGG & CHEESE ENGLISH MUFFIN	•	✓	✓	OMELETTE FISH NUGGET BAKED BEAN	•							
		SMOKE CHICKEN CARBONARA	•					GRILLED CHICKEN CHICKEN GRAVY	•					NASI LEMAK WITH CONDIMENT	•	✓	✓	CHICKEN LASAGNA	•							
		GARLIC HERB SPAGHETTI	•					BUTTER RICE	•	✓				GARLIC BREAD	•	✓	✓	✓	FRENCH FRIES	•	✓	✓	✓			
LUNCH	ASIAN	CARROT SALAD	•	✓				SAUTEED SPINACH	•	✓	✓	✓	CAMELIZED CARROT WITH ONION	•	✓	✓	✓	CAULIFLOWER AU GRATIN	•	✓	✓	FRESH GARDEN SALAD	•	✓	✓	✓
							DAGING DENDENG MINANG	•	✓				KOREAN GRILLED FISH	•				TERIYAKI CHICKEN	•							
							ACAR TIMUN DAN NENAS	•	✓	✓	✓	✓	NASI MINYAK	•	✓	✓	✓	KOREAN RAMEN NOODLES	•	✓						
VEGETARIAN	WESTERN	VEGGIE FISH RENDANG	•	✓	✓			VEGGIE BEEF DENDENG	•	✓	✓			VEGGIE CHICKEN IN TOMATO SAUCE	•	✓			VEGETABLE LASAGNA	•	✓					
		STEAMED RICE	•	✓	✓	✓		NASI MINYAK	•	✓	✓	✓		KOREAN RAMEN NOODLES	•	✓			PARMESAN COUSCOUS	•	✓	✓	✓			
		SAUTEED CABBAGE	•	✓	✓	✓		ACAR TIMUN DAN NENAS	•	✓	✓	✓	✓	SESAME PAK CHOY	•	✓	✓	✓	CAULIFLOWER AU GRATIN	•	✓	✓	✓			
DESSERT	ASIAN	WATERMELON	•	✓	✓	✓	✓	BUTTER CAKE	•	✓				ORANGE	•	✓	✓	✓	✓	BREAD BUTTER PUDDING	•	✓				
DINNER	WESTERN	JAPANESE CHICKEN CURRY	•	✓	✓			FISH AND CHIPS	•					CHICKEN 65	•	✓	✓	MUTTON CURRY WITH POTATO	•							
		STEAMED JAPANESE RICE	•	✓	✓			COLESLAW	•	✓	✓			MILD CURRY BRINJOL	•	✓	✓	✓	BOILED EGG	•	✓	✓				
		SAUTEED BEANSPROUT	•	✓	✓	✓		MUSHROOM SOUP	•	✓	✓			STEAMED RICE	•	✓	✓	✓	MILD CHILLI LADY FINGER	•	✓	✓	✓			
		SWEET CHILLI TOFU	•	✓	✓	✓		GARLIC BREAD	•	✓	✓	✓		TOFU TIKKA MASALA	•	✓	✓	✓	STEAMED RICE	•	✓	✓	✓			
		MUFFIN	•	✓	✓	✓	✓	WATERMELON	•	✓	✓	✓	✓	ORANGE	•	✓			BANANA	•	✓	✓	✓	✓		
DESSERT	ASIAN																									

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GREEN

BEST CHOICE

AMBER

CHOOSE CAREFULLY

RED

LIMIT CONSUMPTION

Delischool



APRIL 2025



		MONDAY 21-Apr-25	T V D E G	TUESDAY 22-Apr-25	T V D E G	WEDNESDAY 23-Apr-25	T V D E G	THURSDAY 24-Apr-25	T V D E G	FRIDAY 25-Apr-25	T V D E G	SATURDAY 26-Apr-25	T V D E G	SUNDAY 27-Apr-25	T V D E G
BREAKFAST		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 HAM)		●	
		KAMPUNG PRIED RICE	● ✓	FRIED YEE MEE	●	FISH PORRIDGE WITH CONDIMENT	●	FRIED KOEY TEAW PENANG STYLE	● ✓	TOM YAM FRIED RICE	● ✓				
WESTERN		FISH MOUSSAKA	●	GRILLED CAJUN CHICKEN	● ✓	SEARED FISH FILLET WITH SALSA	●	BBQ CHICKEN DRUMSTICK	●	GRILLED TILAPIA PARSLEY ANCHOVY		HOT HONEY CHICKEN MEATBALL		●	
		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		● ✓ ✓ ✓ ✓	
LUNCH	ASIAN	CRISPY CHICKEN THAI SAUCE	●	SWEET AND SOUR FISH	● ✓ ✓ ✓	IKAN GORENG BEREMPAH	●	MILD BEEF PADPRIK	● ✓	FISH TONKATSU	● ✓			STEAMED FISH IN GINGER SAUCE	● ✓
		TOM YAM FRIED BEEHOON	● ✓ ✓ ✓	WHITE RICE	● ✓ ✓ ✓	STEAMED RICE	● ✓ ✓ ✓	STEAMED RICE	● ✓ ✓ ✓	GARLIC FRIED RICE	● ✓ ✓			WHITE RICE	● ✓ ✓ ✓
		SAUTED MIXED VEGETABLE	● ✓ ✓ ✓	SAUTEED EGGPLANT	● ✓ ✓ ✓ ✓	VEGETABLE & TOFU MILD CURRY	● ✓ ✓ ✓ ✓	SAUTED KAILAN WITH SALTED FISH	● ✓ ✓ ✓	SOYU BEAN SPROUTS & SHREDED LONG CABBAGE	● ✓ ✓ ✓ ✓			SAUTED MIXED VEGETABLE	● ✓ ✓ ✓ ✓
VEGETARIAN		CRISPY TEMPE THAI SAUCE	●	POTATO CUTLET	● ✓	VEGGIE FISH FILLET WITH SALSA	●	BBQ VEGGIE CHICKEN DRUMSTICK	● ✓ ✓ ✓	TEMPURA CAULIFLOWER	● ✓ ✓ ✓	VEGETARIAN TORTILLA WRAP	● ✓ ✓	MILD CHILLI TOFU	● ✓ ✓ ✓
		VEGGIE TOM YAM FRIED BEEHOON	● ✓ ✓ ✓	AGLIO OLIO SPAGHETTI	● ✓	MOROCCAN COUSCOUS	● ✓ ✓ ✓		● ✓ ✓ ✓	VEGGIE FRIED RICE	● ✓ ✓ ✓ ✓			VEGETARIAN FRIED GLASS NOODLE	● ✓ ✓ ✓ ✓
		SAUTED MIXED VEGETABLE	● ✓ ✓ ✓ ✓	BAKED TOMATO & ZUCHINI	● ✓ ✓ ✓ ✓	STEAMED GREEN PEAS	● ✓ ✓ ✓ ✓	POTATO GRATIN	● ✓ ✓ ✓	SOYU BEAN SPROUTS & SHREDED LONG CABBAGE	● ✓ ✓ ✓ ✓	MIXED GARDEN SALAD	● ✓ ✓ ✓ ✓	HONEY GLAZE CARROT	● ✓ ✓ ✓ ✓
DESSERT		BREAD BUTTER PUDDING	● ✓ ✓ ✓ ✓	FRUIT SALAD	● ✓ ✓ ✓ ✓	APPLE	● ✓ ✓ ✓ ✓	BANANA CAKE	● ✓ ✓ ✓	ORANGE	● ✓ ✓ ✓ ✓	BANANA	● ✓ ✓ ✓ ✓	PAPAYA	● ✓ ✓ ✓ ✓
DINNER		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	● ✓ ✓ ✓
		STIR FRY KAILAN	● ✓ ✓ ✓	SAUTEED SPINACH	● ✓ ✓ ✓	EGG FOO YOUNG	● ✓ ✓	CAULIFLOWER AU GRATIN	● ✓ ✓	GARLIC BREAD	● ✓	BRINJOL CURRY	● ✓ ✓ ✓	SALAD	● ✓ ✓ ✓ ✓
		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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APRIL 2025



		MONDAY 28-Apr-25	T V D E G	TUESDAY 29-Apr-25	T V D E G	WEDNESDAY 30-Apr-25	T V D E G	THURSDAY	T V D E G	FRIDAY	T V D E G	SATURDAY	T V D E G	SUNDAY	T V D E G
BREAKFAST	WESTERN	FRENCH TOAST WITH HONEY TURKEY HAM	• ✓	SCRAMBLE EGG CHICKEN NUGGET	• ✓	CHICKEN SAUSAGE GRILLED TOMATO	• ✓								
				STIR FRIED LOH SEE FUN	•	CHICKEN PORRIDGE	•								
		SMOKE CHICKEN CARBONARA	•	PERCH FILLET FLORENTINE	• ✓	GRILLED CHICKEN CHICKEN GRAVY	•								
		GARLIC HERB SPAGHETTI	•	BOILED POTATO WITH HERBS	• ✓	BUTTER RICE	• ✓								
		CARROT SALAD	• ✓	SAUTEED SPINACH	• ✓ ✓ ✓	CARAMELIZED CARROT WITH ONION	• ✓ ✓ ✓								
LUNCH	ASIAN	TERIYAKI CHICKEN	•	DAGING DENDENG MINANG	• ✓	KOREAN GRILLED FISH	•								
		STEAMED JAPANESE RICE	• ✓ ✓ ✓	NASI MINYAK	• ✓ ✓ ✓	KOREAN RAMEN NOODLES	• ✓								
		BEAN SPROUT WITH CHIVES	• ✓ ✓	ACAR TIMUN DAN NENAS	• ✓ ✓ ✓ ✓	GARLIC SESAME PAK CHOY	• ✓ ✓ ✓								
VEGETARIAN	VEGGIE FISH RENDANG	• ✓ ✓	VEGGIE BEEF DENDENG	• ✓ ✓	BRAISED SOFT BEANCURD	• ✓									
	STEAMED RICE	• ✓ ✓ ✓	NASI MINYAK	• ✓ ✓ ✓	KOREAN RAMEN NOODLES	• ✓									
	SAUTEED CABBAGE	• ✓ ✓ ✓	ACAR TIMUN DAN NENAS	• ✓ ✓ ✓ ✓	SESAME PAK CHOY	• ✓ ✓ ✓									
DESSERT	WATERMELON	• ✓ ✓ ✓ ✓	BUTTER CAKE	• ✓	ORANGE	• ✓ ✓ ✓ ✓									
DINNER	JAPANESE CHICKEN CURRY	• ✓ ✓	FISH AND CHIPS	•	CHICKEN 65	• ✓ ✓									
	STEAMED JAPANESE RICE	• ✓ ✓	COLESLOW	• ✓ ✓	MILD CURRY BRINJOL	• ✓ ✓ ✓									
	SAUTEED BEANSPROUT	• ✓ ✓ ✓	MUSHROOM SOUP	• ✓ ✓	STEAMED RICE	• ✓ ✓ ✓									
	SWEET CHILLI TOFU	• ✓ ✓ ✓	GARLIC BREAD	• ✓ ✓ ✓	TOFU TIKKA MASALA	• ✓ ✓ ✓									
	MUFFIN	• ✓ ✓ ✓ ✓	WATERMELON	• ✓ ✓ ✓ ✓	ORANGE	• ✓									

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