




Prince of Wales Island International School
WEEK 1



TYPE OF GROUP		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 1-May-25	T	V	D	E	G	FRIDAY 2-May-25	T	V	D	E	G	SATURDAY 3-May-25	T	V	D	E	G	SUNDAY 4-May-25	T	V	D	E	G
MORNING SNACK	WESTERN	Prince of Wales Island International School						Prince of Wales Island International School						Prince of Wales Island International School						GRILLED CHICKEN SLICED						PANCAKE WITH HONEY						BREAKFAST CASEROLE						EGG OMELETTE					
	ASIAN																		BREAKFAST BUN						CUT FRUITS						BAKE BEANS						TOASTED SLICE BREAD						
	CEREAL													2 TYPE OF CEREAL WITH FRESH MILK					2 TYPE OF CEREAL WITH FRESH MILK						2 TYPE OF CEREAL WITH FRESH MILK						2 TYPE OF CEREAL WITH FRESH MILK						2 TYPE OF CEREAL WITH FRESH MILK						
NOODLE SOUP		Prince of Wales Island International School						Prince of Wales Island International School						Prince of Wales Island International School					THAI CHICKEN SOUP						FISH PORRIDGE WITH CONDIMENTS						TOMYAM NOODLES						YELLOW MEE WITH CHICKEN SOUP						
	SOUP OF THE DAY																		POTATO SOUP						CLEAR CHICKEN SOUP						POTATO SOUP												
	SALAD	Prince of Wales Island International School						Prince of Wales Island International School						Prince of Wales Island International School					MIX SALAD OF THE DAY						MIX SALAD OF THE DAY						MIX SALAD OF THE DAY						MIX SALAD OF THE DAY						
LUNCH	WESTERN	Prince of Wales Island International School						Prince of Wales Island International School						Prince of Wales Island International School					CHICKEN MARYLAND						LAMB TAGINE						CHICKEN BOLOGNESE												
																			GRATIN POTATO						CARROT GLAZE WITH ONION						SWEET CORN KERNEL WITH TOMATO AND ONION												
																			CAESER SALAD						COUSCOUS						BUTTER HERB PENNE												
																			FRIDAY WESTERN SPECIAL																								
	ASIAN	Prince of Wales Island International School						Prince of Wales Island International School						Prince of Wales Island International School					FISH MASALA						ROASTED CHICKEN												ROASTED CHICKEN						
																			ACAR JELATAH						SLICED TOMATO,CUCUMBER AND JULIENNE LETTUCE												SLICED TOMATO,CUCUMBER AND JULIENNE LETTUCE						
																			FRAGRANT WHITE RICE						CHICKEN RICE												CHICKEN RICE						
	VEGETARIAN	Prince of Wales Island International School						Prince of Wales Island International School						Prince of Wales Island International School					VEGETABLE CRACKERS						VEGETARIN LAMB MOCK MEAT TAGINE						VEGETABLE CRACKERS						VEGETARIN LAMB MOCK MEAT TAGINE						
																			POTATO SAMOSA						CARROT GLAZE WITH ONION						POTATO SAMOSA						CARROT GLAZE WITH ONION						
	DESSERT	Prince of Wales Island International School						Prince of Wales Island International School						Prince of Wales Island International School					FRIED VEGETARIAN GLASS NOODLES						COUSCOUS						FRIED VEGETARIAN MEE HOON						COUSCOUS						
DINNER																			BREAD BUTTER PUDDING						MINI MUFFIN						FRESH CUT FRUITS						FRUITS SALAD						
																			BLACK PEPPER BEEF STEW						CHICKEN MASALA						SEAFOOD TOMYAM						CRISPY FISH WITH SALSA						
																			BUTTER RICE						BRYANI RICE						OMMELETTE						AGLIO OLIO PASTA						
																			BAKED POTATO						STIR FRY MEEHOON						STEAMED RICE						ROASTED VEGGIE						
																			AGLIO OLIO PSTA						DHALL VEGGIE CURRY						STEAMED GREEN BEEN						TUNA SALAD						
																			FRESH CUT FRUITS						JELLY PUDDING						FRESH CUT FRUITS						GARLIC BREAD						
																		GARDEN SALAD						BANANA												MINI PAU							

Information & Privilege:
 All food served are HALAL compliant
 Menu may change according to food supply seasons and availability
Delischool Healthy Food Guidelines:
 We mainly bake, grill, steam, lightly stir fry or boil our foods. Deep frying is limited within our menu cycle.
 We do not add MSG (Monosodium Glutamate) to our cooked foods.
 We reduce saturated fat, sugar, salt & artificial colouring in our cooking
 Guaranteed nut free, palm-oil free, glutamate and MSG free

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










Prince of Wales International School
WEEK 2



TYPE OF GROUP		MONDAY 5-May-25					TUESDAY 6-May-25					WEDNESDAY 7-May-25					THURSDAY 8-May-25					FRIDAY 9-May-25					SATURDAY 10-May-25					SUNDAY 11-May-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
MORNING SNACK	WESTERN	SOFT BUN	✓				PAN CAKE	✓				SCRAMBLE EGG	✓				GRILLED SLICE CHICKEN	✓				CHICKEN MEAT LOAF	✓				PANCAKE WITH FRUITS	✓								
		JAM, BUTTER, KAYA					BUTTER AND HONEY	✓				CHICKEN SAUSAGE AND BAKED BEAN	✓				SCRAMBLED EGG	✓				BAKED BEAN	✓				SUNNY SIDE UP	✓								
	ASIAN	STIR FRY KUEW TEOW CHINESE STYLE	✓				PRATA BREAD	✓				CHINESE FRIED RICE	✓				STIR FRY HOR FUN	✓				STIR FRY NOODLE	✓				TOMYAM FRIED RICE	✓				ROTI CANAI WITH DHALL CURRY	✓			
							DHALL CURRY CURRY	✓																												
	CEREAL	2 TYPE OF CEREAL WITH FRESH MILK					2 TYPE OF CEREAL WITH FRESH MILK					2 TYPE OF CEREAL WITH FRESH MILK					2 TYPE OF CEREAL WITH FRESH MILK					2 TYPE OF CEREAL WITH FRESH MILK					2 TYPE OF CEREAL WITH FRESH MILK									
	NOODLE SOUP	TOM YAM NOODLE SOUP	✓				KUEW TEOW SOUP	✓				DRY PAN MEE	✓				FISH PORRIDGE SOUP	✓				CHICKEN SOTO SOUP	✓				FISH MOI SOUP	✓				CHICKEN SOTO	✓			
	SOUP OF THE DAY	CLEAR SOUP	✓				PUMPKIN SOUP	✓				SWEET CORN CRAB MEAT SOUP	✓				CREAMY BROCCOLI SOUP	✓				POTATO & LEEK SOUP	✓				SWEET CORN SOUP	✓				OLD CUCUMBER SOUP	✓			
	SALAD	MIX SALAD OF THE DAY	✓				MIX SALAD OF THE DAY	✓				MIX SALAD OF THE DAY	✓				MIX SALAD OF THE DAY	✓				MIX SALAD OF THE DAY	✓				MIX SALAD OF THE DAY	✓				MIX SALAD OF THE DAY	✓			
		2 CHOICES OF TOPPING	✓				2 CHOICES OF TOPPING	✓				2 CHOICES OF TOPPING	✓				2 CHOICES OF TOPPING	✓				2 CHOICES OF TOPPING	✓				2 CHOICES OF TOPPING	✓				2 CHOICES OF TOPPING	✓			
		2 CHOICES OF DRESSING	✓				2 CHOICES OF DRESSING	✓				2 CHOICES OF DRESSING	✓				2 CHOICES OF DRESSING	✓				2 CHOICES OF DRESSING	✓				2 CHOICES OF DRESSING	✓				2 CHOICES OF DRESSING	✓			
LUNCH	WESTERN	CHICKEN POP CARBONARA	✓				FISH FINGER	✓				BEEF GOULASH	✓				GRILLED FISH WITH TOMATO CONCASSE	✓				MASH POTATO	✓				GRILLED FISH WITH TOMATO CONCASSE	✓				MASH POTATO	✓			
		PASTA	✓				GREEN PEAS WITH CARROT	✓				BROCCOLI & CAULIFLOWER	✓				STEAMED VEGETABLES	✓				CHICKEN CORDON BLEU	✓				STEAMED VEGETABLES	✓				BEEF STEW	✓			
		GARLIC BUTTER SPINACH	✓				POTATO WEDGES	✓				MASHED POTATOES	✓				GARLIC BREAD	✓				MIX SALAD/ GARLIC CROUTON	✓				GARLIC BREAD	✓				MIX SALAD	✓			
																						UK FOOD SPECIAL														
	ASIAN	BUTTER MILK FISH	✓				CHICKEN KARAAGE	✓				STEAMED FISH WITH SOY SAUCE	✓				CHICKEN KATSU	✓				GRILLED FISH	✓									BBQ CHICKEN	✓			
		STIR FRY TAU MIO WITH GARLIC	✓				JAPANESE CABBAGE SALAD	✓				STIR FRY BEAN SPROUT WITH CHIVE	✓				JAPANESE VEGETABLE CURRY	✓				CUCUMBER TOMATO SALAD SALSA	✓									CUCUMBER TOMATO SALAD SALSA	✓			
		FRAGRANT WHITE RICE	✓				FRAGRANT WHITE RICE	✓				FRAGRANT WHITE RICE	✓				FRAGRANT WHITE RICE	✓				FRENCH FRIES	✓									CHICKEN RICE	✓			
																						UK FOOD SPECIAL														
	VEGETARIAN	VEGETARIAN CHICKEN CARBONARA	✓				POTATO & CARROT VEGETARIAN LAMB STEW	✓				BRAISED JAPANESE BEANCURD	✓				STEAM SOFT TOFU WITH GINGER SOY SAUCE	✓				DEEP FRY VEGETARIAN FISH	✓				VEGETARIAN FRIED MEE	✓				AGLIO OLIO PENNE	✓			
		PASTA	✓				STIR FRIED MIX VEGE	✓				SAUTEED BROCCOLI & CAULIFLOWER	✓				STIR FRIED CHOI SUM	✓				CUCUMBER TOMATO SALAD SALSA	✓													
	GARLIC BUTTER SPINACH	✓				FRAGRANT WHITE RICE	✓				NAAN BREAD	✓				FRAGRANT WHITE RICE	✓				COUSCOUS	✓														
DESSERT	SLICE CAKE	✓				FRESH CUT FRUITS	✓				MIX FRUIT WITH YOGHURT	✓				FRESH CUT WATERMELON	✓				MINI MUFFIN	✓				HONEYDEW SAGO	✓				DRAGON FRUITS	✓				
DINNER		GRILLED CHICKEN WITH BBQ SAUCE	✓				MALACCA ASAM FISH	✓				YONG TAUFOO WITH CONDIMENTS	✓				BREADED FISH	✓				GINGER CHICKEN	✓				THAI FISH	✓				CHAR KOEY TIAW COUNTER	✓			
		SAUTEED POTATO	✓				MILD CHILLI BRINJAL	✓				TOMYAM SOUP	✓				POTATO GRATIN	✓				SWEET AND SOUR SOFT TOFU	✓				CORN RICE	✓				SWEET CORN CRAB MEAT SOUP	✓			
		GARDEN SALAD	✓				BRAISED TOFU	✓				2 TYPES OF NOODLES	✓				COLESLAW	✓				STIR FRY TAU MIO	✓				STIR FRY KAILAN	✓				FRUIT COCKTAIL	✓			
		MUSHROOM SOUP	✓				STEAMED RICE	✓				BUTTER CAKE	✓				TOMYAM FRIED RICE	✓				STEAMED RICE	✓				GARLIC BREAD	✓								
		FRUITS COCKTAIL	✓				AGLIO OLIO PASTA	✓									BANANA	✓				FRIED GLASS NODLES	✓				CREAMY MUSHROOM SOUP	✓								
		✓				MUFFIN	✓														DIMSUM	✓				SLICED CAKE	✓									

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Diet School Healthy Food Guidelines:
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V: VEGETARIAN
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Prince of Wales Island International School
WEEK 3



TYPE OF GROUP	MONDAY 12-May-25					TUESDAY 13-May-25					WEDNESDAY 14-May-25					THURSDAY 15-May-25					FRIDAY 16-May-25					SATURDAY 17-May-25					SUNDAY 18-May-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										
MORNING SNACK	WESTERN					MONTE CRISTO					SOFT BUN					PANCAKE					ENGLISH MUFFIN					EGG BURITO					MAC AND CHEESE														
	ASIAN					SINGAPORE MEE HOON					MEE GORENG MAMAK					VEGETABLE DHALL					PRATA BREAD					STIR FRIED UDON					STIR FRIED RAMEN					STIR FRIED MEE									
	CEREAL					2 TYPE OF CEREAL WITH FRESH MILK					2 TYPE OF CEREAL WITH FRESH MILK					2 TYPE OF CEREAL WITH FRESH MILK					2 TYPE OF CEREAL WITH FRESH MILK					2 TYPE OF CEREAL WITH FRESH MILK					2 TYPE OF CEREAL WITH FRESH MILK					2 TYPE OF CEREAL WITH FRESH MILK									
	NOODLE SOUP					CHICKEN MOI SOUP					MEE SOTO					RAMEN SOUP					PORRIDGE WITH CONDIMENTS					DRY PAN MEE					DRY PAN MEE														
LUNCH	SOUP OF THE DAY					CLEAR CHICKEN SOUP					CAULIFLOWER SOUP					CREAMY POTATO SOUP					CHINESE HOT AND SOUR SOUP					CHINESE HOT AND SOUR SOUP																			
	SALAD					MIX SALAD OF THE DAY					MIX SALAD OF THE DAY					MIX SALAD OF THE DAY					MIX SALAD OF THE DAY					MIX SALAD OF THE DAY					MIX SALAD OF THE DAY					MIX SALAD OF THE DAY									
						2 CHOICES OF TOPPING					2 CHOICES OF TOPPING					2 CHOICES OF TOPPING					2 CHOICES OF TOPPING					2 CHOICES OF TOPPING					2 CHOICES OF TOPPING					2 CHOICES OF TOPPING									
						2 CHOICES OF DRESSING					2 CHOICES OF DRESSING					2 CHOICES OF DRESSING					2 CHOICES OF DRESSING					2 CHOICES OF DRESSING					2 CHOICES OF DRESSING					2 CHOICES OF DRESSING									
	WESTERN					ROASTED ROSEMARY CHICKEN					CHICKEN MEATBALL IN TOMATO SAUCE					OVEN BAKED BBQ BEEF					CREAMY SLICED CHICKEN PASTA					BEEF LASAGNA					GRILLED FISH WITH LEMON SAUCE														
						GRILLED CORN COB					SPAGHETTI					STEAMED FRENCH BEANS					RATATOUILLE					MIXED SALAD					BUTTER RICE														
						FRIES					SALAD					BOILED BUTTER POTATO										FRENCH FRIES					MIXED VEGETABLE														
	ASIAN					TIKKA FISH WITH SAUCE					STEAMED FISH WITH SOY SAUCE					SWEET AND SOUR CHICKEN					GINGER CHICKEN WITH DARK SOY SAUCE					NASI LEMAK					GINGER CHICKEN WITH DARK SOY SAUCE					TOMATO RICE									
						STIR FRIED MIX VEGE					STEAMED RICE					CHINESE CABBAGE & MUSHROOM					STIR FRY TAU MIU BEAN SPROUT					SAMBAL AND CONDIMENTS					STIR FRY TAU MIU BEAN SPROUT					AYAM MASAK MERAH									
						STEAMED RICE					SAUTEED BEAN SPROUTS					FRAGRANT WHITE RICE					FRAGRANT WHITE RICE					AYAM BEREMPAP					FRAGRANT WHITE RICE					CUCUMBER PINEAPPLE PICKLE									
VEGETARIAN					DHAAL CURRY					STEAMED VEGETARIAN FISH WITH SOY SAUCE					STIR FRIED BLACK PEPPER VEGGIE MEAT					CRISPY PAPADOM					VEGETARIAN LASAGNA					CRISPY PAPADOM					VEGETARIAN FRIED RICE										
					ONION PAKORA					STEAMED RICE					VEGGIE FISH FILLET					VEGETARIAN SPRING ROLL					MIXED SALAD					VEGETARIAN SPRING ROLL															
					NAAN BREAD					SAUTEED BEAN SPROUTS					FRAGRANT WHITE RICE					VEGETARIAN FRIED KUEW TEOW					FRENCH FRIES										FRENCH FRIES										
DESSERT					BREAD BUTTER PUDDING					BUTTER CAKE					MIX FRUIT WITH YOGHURT					BANANA CAKE					HONEYDEW					SAGU GULA MELAKA					ORANGE										
DINNER	CHICKEN MARYLAND					KAM HEONG CHICKEN					BREADED FISH FILLET					ALA CARTE COUNTER HOMEMADE GRILLED CHICKEN BURGER					ALA CARTE COUNTER CURRY MEE WITH CONDIMENT					HERBS ROASTED FISH					ALA CARTE COUNTER YONG TAUFOO														
	AGLIO OLIO PASTA					BRAISED JAPANESE EGG TOFU					CREAMY CHEEZY SAUCE															SPAGHETTI ALFREDO																			
	BUTTER HERB BROCCOLI					SAUTEED KAILAN					ROASTED SWEET POTATO					4 TYPE CONDIMENT					SALAD					GARLIC BREAD					THAI CHICKEN BROTH														
	MUSHROOM SOUP					STEAMED RICE					PUMPKIN SOUP					TOMATO SOUP					BANANA					MUSHROOM SOUP					FRESH CUT WATERMELON														
	GARLIC BREAD					PINEAPPLE					DINNER BUN					MINI MUFFIN										FRUIT COCKTAIL																			
	ORANGE										SLICED YELLOW WATERMELON																																		

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Prince of Wales Island
International School
WEEK 4



TYPE OF GROUP	MONDAY 19-May-25					TUESDAY 20-May-25					WEDNESDAY 21-May-25					THURSDAY 22-May-25					FRIDAY 23-May-25					SATURDAY 24-May-25					SUNDAY 25-May-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		
MORNING SNACK	WESTERN		CROISSANT					FRENCH TOAST					CHICKEN BREAKFAST SAUSAGE					PAN CAKE					CHICKEN MEAT LOAF					AMERICAN BREAKFAST									
	WESTERN		JAM OR BUTTER					BAKED BEAN, HAM					SCRAMBLE EGG					HONEY WITH MIX FRUITS					SOFT BUN														
	ASIAN		FRIED RICE VERMICELLI					STIR FRY YELLOW NOODLE MAMAK STYLE					NASI LEMAK WITH CONDIMENTS					TOMYAM FRIED RICE					CHAR KOEY TEAW					MEE CURRY									
	CEREAL		2 TYPE OF CEREAL WITH FRESH MILK					2 TYPE OF CEREAL WITH FRESH MILK					2 TYPE OF CEREAL WITH FRESH MILK					2 TYPE OF CEREAL WITH FRESH MILK					2 TYPE OF CEREAL WITH FRESH MILK					2 TYPE OF CEREAL WITH FRESH MILK									
SOUP OF THE DAY	NOODLE SOUP		TOM YUM MEE SOUP					KUEW TEOW SOUP					MEE KARI					FISH MOI SOUP					CHICKEN SOTO					CHICKEN PORRIDGE					CHICKEN SOTO SOUP				
	SOUP OF THE DAY		CHINESE EGG SOUP					MUSHROOM SOUP					CREAMY CARROT SOUP					SWEET CORN SOUP					POTATO & ONION SOUP					CREAM CORN SOUP					POTATO & LEEK SOUP				
	SALAD		MIX SALAD OF THE DAY					MIX SALAD OF THE DAY					MIX SALAD OF THE DAY					MIX SALAD OF THE DAY					MIX SALAD OF THE DAY					MIX SALAD OF THE DAY									
LUNCH	SALAD		2 CHOICES OF TOPPING					2 CHOICES OF TOPPING					2 CHOICES OF TOPPING					2 CHOICES OF TOPPING					2 CHOICES OF TOPPING					2 CHOICES OF TOPPING									
	SALAD		2 CHOICES OF DRESSING					2 CHOICES OF DRESSING					2 CHOICES OF DRESSING					2 CHOICES OF DRESSING					2 CHOICES OF DRESSING					2 CHOICES OF DRESSING									
	WESTERN		CHICKEN ROULADE					FISH MOUSSAKA					MEDITERRANEAN GRILLED FISH					BEEF LASAGNA					FRIDAY WESTERN SPECIAL					CHICKEN PIE					GRILLED FISH WITH TOMATO CONCASSE				
	WESTERN		COLESLAW					GREEN PEAS WITH CARROT					STEAMED FRENCH BEAN					CORN ON COB					SAUTEED SPINACH WITH GARLIC					STEAMED VEGETABLES					GARLIC BREAD				
	WESTERN		BAKED POTATO WITH PARSLEY										POTATO WEDGES					SALAD																			
	ASIAN		BUTTER MILK FISH					CHICKEN TICA					SWEET AND SOUR CHICKEN					NESTUM FISH					TEMPURA FISH					HAINANESE CHICKEN RICE									
	ASIAN		STIR FRY SPINACH WITH GARLIC					GHEE RICE					SAUTEED MIX VEGETABLES					MIX VEGETABLE & MUSHROOM					POTATO CURRY DHALL					GRILLED MARINATED CHICKEN									
	ASIAN		FRAGRANT WHITE RICE					DHALL CURRY					FRAGRANT WHITE RICE					STEAMED RICE					STEAMED RICE					CONDIMENTS									
	VEGETARIAN		VEGETARIAN CHICKEN POP CORN					VEGETARIAN CHICKEN TICA					VEGETABLE CRACKERS					NESTUM VEGETARIAN FISH					VEGETABLE CRACKERS					STIR FRY VEGETARIAN GLASS NOODLE					PAPADOM				
	VEGETARIAN		COLESLAW & SALAD					DHALL CURRY					POTATO SAMOSA					STIR FRIED CHOI SUM					SAMBAL EGG PLANT					SAMBAL TUMIS EGG PLANT									
DESSERT	DESSERT		BAKE POTATO WITH PARSLEY					GHEE RICE					VEGETARIAN MEE MAMAK					STEAMED RICE					FRIED VEGETARIAN NOODLES					FRIED VEGETARIAN NOODLES									
	DESSERT		FRUIT WITH YOGURT					RED APPLE					BUTTER CAKE					PAPAYA					RED APPLE					WATERMELON					BUBUR KACANG				
DINNER	DINNER		CHICKEN KATSU CURRY					TOMYAM SOUP					MAKE YOUR OWN WRAP					NAAN BREAD WITH CHICKEN TANDORI					GRILLED SEA BASS WITH SWEET SAMBAL					CHICKEN CARBONARA					RAMEN				
	DINNER		JAPANESE RICE					CHICKEN SOUP										CONDIMENT					STEAMED RICE					CHICKEN BOLOGNESE					KOREAN FRIED CHICKEN				
	DINNER		STIR FRIED TAU MIU					3 TYPE OF NOODLES WITH CONDIMENT					SALAD					SUP KAMBING BEREMPAH					STIR FRIED KAILAN					TWO TYPE OF PASTA					KIM CHI				
	DINNER		MISO SOUP					BREAD BUTTER PUDDING					ONION SOUP					DINNER BUN					TOMYAM SOUP					PUMPKIN SOUP					SUNDUBU JJIGAE				
	DINNER		MIXED SALAD										MINI MUFFIN					MANGO LASSI					HONEYDEW					ORANGE									
DINNER		DRAGON FRUIT																																			

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

GREEN
BEST CHOICE

AMBER
CHOOSE CAREFULLY

RED
LIMIT CONSUMPTION






**Prince of Wales Island
International School**
WEEK 5



TYPE OF GROUP	MONDAY 26-May-25					TUESDAY 27-May-25					WEDNESDAY 28-May-25					THURSDAY 29-May-25					FRIDAY 30-May-25					SATURDAY 31-May-25					SUNDAY 1-Jun-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		
MORNING SNACK	WESTERN		FRENCH TOAST					TUNA MAYO SANDWICH					CHICKEN BREAKFAST SAUSAGE					PAN CAKE					EGG BURITO					AMERICAN BREAKFAST					 Prince of Wales Island International School				
	WESTERN		JAM OR BUTTER					SCRAMBLED EGG					SOFT BUN					HONEY WITH MIX FRUITS																			
	ASIAN		YOUNG CHOW FRIED RICE					MUSHROOM FRIED RICE					NASI LEMAK WITH CONDIMENTS					CANTONESE NOODLE SOUP					CURRY MEE WITH CONDIMENT														
	CEREAL		2 TYPE OF CEREAL WITH FRESH MILK					2 TYPE OF CEREAL WITH FRESH MILK					2 TYPE OF CEREAL WITH FRESH MILK					2 TYPE OF CEREAL WITH FRESH MILK					2 TYPE OF CEREAL WITH FRESH MILK					2 TYPE OF CEREAL WITH FRESH MILK									
NOODLE SOUP		TOM YUM MEE SOUP					KUEW TEOW SOUP					KUEW TEOW SOUP					FISH MOI SOUP					CHICKEN SOTO SOUP															
SOUP OF THE DAY		CHINESE EGG DROP SOUP					MUSHROOM SOUP					CREAMY CARROT SOUP					CREAM CORN SOUP					POTATO & LEEK SOUP					SWEET CORN CRAB MEAT SOUP										
SALAD		MIX SALAD OF THE DAY					MIX SALAD OF THE DAY					MIX SALAD OF THE DAY					MIX SALAD OF THE DAY					MIX SALAD OF THE DAY					MIX SALAD OF THE DAY										
		2 CHOICES OF TOPPING					2 CHOICES OF TOPPING					2 CHOICES OF TOPPING					2 CHOICES OF TOPPING					2 CHOICES OF TOPPING					2 CHOICES OF TOPPING										
		2 CHOICES OF DRESSING					2 CHOICES OF DRESSING					2 CHOICES OF DRESSING					2 CHOICES OF DRESSING					2 CHOICES OF DRESSING					2 CHOICES OF DRESSING										
WESTERN		PARMESAN CRUSTED FISH					FISH FINGER					MEDITERRANEAN GRILLED FISH					GRILLED FISH WITH TOMATO CONCASSE					SHEPHERD PIE					CHICKEN FAJITA										
		TOMATO SALAD & DRESSING					GREEN PEAS WITH CARROT					STEAMED FLORETS					STEAMED VEGETABLES					COLESLAW					CORN AND TOMATO SALSA										
		BAKED POTATO WITH PARSLEY					FRENCH FRIES					POTATO WEDGES					MASHED POTATO					FRENCH FRIES					POTATO WEDGES										
ASIAN		AYAM MASAK MERAH					CHICKEN KATSU					SWEET AND SOUR CHICKEN					DEEP FRIED FISH WITH THAI SAUCE					FRIED FISH BEREMPAP															
		STIR FRY MIXED VEGGIE					JAPANESE POTATO & CARROT CURRY					SAUTEED MIX VEGETABLES					MIX VEGETABLE & MUSHROOM					VEGETABLE DHALLCA															
		FRAGRANTTOMATO RICE					FRAGRANT WHITE RICE					FRAGRANT WHITE RICE					FRAGRANT WHITE RICE					TOMATO RICE															
VEGETARIAN		VEGETARIAN CRUSTED FISH					CHICKEN KATSU					VEGETABLE CRACKERS					DEEP FRIED VEGETARIAN FISH					VEGETABLE CRACKERS					NESTUM VEGETARIN CHICKEN										
		TOMATO SALAD DRESSING					JAPANESE POTATO & CARROT CURRY					POTATO SAMOSA					STIR FRIED MIXRD VEGGIE					SAMBAL TUMIS EGG PLANT					STIR FRIED CHOI SUM										
		BAKE POTATO WITH PARSLEY					FRAGRANT WHITE RICE					VEGETARIAN MEE MAMAK					FRAGRANT WHITE RICE					FRIED VEGETARIAN NOODLES					FRAGRANT WHITE RICE										
DESSERT		SLICE BANANA CAKE					ORANGE					PINEAPPLE					BANANA					RED APPLE					ORANGE										
DINNER		BEEF BOLOGNESE					KAM HEONG CHICKEN					ALA CARTE COUNTER MAKE OWN PIZZA					GRILLED FISH FILLET					ROASTED CAJUN CHICKEN					BEEF STEW										
		GARLIC BUTTER PASTA					BRAISED SOFT TOFU IN EGG SAUCE										LEMON BUTTER SAUCE					GARLIC PESTO SPIRAL					DINNER BUN										
		GARDEN SALAD					SAUTEED SPINACH WITH GARLIC					CREAMY CHICKEN SOUP					PENNE AGLIO OLIO					ZUCCHINI AU GRATIN					MASHED POTATO										
		MUSHROOM SOUP					STEAMED RICE					DINNER BUN					TRIO BAKED SWEET POTATO HONEY GLAZED					VEGETARIAN FRIED NOODLE					COLESLAW										
		GARLIC BREAD					BREAD BUTTER PUDDING					FRUIT COCKTAIL					MIXED SALAD					FRUIT SALAD					THAI BEEF BROTH										
		WATERMELON															PUMPKIN SOUP										BANANA										

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

GREEN BEST CHOICE
AMBER CHOOSE CAREFULLY
RED LIMIT CONSUMPTION






Prince of Wales International School
WEEK 2



TYPE OF GROUP		MONDAY 2-Jun-25					TUESDAY 3-Jun-25					WEDNESDAY 4-Jun-25					THURSDAY 5-Jun-25					FRIDAY 6-Jun-25					SATURDAY 7-Jun-25					SUNDAY 8-Jun-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
MORNING SNACK	WESTERN	FRENCH TOAST					SOFT BUN	✓	✓	✓		SCRAMBLED EGG	✓	✓	✓		OMELET, HAM AND CHEESE	✓	✓	✓		QUICHE LORRAINE					PANCAKE WITH FRUITS	✓	✓	✓						
		BUTTER & JAM					JAM & KAYA	✓	✓	✓		BAKED BEAN WITH SLICE BREAD	✓	✓	✓												SUNNY SIDE UP									
	ASIAN	SINGAPORE FRIED BIHUN					CHINESE FRIED RICE	✓	✓	✓		CHAR HOR FUN	✓	✓	✓		PARATHA	✓	✓	✓		LOH SHI FUN					TOMYAM FRIED RICE	✓	✓	✓		ROTI CANAI WITH DHALL CURRY	✓	✓	✓	
	CEREAL	2 TYPE OF CEREAL WITH FRESH MILK					2 TYPE OF CEREAL WITH FRESH MILK					2 TYPE OF CEREAL WITH FRESH MILK					2 TYPE OF CEREAL WITH FRESH MILK					2 TYPE OF CEREAL WITH FRESH MILK					2 TYPE OF CEREAL WITH FRESH MILK					2 TYPE OF CEREAL WITH FRESH MILK				
NOODLE SOUP	FISH MOI					YEE MEE SOUP	✓	✓	✓		KUEY TEOW SOUP	✓	✓	✓		RAMEN SOUP	✓	✓	✓		BIHUN SOUP					FISH MOI SOUP	✓	✓	✓		CHICKEN SOTO	✓	✓	✓		
SOUP OF THE DAY	SEAFOOD CHOWDER					MUSHROOM SOUP	✓	✓	✓		BROCCOLI SOUP	✓	✓	✓		CREAM CORN SOUP	✓	✓	✓		POTATO & LEEK SOUP					SWEET CORN SOUP	✓	✓	✓		OLD CUCUMBER SOUP	✓	✓	✓		
SALAD		MIX SALAD OF THE DAY	✓	✓	✓		MIX SALAD OF THE DAY	✓	✓	✓		MIX SALAD OF THE DAY	✓	✓	✓		MIX SALAD OF THE DAY	✓	✓	✓		MIX SALAD OF THE DAY	✓	✓	✓		MIX SALAD OF THE DAY	✓	✓	✓		MIX SALAD OF THE DAY	✓	✓	✓	
		2 CHOICES OF TOPPING	✓	✓	✓		2 CHOICES OF TOPPING	✓	✓	✓		2 CHOICES OF TOPPING	✓	✓	✓		2 CHOICES OF TOPPING	✓	✓	✓		2 CHOICES OF TOPPING	✓	✓	✓		2 CHOICES OF TOPPING	✓	✓	✓		2 CHOICES OF TOPPING	✓	✓	✓	
		2 CHOICES OF DRESSING	✓	✓	✓		2 CHOICES OF DRESSING	✓	✓	✓		2 CHOICES OF DRESSING	✓	✓	✓		2 CHOICES OF DRESSING	✓	✓	✓		2 CHOICES OF DRESSING	✓	✓	✓		2 CHOICES OF DRESSING	✓	✓	✓		2 CHOICES OF DRESSING	✓	✓	✓	
LUNCH	WESTERN	GRILLED FISH WITH CONCASSE SAUCE					POPCORN CHICKEN	✓	✓	✓		BAKED FISH WITH LEMON BUTTER SAUCE	✓	✓	✓		GRILLED CHICKEN WITH ROSEMARY SAUCE	✓	✓	✓		TILAPIA FLORENTINE					GRILLED FISH WITH TOMATO CONCASSE	✓	✓	✓		MASH POTATO	✓	✓	✓	
		SAUTEED FRENCH BEAN					CORN IN MAYONAISE	✓	✓	✓		GREEN PEAS WITH ONION	✓	✓	✓		STEAMED VEGETABLES	✓	✓	✓		CREAMY SPINACH					STEAMED VEGETABLES	✓	✓	✓		BEEF STEW	✓	✓	✓	
		PILAF RICE					BAKED POTATO WITH CAJUN	✓	✓	✓		AGLIO OLIO	✓	✓	✓		GREEN PEAS RICE	✓	✓	✓		AGLIO OLIO					GARLIC BREAD	✓	✓	✓		MIX SALAD	✓	✓	✓	
ASIAN	CHICKEN ROSE					GINGER FISH CHINESE STYLE	✓	✓	✓		CHICKEN CURRY WITH POTATO	✓	✓	✓		MUTTON CURRY	✓	✓	✓		PAD KRA PAO						✓	✓	✓		BBQ CHICKEN	✓	✓	✓		
	ACAR JELATAH					STIR FRY PAK CHOY	✓	✓	✓		STIR FRY CABBAGE	✓	✓	✓		CUCUMBER ACAR	✓	✓	✓		STIR FRIED LONG BEAN						✓	✓	✓		CUCUMBER TOMATO SALAD SALSA	✓	✓	✓		
	TOMATO RICE					FRAGRANT WHITE RICE	✓	✓	✓		FRAGRANT WHITE RICE	✓	✓	✓		GHEE RICE	✓	✓	✓		WHITE RICE						✓	✓	✓		CHICKEN RICE	✓	✓	✓		
VEGETARIAN	TOFU ROSE					STEAM SOFT TOFU WITH GINGER SOY SAUCE	✓	✓	✓		VEGETARIAN LAMB STEW	✓	✓	✓		TOFU CURRY	✓	✓	✓		SOFT TOFU WITH SOY SAUCE					VEGETARIAN FRIED MEE	✓	✓	✓		AGLIO OLIO PENNE	✓	✓	✓		
	ACAR JELATAH					STIR FRIED CHOI SUM	✓	✓	✓		STIR FRIED MIX VEGE	✓	✓	✓		CUCUMBER ACAR	✓	✓	✓		STIR FRY MIX VEGETABLE						✓	✓	✓			✓	✓	✓		
	TOMATO RICE					FRAGRANT WHITE RICE	✓	✓	✓		FRAGRANT WHITE RICE	✓	✓	✓		GHEE RICE	✓	✓	✓		WHITE RICE						✓	✓	✓			✓	✓	✓		
DESSERT	FRUITS					FRUITS	✓	✓	✓		FRUITS	✓	✓	✓		FRUITS	✓	✓	✓		ICE CREAM					HONEYDEW SAGO	✓	✓	✓		DRAGON FRUITS	✓	✓	✓		
DINNER		YONG TAUFOO WITH CONDIMENTS	✓	✓	✓		MALACCA ASAM FISH	✓	✓	✓		ORIENTAL CHICKEN CHOP	✓	✓	✓		BREADED FISH	✓	✓	✓		PUMPKIN MASHED POTATO	✓	✓	✓		THAI FISH	✓	✓	✓		CHAR KOEY TIAW COUNTER				
		TOMYAM SOUP					MILD CHILLI BRINJAL	✓	✓	✓		FRENCH FRIES	✓	✓	✓		POTATO GRATIN					CHICKEN AU GRATIN					CORN RICE	✓	✓	✓		SWEET CORN CRAB MEAT SOUP				
		2 TYPES OF NOODLES					BRAISED TOFU	✓	✓	✓		MINISTRONE SOUP	✓	✓	✓		COLESLAW					PITA BREAD					STIR FRI KAILAN	✓	✓	✓		FRUIT COCKTAIL				
		BUTTER CAKE					STEAMED RICE	✓	✓	✓		GARDEN SALAD	✓	✓	✓		TOMYAM FRIED RICE					HERBS BOILED EGG					GARLIC BREAD									
							AGLIO OLIO PASTA	✓	✓	✓		DINNER BUN	✓	✓	✓		BANANA	✓	✓	✓		FRIED GLASS NODLES					CREAMY MUSHROOM SOUP									

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GREEN

BEST CHOICE



AMBER

CHOOSE CAREFULLY



RED

LIMIT CONSUMPTION








**Prince of Wales Island
International School**
WEEK 3



TYPE OF GROUP	MONDAY 9-Jun-25					TUESDAY 10-Jun-25					WEDNESDAY 11-Jun-25					THURSDAY 12-Jun-25					FRIDAY 13-Jun-25					SATURDAY 14-Jun-25					SUNDAY 15-Jun-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		
MORNING SNACK	WESTERN		HOMEMADE PANCAKE					SUNNY SIDE UP					SOFT BUN					TORTILLA					QUICHE LORAINÉ					MAC AND CHEESE									
	ASIAN		MEE MAMAK STYLE					KAMPUNG FRIED RICE					NASI LEMAK WITH CONDIMENT					TOMYAM FRIED RICE					STIR FRIED RAMEN					STIR FRIED MEE									
	CEREAL		2 TYPE OF CEREAL WITH FRESH MILK					2 TYPE OF CEREAL WITH FRESH MILK					2 TYPE OF CEREAL WITH FRESH MILK					2 TYPE OF CEREAL WITH FRESH MILK					2 TYPE OF CEREAL WITH FRESH MILK					2 TYPE OF CEREAL WITH FRESH MILK									
	NOODLE SOUP		YEE MEE SOUP					KUEW TEOW SOUP					RAMEN SOUP					VERMICELLI SOUP					MEE SOUP					DRY PAN MEE									
SOUP OF THE DAY	SOUP OF THE DAY		POTATO & LEEK					CREAMY CARROT SOUP					CAULIFLOWER SOUP					CREAMY PUMPKIN SOUP					CHINESE HOT AND SOUR SOUP					CHINESE HOT AND SOUR SOUP									
	SALAD		MIX SALAD OF THE DAY					MIX SALAD OF THE DAY					MIX SALAD OF THE DAY					MIX SALAD OF THE DAY					MIX SALAD OF THE DAY					MIX SALAD OF THE DAY									
			2 CHOICES OF TOPPING					2 CHOICES OF TOPPING					2 CHOICES OF TOPPING					2 CHOICES OF TOPPING					2 CHOICES OF TOPPING					2 CHOICES OF TOPPING									
			2 CHOICES OF DRESSING					2 CHOICES OF DRESSING					2 CHOICES OF DRESSING					2 CHOICES OF DRESSING					2 CHOICES OF DRESSING					2 CHOICES OF DRESSING									
LUNCH	WESTERN		ROASTED ROSEMARY CHICKEN WITH BROWN SAUCE					BALSAMIC GLAZE FISH					NASHVILLE FRIED CHICKEN WITH HOT SAUCE					SALMON CREAMY CARBONARA					ITALIAN SPECIAL MENU					GRILLED FISH WITH LEMON SAUCE									
			STEAM BROCCOLI WITH CORN					CARROT VINCHY					ROASTED MIX VEGETABLE					SAUTEED FRENCH BEAN					ITALIAN SAUSAGES & PEPPER FRITATA AFOGATO					BUTTER RICE									
			MASHED POTATO					TRIO BAKED SWEET POTATO					ROASTED POTATOES WEDGES					GARLIC PASTA					ITALIAN SPECIAL MENU					MIXED VEGETABLE									
	ASIAN		TANDOORI FISH WITH ONION CHUTNEY					PAD KRA PAO					FRIED FISH WITH SALTED EGG					MONGOLIAN CHICKEN					CAPRESE CHICKEN SALTIMBOCCA					GINGER CHICKEN WITH DARK SAUCE SOY					TOMATO RICE				
			CUCUMBER RAITA					THAI VEGETABLE STIR FRY					CHINESE CABBAGE & OYSTER MUSHROOM					STIR FRY LONG BEAN					CAPRESE SALAD					STIR FRY TAU MIU BEAN SPROUT					AYAM MASAK MERAH				
			GHEE RICE					STEAM WHITE RICE					FRAGRANT WHITE RICE					FRAGRANT WHITE RICE					CHICKEN FLORENTINE PASTA					FRAGRANT WHITE RICE					CUCUMBER PINEAPPLE PICKLE				
	VEGETARIAN		TOFU MASSALA					THAI COCONUT CURRY (VEGETARIAN CHICKEN)					CHICKEN BUTTER MILK					VEGAN MAPO TOFU					ITALIAN SPECIAL MENU					CRISPY PAPADOM					VEGETARIAN FRIED RICE				
			ALOO GOBI					PAD PAK RUAM					STIR FRIED SAWI					STIR FRIED STRING BEAN					FOUR SEASON PIZZA					VEGETARIAN SPRING ROLL					FRENCH FRIES				
			GHEE RICE					STEAM WHITE RICE					FRAGRANT WHITE RICE					STEAM WHITE RICE					CHICKEN FLORENTINE PASTA					FRAGRANT WHITE RICE					CUCUMBER PINEAPPLE PICKLE				
	DESSERT		FRUITS					FRUITS					FRUITS					FRUITS					ICE CREAM OF THE DAY WITH BREAD					SAGU GULA MELAKA					ORANGE				
DINNER	CHICKEN MARYLAND		GARLIC RICE CHICKEN					BREADED FISH FILLET					ALA CARTE COUNTER HOMEMADE GRILLED CHICKEN BURGER					PENNE AGLIO OLIO					HERBS ROASTED FISH					JAPANESE RICE									
	AGLIO OLIO PASTA		NANBAN WITH TARTAR SAUCE					CREAMY CHEEZY SAUCE										GRILLED CHICKEN WITH BBQ SAUCE					SPAGHETTI ALFREDO					TERIYAKI CHICKEN									
	BUTTER HERB BROCCOLI		CHAWANMUNSHI EGG					ROASTED SWEET POTATO					4 TYPE CONDIMENT					STIRFRY FRENCH BEAN					GARLIC BREAD					BRAISED SIEW PAK CHOI									
	MUSHROOM SOUP		TEPANYAKI VEGGIE					PUMPKIN SOUP					TOMATO SOUP					CREAMY CHICKEN SOUP					MUSHROOM SOUP					SHITAKE DASHI (JAPANESE BROTH)									
	GARLIC BREAD		FRESH CUT FRUITS					DINNER BUN					MINI MUFFIN					BANANA					FRUIT COCKTAIL					DIM SUM									
	ORANGE		SLICED YELLOW WATERMELON																																		

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Prince of Wales Island
International School
WEEK 4



TYPE OF GROUP	MONDAY 16-Jun-25					TUESDAY 17-Jun-25					WEDNESDAY 18-Jun-25					THURSDAY 19-Jun-25					FRIDAY 20-Jun-25					SATURDAY 21-Jun-25					SUNDAY 22-Jun-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				
MORNING SNACK	WESTERN					ASIAN					CEREAL					NOODLE SOUP					SOUP OF THE DAY					SALAD					LUNCH								
	SCRAMBLE EGG					SUNNY SIDE UP					FRENCH TOAST					OAT PANCAKE					TORTILLA					AMERICAN BREAKFAST													
	BAKED BEAN AND SLICED BREAD					SLICE BREAD WITH VEGE STEW					TUNA FILLING					HONEY					VEGETABLE CASSEROLS																		
	FRIED RAMEN					MEE MAMAK					TOMYAM FRIED FRIED					SINGAPORE FRIED VERMICELLI					CHAR HOR FUN										MEE CURRY								
2 TYPE OF CEREAL WITH FRESH MILK					2 TYPE OF CEREAL WITH FRESH MILK					2 TYPE OF CEREAL WITH FRESH MILK					2 TYPE OF CEREAL WITH FRESH MILK					2 TYPE OF CEREAL WITH FRESH MILK					2 TYPE OF CEREAL WITH FRESH MILK					2 TYPE OF CEREAL WITH FRESH MILK					2 TYPE OF CEREAL WITH FRESH MILK				
YEE MEE NOODLE SOUP					KUEW TEOW SOUP					RAMEN NOODLE SOUP					MEE SOUP					VERMICELLI SOUP					CHICKEN PORRIDGE					CHICKEN SOTO SOUP									
BROCCOLI SOUP					CHINESE EGG DROP SOUP					CREAMY CARROT SOUP					CREAMY CORN SOUP					SEAFOOD CHOWDER					CREAM CORN SOUP					POTATO & LEEK SOUP									
MIX SALAD OF THE DAY					MIX SALAD OF THE DAY					MIX SALAD OF THE DAY					MIX SALAD OF THE DAY					MIX SALAD OF THE DAY					MIX SALAD OF THE DAY					MIX SALAD OF THE DAY									
2 CHOICES OF TOPPING					2 CHOICES OF TOPPING					2 CHOICES OF TOPPING					2 CHOICES OF TOPPING					2 CHOICES OF TOPPING					2 CHOICES OF TOPPING					2 CHOICES OF TOPPING									
2 CHOICES OF DRESSING					2 CHOICES OF DRESSING					2 CHOICES OF DRESSING					2 CHOICES OF DRESSING					2 CHOICES OF DRESSING					2 CHOICES OF DRESSING					2 CHOICES OF DRESSING									
PAN - SEARED TALAPIA IN TOMATO BASIL SAUCE					CHICKEN STROGANOFF					LEMON GARLIC BAKED FISH					SLOW COOKER MOROCCAN CHICKEN					BEEF STEW					GRILLED FISH WITH TOMATO CONCASSE														
CUCUMBER ONION SALAD					BUTTERED BROCCOLI & CARROT					SAUTEED SPINACH					PAN FRIED BROCCOLI					CAPONATA					STEAMED VEGETABLES														
ROASTED POTATO					MASHED POTATO					GRILLED POTATO					MEXICAN GREEN RICE					ROASTED SWEET POTATO					GARLIC BREAD														
HONEY CHICKEN CHINESE STYLE					SWEET AND SOUR FISH					MONGOLIAN CHICKEN					SIZZLING GINGER STEAM FISH					MUGHLAI CHICKEN CURRY										HAINANESE CHICKEN RICE									
STIR FRY CABBAGE					SAUTEED MIX VEGETABLES					STIR FRIED BEAN SPROUT WITH TOFU					SIEW PAK CHOY					CUCUMBER TOMATO RAITA										GRILLED MARINATED CHICKEN									
FRAGRANT WHITE RICE					FRAGRANT WHITE RICE					FRAGRANT WHITE RICE					STEAM WHITE RICE					STEAM WHITE RICE										CONDIMENTS									
LAMB VEGE CURRY					STIR FRIED TOFU					CHETTINAD PUMPKIN CURRY					CHICKEN VEGE KORMA					SOFT TOFU WITH SOY SAUCE					STIR FRY VEGETARIAN GLASS NOODLE					PAPADOM									
CHANA MASALA					EGGPANT GREEN CURRY					GOBI MASSALA					STIR FRY CABBAGE WITH MUSHROOM					KAILAN WITH OYSTER SAUCE										SAMBAL TUMIS EGG PLANT									
STEAM RICE					STEAM RICE					FRAGRANT WHITE RICE					STIR FRIED NOODLES					NAAN BREAD										FRIED VEGETARIAN NOODLES									
FRUITS					FRUITS					FRUITS					FRUITS					BUBUR CHACHA					WATERMELON					BUBUR KACANG									
SPAGHETTI WITH NAPOLITANA SAUCE					CHICKEN FRICASSEE					BBQ CHICKEN WING					GRILLED SEA BASS WITH SWEET SAMBAL					CHICKEN CARBONARA					RAMEN														
ROSEMARY CHICKEN PARMIGIANA					CHEESE MASHED POTATO					CHICKEN NUGGETS					STEAMED RICE					CHICKEN BOLOGNESE					KOREAN FRIED CHICKEN														
ONION SOUP					BOILED VEGGIE					POTATO WEDGES					STIR FRIED KAILAN					TWO TYPE OF PASTA					KIM CHI														
ROASTED VEGGIE					CHIVE GARLIC NAAN					MUSHROOM SOUP					TOMYAM SOUP					PUMPKIN SOUP					SUNDUBU JJIGAE														
MIXED SALAD					WATERMELON					MANGO LASSI					HONEYDEW					ORANGE																			
DRAGON FRUIT																																							

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**Prince of Wales Island
International School**
WEEK 5



TYPE OF GROUP	MONDAY 23-Jun-25					TUESDAY 24-Jun-25					WEDNESDAY 25-Jun-25					THURSDAY 26-Jun-25					FRIDAY 27-Jun-25					SATURDAY 28-Jun-25					SUNDAY 29-Jun-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	
MORNING SNACK	WESTERN	FRENCH TOAST	✓				TUNA MAYO SANDWICH	✓				2 CHOICES OF CEREALS	✓	✓	✓		PANCAKE	✓	✓	✓		FRENCH TOAST	✓				TORTILLA	✓				SLICE BREAD	✓			
		JAM OR BUTTER	✓	✓	✓		SCRAMBLED EGG	✓				FULL CREAM MILK	✓	✓	✓		HONEY	✓	✓	✓		TUNA FILLING	✓	✓	✓		VEGETABLE CASSEROLES	✓				BAKED BEAN & SUNNY SIDE UP	✓			
	ASIAN	YOUNG CHOW FRIED RICE	✓	✓	✓		MUSHROOM FRIED RICE	✓	✓	✓		FRIED RAMEN	✓	✓	✓		SINGAPORE FRIED VERMICELLI	✓	✓	✓		TOMYAM FRIED RICE	✓	✓	✓		YONG CHOW FRIED RICE	✓				MEE MAMAK STYLE	✓			
	CEREAL	2 TYPE OF CEREAL WITH FRESH MILK	✓				2 TYPE OF CEREAL WITH FRESH MILK	✓				2 TYPE OF CEREAL WITH FRESH MILK	✓				2 TYPE OF CEREAL WITH FRESH MILK	✓				2 TYPE OF CEREAL WITH FRESH MILK	✓				2 TYPE OF CEREAL WITH FRESH MILK	✓				2 TYPE OF CEREAL WITH FRESH MILK	✓			
NOODLE SOUP	TOM YUM MEE SOUP	✓				KUEW TEOW SOUP	✓				YEE MEE NOODLE SOUP	✓				KUEW TEOW SOUP	✓				RAMEN NOODLE SOUP	✓				VERMICELLI SOUP	✓				MEE SOUP	✓				
SOUP OF THE DAY	CHINESE EGG DROP SOUP	✓	✓	✓		MUSHROOM SOUP	✓	✓	✓		BROCCOLI SOUP	✓	✓	✓		CHINESE EGG DROP SOUP	✓	✓	✓		CREAMY CARROT SOUP	✓	✓	✓		CREAMY CORN SOUP	✓				BROCCOLI SOUP	✓				
SALAD	MIX SALAD OF THE DAY	✓	✓	✓		MIX SALAD OF THE DAY	✓	✓	✓		MIX SALAD OF THE DAY	✓	✓	✓		MIX SALAD OF THE DAY	✓	✓	✓		MIX SALAD OF THE DAY	✓	✓	✓		MIX SALAD OF THE DAY	✓	✓	✓		MIX SALAD OF THE DAY	✓	✓	✓		
	2 CHOICES OF TOPPING	✓	✓	✓		2 CHOICES OF TOPPING	✓	✓	✓		2 CHOICES OF TOPPING	✓	✓	✓		2 CHOICES OF TOPPING	✓	✓	✓		2 CHOICES OF TOPPING	✓	✓	✓		2 CHOICES OF TOPPING	✓	✓	✓		2 CHOICES OF TOPPING	✓	✓	✓		
	2 CHOICES OF DRESSING	✓	✓	✓		2 CHOICES OF DRESSING	✓	✓	✓		2 CHOICES OF DRESSING	✓	✓	✓		2 CHOICES OF DRESSING	✓	✓	✓		2 CHOICES OF DRESSING	✓	✓	✓		2 CHOICES OF DRESSING	✓	✓	✓		2 CHOICES OF DRESSING	✓	✓	✓		
WESTERN	HONEY GARLIC GLAZED FISH	✓				ROASTED CHICKEN WITH BROWN SAUCE	✓	✓	✓		FISH FINGER WITH TARTAR SAUCE	✓	✓	✓		ONE - PAN CHICKEN WITH TOMATO AND POTATOES	✓				BAKED TILAPIA WITH CORN SALSA	✓				CHICKEN FAJITA	✓	✓	✓		FISH FINGER	✓	✓	✓		
	CUCUMBER ONION SALAD	✓				BUTTERED BROCCOLI & CARROT	✓	✓	✓		GARDEN SALAD	✓	✓	✓		CREAMY SAUTEED SPINACH	✓				GARDEN SALAD	✓				CORN AND TOMATO SALSA	✓	✓	✓		GREEN PEAS WITH CARROT	✓	✓	✓		
	ROASTED CAJUN POTATO	✓	✓	✓		PILAF RICE	✓	✓	✓		AGLIO OLIO	✓	✓	✓		POTATO WEDGES	✓				GREEN PEAS RICE	✓				POTATO WEDGES	✓	✓	✓		POTATO WEDGES	✓	✓	✓		
ASIAN	CRISPY SESAME CHICKEN	✓	✓	✓		SWEET AND SOUR FISH	✓	✓	✓		HONEY CHICKEN MAMAK STYLE	✓	✓	✓		SALTED EGG WITH FISH	✓				CHICKEN POPCORN	✓					✓				CHICKEN KARAAGE	✓	✓	✓		
	STIR FRY CABBAGE	✓	✓	✓		SAUTEED MIX VEGETABLES	✓	✓	✓		STIR FRIED CABBAGE WITH CARROT	✓	✓	✓		FRENCH BEAN WITH CARROT	✓				COLESLAW	✓					✓	✓	✓		JAPANESE CABBAGE SALAD	✓	✓	✓		
	FRAGRANT WHITE RICE	✓	✓	✓		FRAGRANT WHITE RICE	✓	✓	✓		FRAGRANT WHITE RICE	✓	✓	✓		STEAM WHITE RICE	✓				BAKED POTATO	✓					✓	✓	✓		FRAGRANT WHITE RICE	✓	✓	✓		
VEGETARIAN	EASY VEGAN KORMA CHICKEN	✓	✓	✓		TOFU MASALA	✓	✓	✓		VEGETARIAN LAMB STEW	✓	✓	✓		KOREAN SPICY TOFU	✓				CURRY TOFU	✓				NESTUM VEGETARIAN CHICKEN	✓	✓	✓		POTATO & CARROT VEGETARIAN LAMB STEW	✓	✓	✓		
	STIR FRIED CABBAGE	✓	✓	✓		STIR FRIED SAWI	✓	✓	✓		STEAM FLORET	✓	✓	✓		LONG CABBAGE WITH OYSTER MUSHROOM	✓				STIR FRY SAWI	✓				STIR FRIED CHOI SUM	✓	✓	✓		STIR FRIED MIX VEGE	✓	✓	✓		
	ROASTED PUMPKIN WITH ONION	✓	✓	✓		STEAM WHITE RICE	✓	✓	✓		FRAGRANT WHITE RICE	✓	✓	✓		STIR FRY VERMICELLI	✓				GREEN PEAS RICE	✓				FRAGRANT WHITE RICE	✓	✓	✓		FRAGRANT WHITE RICE	✓	✓	✓		
DESSERT	FRUITS	✓	✓	✓		FRUITS	✓	✓	✓		FRUITS	✓	✓	✓		FRUITS	✓				FRUITS	✓				ORANGE	✓	✓	✓		FRESH CUT FRUITS	✓	✓	✓		
DINNER	BEEF LASAGNA	✓	✓	✓		KAM HEONG CHICKEN	✓	✓	✓		GRILLED FISH FILLET	✓	✓	✓		CLAYPOT CHICKEN RICE	✓	✓	✓			✓	✓	✓		BEEF STEW	✓	✓	✓		MALACCA ASAM FISH	✓	✓	✓		
	FRENCH FRIES	✓				BRAISED SOFT TOFU IN EGG SAUCE	✓				LEMON BUTTER SAUCE	✓				BRAISED SOY CHICKEN	✓					✓				DINNER BUN	✓				MILD CHILLI BRINJAL	✓				
	GARDEN SALAD	✓				SAUTEED SPINACH WITH GARLIC	✓				PENNE AGLIO OLIO	✓				FISHBALL SOUP	✓					✓				MASHED POTATO	✓				BRAISED TOFU	✓				
	MUSHROOM SOUP	✓				STEAMED RICE	✓				TRIO BAKED SWEET POTATO HONEY GLAZED	✓				CHICKEN FLOSS YAOMAK	✓				YONG TOFU NIGHT	✓				COLESLAW	✓				STEAMED RICE	✓				
	GARLIC BREAD	✓				BREAD BUTTER PUDDING	✓				FRUIT COCKTAIL	✓				MIXED SALAD	✓					✓				THAI BEEF BROTH	✓				AGLIO OLIO PASTA	✓				
	WATERMELON	✓	✓	✓			✓	✓	✓			✓	✓	✓		HONEYDEW SAGO	✓	✓	✓			✓	✓	✓		BANANA	✓	✓	✓		MUFFIN	✓	✓	✓		

Information & Privilege:
 All food served are HALAL compliant
 Menu may change according to food supply seasons and availability
Deischool Healthy Food Guidelines:
 We mainly bake, grill, steam, lightly stir fry or boil our foods. Deep frying is limited within our menu cycle.
 We do not add MSG (Monosodium Glutamate) to our cooked foods.
 We reduce saturated fat, sugar, salt & artificial colouring in our cooking
 Guaranteed nut free, palm-oil free, glutamate and MSG 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



**TERMS 3 2024/2025 END
SCHOOL HOLIDAY
7 JULY - 21 AUGUST 2025**