



Prince of Wales Island International School

WEEK 1



TYPE OF GROUP		MONDAY 1-Dec-25					TUESDAY 2-Dec-25					WEDNESDAY 3-Dec-25					THURSDAY 4-Dec-25					FRIDAY 5-Dec-25					SATURDAY 6-Dec-25					SUNDAY 7-Dec-25				
MORNING SNACK	WESTERN	MONTE CRISTO	✓	✓	✓		WAFFLES	✓	✓	✓		TUNA SANDWICH	✓	✓	✓		TORTILLA	✓	✓	✓		VEGETABLE QUICHE	✓	✓	✓		AMERICAN BREAKFAST	✓	✓	✓			✓	✓	✓	
			✓	✓	✓		HONEY AND JAM	✓	✓	✓	✓			✓	✓	✓	✓	VEGETABLE CASSEROLS					BAKED BEAN WITH SLICE BREAD					✓	✓	✓			✓	✓	✓	
	ASIAN	FRIED RAMEN	✓	✓	✓		SINGAPORE FRIED VERMICILLI	✓	✓	✓		TOMYAM FRIED RICE	✓	✓	✓		YONG CHOW FRIED RICE	✓	✓	✓		CHAR HOR FUN	✓	✓	✓			✓	✓	✓		MEE CURRY	✓	✓	✓	
								✓	✓	✓			✓	✓	✓												✓	✓	✓							
	CEREAL	CEREAL OF THE DAY WITH FRESH MILK					CEREAL OF THE DAY WITH FRESH MILK					CEREAL OF THE DAY WITH FRESH MILK					CEREAL OF THE DAY WITH FRESH MILK					CEREAL OF THE DAY WITH FRESH MILK					CEREAL OF THE DAY WITH FRESH MILK					CEREAL OF THE DAY WITH FRESH MILK				
NOODLE SOUP	YEE MEE NOODLE SOUP					KOEY TEOW SOUP					RAMEN NOODLE SOUP					VERMICILLI SOUP					WANTAN SOUP					CHICKEN PORRIDGE	✓	✓			CHICKEN SOTO SOUP					
	SOUP OF THE DAY	BROCCOLI SOUP	✓	✓	✓		RAMSAM	✓	✓	✓		CREAMY CARROT SOUP	✓	✓	✓		CREAMY CORN SOUP	✓	✓	✓		CREAM MUSHROOM SOUP	✓	✓	✓		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	✓	✓	✓	✓	
WESTERN	ROASTED CHICKEN WITH BROWN SAUCE	✓	✓	✓	✓	FISH FINGER WITH TARTAR SAUCE	✓	✓	✓	✓	ONE - PAN CHICKEN WITH TOMATO AND POTATOES	✓	✓	✓	✓	HONEY APPLE CHICKEN WITH HERBS	✓	✓	✓	✓	FISH AND CHIP	✓	✓	✓	✓	GRILLED FISH WITH TOMATO CONCASSE	✓	✓	✓	✓		✓	✓	✓	✓	
	BUTTERED BROCCOLI & CARROT	✓	✓	✓	✓	GARDEN SALAD	✓	✓	✓	✓	CREAMY SAUTEED SPINACH	✓	✓	✓	✓	BUTTERED RICE	✓	✓	✓	✓	BOUQUETTE SALAD	✓	✓	✓	✓	STEAMED VEGETABLES	✓	✓	✓	✓		✓	✓	✓	✓	
	PILLAF RICE	✓	✓	✓	✓	AGLIO OLIO	✓	✓	✓	✓	POTATO WEDGES	✓	✓	✓	✓	MIXED SALAD	✓	✓	✓	✓					GARLIC BREAD	✓	✓	✓	✓		✓	✓	✓	✓		
ASIAN																						NASI HUIJAN PANAS	✓	✓	✓	✓			✓	✓						
	SWEET AND SOUR FISH	✓	✓	✓	✓	HONEY CHICKEN MAMAK STYLE	✓	✓	✓	✓	SALTED EGG WITH FISH	✓	✓	✓	✓	CHICKEN WITH GINGER SAUCE	✓	✓	✓	✓	CHICKEN RENDANG	✓	✓	✓	✓		✓	✓	✓	✓		HAINANESE CHICKEN RICE	✓	✓	✓	✓
	SAUTEED MIX VEGETABLES	✓	✓	✓	✓	STIR FRIED CABBAGE WITH CARROT	✓	✓	✓	✓	FRENCH BEAN WITH CARROT	✓	✓	✓	✓	NASI HUIJAN PANAS	✓	✓	✓	✓	ACAR MENTAH	✓	✓	✓	✓		✓	✓	✓	✓		GRILLED MARINATED CHICKEN	✓	✓	✓	✓
	FRAGRANT WHITE RICE	✓	✓	✓	✓	FRAGRANT WHITE RICE	✓	✓	✓	✓	STEAM WHITE RICE	✓	✓	✓	✓	SAYUR CAMPUR	✓	✓	✓	✓						✓	✓	✓	✓		CONDIMENTS	✓	✓	✓	✓	
VEGETARIAN	TOFU MASALA	✓	✓	✓	✓	VEGETARIAN LAMB STEW	✓	✓	✓	✓	KOREAN SPICY TOFU	✓	✓	✓	✓	TOFU WITH APPLE SAUCE	✓	✓	✓	✓	TOFU WITH MUSHROOM	✓	✓	✓	✓	STIR FRY VEGETARIAN GLASS NOODLE	✓	✓	✓	✓		PAPADOM	✓	✓	✓	✓
	STIR FRIED SAWI	✓	✓	✓	✓	STEAM FLORET	✓	✓	✓	✓	LONG CABBAGE WITH OYSTER MUSHROOM	✓	✓	✓	✓	NASI HUIJAN PANAS	✓	✓	✓	✓	STEAM BROCCOLI AND CAULIFLOWER	✓	✓	✓	✓		✓	✓	✓	✓		SAMBAL TUMIS EGG PLANT	✓	✓	✓	✓
	STEAM WHITE RICE	✓	✓	✓	✓	FRAGRANT WHITE RICE	✓	✓	✓	✓	STIR FRY VERMICILLI	✓	✓	✓	✓	APPLE SALAD	✓	✓	✓	✓	CUT FRUIT IN BOWL	✓	✓	✓	✓		✓	✓	✓	✓		FRIED VEGETARIAN NOODLES	✓	✓	✓	✓
	CUT FRUITS IN BOWL	✓	✓	✓	✓	CUT FRUITS IN BOWL	✓	✓	✓	✓	CUT FRUITS IN BOWL	✓	✓	✓	✓	APPLE	✓	✓	✓	✓	RED APPLE	✓	✓	✓	✓		✓	✓	✓	✓		BUBUR KACANG	✓	✓	✓	✓
DINNER	CHICKEN KATSU CURRY	✓	✓	✓	✓	TOMYAM SOUP	✓	✓	✓	✓		✓	✓	✓	✓	NAAN BREAD WITH CHICKEN TANDORI	✓	✓	✓	✓	GRILLED SEA BASS WITH SWEET SAMBAL	✓	✓	✓	✓	CHICKEN CARBONARA	✓	✓	✓	✓		RAMEN	✓	✓	✓	✓
	JAPANESE RICE					CHICKEN SOUP										CONDIMENT					STEAMED RICE					CHICKEN BOLOGNESE						KOREAN FRIED CHICKEN				
	STIR FRIED TAU MIU					3 TYPE OF NOODLES WITH CONDIMENT					SALAD					SUP KAMBING BEREMPAH					STIR FRIED KAILAN					TWO TYPE OF PASTA						KIM CHI				
	MISO SOUP					BREAD BUTTER PUDDING					ONION SOUP					DINNER BUN					TOMYAM SOUP					PUMPKIN SOUP						SUNDUBU JIGAE				
	MIXED SALAD										MINI MUFFIN					MANGO LASSI					HONEYDEW					ORANGE										
	DRAGON FRUIT	✓	✓	✓	✓			✓	✓	✓			✓	✓	✓							✓	✓	✓	✓			✓	✓						✓	✓

Information & Privilege:

All food served are HALAL compliant

Menu may change according to food supply seasons and availability

Delicious 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

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 2



TYPE OF GROUP		MONDAY 8-Dec-25					T	V	D	E	G	TUESDAY 9-Dec-25					T	V	D	E	G	WEDNESDAY 10-Dec-25					T	V	D	E	G	THURSDAY 11-Dec-25					T	V	D	E	G	FRIDAY 12-Dec-25					T	V	D	E	G	SATURDAY 13-Dec-25					T	V	D	E	G	SUNDAY 14-Dec-25					T	V	D	E	G																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																														
MORNING SNACK	WESTERN	SCRAMBLE EGG WITH BAKED BEAN AND TOAST										TUNA AND CHEESE SANDWICH												VEGETABLE QUICHE											AMERICAN BREAKFAST											PANCAKE WITH HONEY																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																							

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