



TYPE OF GROUP	MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY 1-May-26				SATURDAY 2-May-26				SUNDAY 3-May-26			
	T	V	D	E	T	V	D	E	T	V	D	E	T	V	D	E	T	V	D	E	T	V	D	E	T	V	D	E
MORNING SNACK	WESTERN																											
	ASIAN																											
	CEREAL																											
	NOODLE SOUP																											
SOUP OF THE DAY																												
SALAD																												
LUNCH	WESTERN																											
	ASIAN																											
	VEGETARIAN																											
	DESSERT																											
	DINNER																											
	PASTA STATION NIGHT																											
	FRENCH TOAST																											
	CHOICE OF JAM																											
	FRIED KUEY TIOW																											
	YONG CHOW FRIED RICE																											
MEE MAMAK STYLE																												
CEREAL OF DAY WITH FRESH MILK																												
MEE SOUP WITH CONDIMENT																												
VERMICILLI SOUP																												
CANTONESE YEE MEE																												
FISH BALL SOUP																												
VEGETABLE SOUP																												
CHICKEN SOUP																												
MIX SALAD OF THE DAY																												
CHOICES OF TOPPING																												
CHOICES OF DRESSING																												
CHOICES OF DRESSING																												
CHOICES OF DRESSING																												
BAKED FISH WITH LEMON BUTTER SAUCE																												
BAKED CHICKEN WITH BLACKPAPPER SAUCE																												
BAKED FISH GARLIC SAUCEC																												
STEAMED BROCCOLI																												
CORN AND TOMATO SALSA																												
BAKED ZUCCHINI																												
ROASTED CAJUN POTATO																												
POTATO WEDGES																												
MASHED POTATO																												
SOY CHICKEN 3 BUDAK GEMOK																												
STEAM THAI LIME FISH																												
CHICKEN KARAAGE																												
WHITE RICE																												
BRAISED SIEW PAK CHOY																												
JAPANESE CABBAGE SALAD																												
SLICED CUCUMBER AND TOMATO																												
FRAGRANT WHITE RICE																												
FRAGRANT WHITE RICE																												
TOFU MASAK MERAH																												
BAKED VEGETARIN CHICKEN																												
VEGETARIAN LAMB GARLIC SAUCE																												
STIR FRIED BOK CHOY																												
STIR FRIED CHOI SUM																												
STIR FRIED MIX VEGE																												
STEAM RICE																												
FRAGRANT WHITE RICE																												
FRAGRANT WHITE RICE																												
FRESH CUT FRUIT																												
DESSERT OF THE DAY																												
BUBUR PULUT HITAM																												
CHICKEN STEW																												
DRIED CHILI CHIKEN																												
DINNER BUN																												
MILD CHILLI BRINJAL																												
MASHED POTATO																												
BRAISED TOFU																												
COLESLAW																												
STEAMED RICE																												
MIXED SALAD																												
MIXED SALAD																												

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
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 2



TYPE OF GROUP	MONDAY 4-May-26					TUESDAY 5-May-26					WEDNESDAY 6-May-26					THURSDAY 7-May-26					FRIDAY 8-May-26					SATURDAY 9-May-26					SUNDAY 10-May-26						
	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		TUNA SANDWICH					FRENCH TOAST					AMERICAN BREAKFAST					PANCAKES					CROISSANT					CHEESE TOAST					PRATA				
	ASIAN		VILLAGE FRIED RICE					GARLIC FRIED RICE					TUMERIC FRIED RICE					TOMYAM FRIED RICE					FRIED KUEY TEOW					YONG CHOW FRIED RICE					MEE MAMAK STYLE				
	CEREAL		CEREAL OF DAY WITH FRESH MILK					CEREAL OF DAY WITH FRESH MILK					CEREAL OF DAY WITH FRESH MILK					CEREAL OF DAY WITH FRESH MILK					CEREAL OF DAY WITH FRESH MILK					CEREAL OF DAY WITH FRESH MILK					CEREAL OF DAY WITH FRESH MILK				
	NOODLE SOUP		BRAISED YEE MEE					TAMAGO RAMEN SOUP					KUEY TEOW WITH EGG DROP SOUP					DUMPLING NOODLE SOUP					MEE SOUP WITH CONDIMENT					VERMICILLI SOUP					CANTONESE YEE MEE				
SOUP OF THE DAY	CHICKEN SOUP					MUSHROOM SOUP					CABBAGE SOUP					CARROT SOUP					FISH BALL SOUP					LONG CABBAGE SOUP					FUCUK 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											
	CHOICES OF TOPPING					CHOICES OF TOPPING					CHOICES OF TOPPING					CHOICES OF TOPPING					CHOICES OF TOPPING					CHOICES OF TOPPING											
	CHOICES OF DRESSING					CHOICES OF DRESSING					CHOICES OF DRESSING					CHOICES OF DRESSING					CHOICES OF DRESSING					CHOICES OF DRESSING											
LUNCH	WESTERN		POACHED FISH HERB CREAM SAUCE					PERI PERI CHICKEN					BAKED FISH WITH GARLIC SAUCE					CHICKEN STRAGANOFF					CREAMY HERB BAKED FISH					CHICKEN FAJITA					BAKED FISH LEMON BUTTER SAUCE				
	ASIAN		STEAM BROCCOLI					GARLIC FRENCH BEAN AND CARROT					CORN ON COB					SIDE SALAD					STEAMED BROCCOLI					CORN AND TOMATO SALSA					BAKED ZUCCHINI				
	VEGETARIAN		OVEN BAKED POTATO					PASTA POMODORO					CAJUN BAKED POTATO					CORN ON CORB					ROASTED CAJUN POTATO					POTATO WEDGES					MASHED POTATO				
	DESSERT		CHICKEN WITH TOMATO CHILLI					SWEET & SOUR FISH					CHICKEN MANGO SALAD					FRIED FISH WITH HOISIN SAUCE					DRY CURRY CHICKEN					THAI STEAM LIME FISH					CHICKEN MILANESE				
DINNER	ASIAN		CUCUMBER SALAD					SAUTEED KALIAN WITH GARLIC					STIR FRIED BEAN SPROUT					SAUTEED MIX VEGETABLES					WHITE RICE					BRAISED SIEW PAK CHOY					STIR FRIED CABBAGE				
	VEGETARIAN		FRAGRANT WHITE RICE					FRAGRANT WHITE RICE					BUTTER RICE					FRAGRANT WHITE RICE					SAUTEED MAMAK CABBAGE					FRAGRANT WHITE RICE					FRAGRANT WHITE RICE				
	DESSERT		FRIED TOFU AND TEMPE TOMATO CHILLI					SWEET & SOUR SOFT TOFU					VEGETARIAN LAMB MANGO SALAD					BEANCURD WITH HOISIN SAUCE					TOFU DRY CHILLI					BAKED VEGETARIAN FISH THAI STEAM SAUCE					VEGETARIAN LAMB LEMON BUTTER SAUCE				
	DESSERT		SAUTEED CHOI SAM					SAUTEED CABBAGE					SAUTEED MIX VEGETABLE					FUCUK WITH GLASS NOODLE					STIR FRIED BOK CHOY					STIR FRIED CHOI SUM					STIR FRIED MIXED VEGETABLES				
DINNER	DESSERT		STEAM WHITE RICE					STEAM WHITE RICE					FRAGRANT WHITE RICE					STEAM WHITE RICE					STEAM RICE					FRAGRANT WHITE RICE					FRAGRANT WHITE RICE				
	DESSERT		FRESH CUT FRUIT					DESSERT OF THE DAY					BUBUR CHA CHA					FRESH CUT FRUIT					DESSERT OF THE DAY					BUBUR SAGO MELAKA					FRESH CUT FRUITS				
	DESSERT		BARBEQUE CHICKEN					KAM HEONG CHICKEN					GRILLED CHICKEN CACCIATORE					CHICKEN RENDANG					WESTERN STATION NIGHT(BEEF LAGSANA)					CHICKEN IRISH STEW					DRIED CHILI CHICKEN				
	DESSERT		SAUTEED MIX VEGETABLES					BRAISED SOFT TOFU IN EGG SAUCE					STEAM BROCCOLI AND CALIFLOWER					SAUTEED CHAI SIM										DINNER BUN					MILD CHILLI BRINJAL				
	DESSERT		ROASTED CAJUN POTATO					SAUTEED SPINACH WITH GARLIC					PENNE AGLIO OLIO					PAPADOM										MASHED POTATO					BRAISED TOFU				
DESSERT		BUTTER RICE					STEAMED RICE					SWEET POTATO HONEY GLAZED					GHEE RICE					COLESLAW						STEAMED RICE									
DESSERT		MIXED SALAD					MIXED SALAD					MIXED SALAD					MIXED SALAD					MIXED SALAD						MIXED SALAD									

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 Guaranteed nut free, palm-oil free, glutamate and MSG free

TRAFFIC LIGHT SYSTEM

- GREEN** BEST CHOICE
- AMBER** CHOOSE CAREFULLY
- RED** LIMIT CONSUMPTION






Prince of Wales Island International School
WEEK 3



TYPE OF GROUP	MONDAY 11-May-26					TUESDAY 12-May-26					WEDNESDAY 13-May-26					THURSDAY 14-May-26					FRIDAY 15-May-26					SATURDAY 16-May-26					SUNDAY 17-May-26							
	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		SCRAMBLE EGG AND BAKED BEANS					FRENCH TOAST					EGG SANDWICH					PANCAKES					MONTE CRISTO					TUNA SANDWICH					AMERICAN BREAKFAST					
			CHOICE OF JAM					CHOICE OF JAM					CHOICE OF JAM					CHOICE OF JAM					CHOICE OF JAM					CHOICE OF JAM										
	ASIAN		NASI GORENG AYAM					MUSHROOM FRIED RICE					CHINESE FRIED RICE					CHEE CHEONG FUN WITH SWEET SAUCE AND FISH BALLS					SPICY FRIED RICE					YONG CHOW FRIED RICE					MEE MAMAK STYLE					
	CEREAL		CEREAL OF DAY WITH FRESH MILK					CEREAL OF DAY WITH FRESH MILK					CEREAL OF DAY WITH FRESH MILK					CEREAL OF DAY WITH FRESH MILK					CEREAL OF DAY WITH FRESH MILK					CEREAL OF DAY WITH FRESH MILK					CEREAL OF DAY WITH FRESH MILK					
NOODLE SOUP		YEE MEE NOODLE SOUP					KUEW TEOW SOUP					RAMEN NOODLE SOUP					VERMICILLI SOUP					MEE SOUP WITH CONDIMENT					VERMICILLI SOUP					MEE SOUP						
SOUP OF THE DAY		CHICKEN HERB SOUP					GLASS NOODLE CLEAR SOUP					EGG DROP SOUP					FISH BALL SOUP					CABBAGE SOUP					CARROT SOUP					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					MIX SALAD OF THE DAY						
		CHOICES OF TOPPING					CHOICES OF TOPPING					CHOICES OF TOPPING					CHOICES OF TOPPING					CHOICES OF TOPPING					CHOICES OF TOPPING					CHOICES OF TOPPING						
		CHOICES OF DRESSING					CHOICES OF DRESSING					CHOICES OF DRESSING					CHOICES OF DRESSING					CHOICES OF DRESSING					CHOICES OF DRESSING					CHOICES OF DRESSING						
LUNCH		WESTERN		CREAMY FISH WITH HERBS					MEXICAN CHICKEN					SWEEDISH CHICKEN BALL					GREEK CHICKEN					GRILLED CHICKEN					CHICKEN FAJITA					FISH FINGER				
				STIR FRIED MIX VEGETABLE					SIDE SALAD					SAUTEED VEGETABLE AND CORN					SIDE SALAD					STEAMED BROCCOLI					CORN AND TOMATO SALSA					GREEN PEAS WITH CARROT				
				ROASTED CAJUN POTATO					CORN ON CORB					BAKED PASTA					CORN ON CORB					ROASTED CAJUN POTATO					POTATO WEDGES					POTATO WEDGES				
ASIAN		CHICKEN KAPITAN					STEAM GINGER FISH					CHICKEN KORMA					CURRY FISH WITH LADY FINGER					AYAM SAMBAL										CHICKEN KARAAGE						
		YOGURT CUCLUMBER					SAUTEED MIX VEGETABLES					STIR FRIED CABBAGE					SAUTEED MIX VEGETABLES					WHITE RICE										JAPANESE CABBAGE SALAD						
		DHALL VEGETABLE					FRAGRANT WHITE RICE					BUTTER RICE					FRAGRANT WHITE RICE					SAUTEED LONG BEANS										FRAGRANT WHITE RICE						
VEGETARIAN		VEGAN CHICKEN KAPITAN					TOFU GINGER SAUCE					VEGETARIAN LAMB KORMA					BEANCURD WITH CEAMY SAUCE					VEGETABLE FRIED RICE WITH TOFU					NESTUM VEGETARIN CHICKEN					POTATO & CARROT VEGETARIAN LAMB STEW						
		STIR FRIED CABBAGE					SAUTEED SPINACH WITH GARLIC					STEAM GARLIC BROCCOLI					FUCUK WITH GLASS NOODLE					STIR FRIED BOK CHOY					STIR FRIED CHOI SUM					STIR FRIED MIX VEGE						
		ROASTED POTATO					STEAM WHITE RICE					FRAGRANT WHITE RICE					STEAM WHITE RICE					PAPADAM					FRAGRANT WHITE RICE					FRAGRANT WHITE RICE						
DESSERT		FRESH CUT FRUIT					DESSERT OF THE DAY					BUBUR BARLEY MANIS					FRESH CUT FRUIT					DESSERT OF THE DAY					BUBUR CHA CHA					FRESH CUT FRUITS						
DINNER		BEEF BOLOGNESE					KAM HEONG CHICKEN					GRILLED FISH FILLET					CLAYPOT CHICKEN RICE					YONG TOFU NIGHT					BEEF STEW					MALACCA ASAM FISH						
		2 CHOICE OF PASTA					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										COLESLAW					STEAMED RICE						
		MIXED SALAD					MIXED SALAD					MIXED SALAD					MIXED SALAD										MIXED SALAD					MIXED SALAD						

Information & Privilege:
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Delischool Healthy Food Guidelines:
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 Guaranteed nut free, palm-oil free, glutamate and MSG free

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

GREEN
BEST CHOICE

AMBER
CHOOSE CAREFULLY

RED
LIMIT CONSUMPTION






Prince of Wales Island International School
WEEK 4



TYPE OF GROUP	MONDAY 18-May-26					TUESDAY 19-May-26					WEDNESDAY 20-May-26					THURSDAY 21-May-26					FRIDAY 22-May-26					SATURDAY 23-May-26					SUNDAY 24-May-26						
	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		AMERICAN BREAKFAST					GRILLED CHEESE SANDWICH					FRENCH TOAST					TUNA MAYO SANDWICH					MONTE CRISTO					PANCAKE WITH FRUITS					ROTI CANAI WITH DHALL CURRY				
	ASIAN		KAMPUNG FRIED RICE					STIR FRY HOR FUN					YOUNG CHOW FRIED RICE					MUSHROOM FRIED RICE					LOH SHI FUN					TOMYAM FRIED RICE					SOY FRIED RICE				
	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		THAI CHICKEN SOUP					FISH PORRIDGE SOUP					TOM YUM MEE SOUP					KUEW TEOW SOUP					BIHUN SOUP					FISH MOI SOUP					CHICKEN SOTO					
SOUP OF THE DAY		CHICKEN SOUP					FISH BALL SOUP					FUCUK SOUP					LONG CABBAGE SOUP					CARROT SOUP					EGG DROP SOUP					TOMYAM 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										
		CHOICES OF TOPPING					CHOICES OF TOPPING					CHOICES OF TOPPING					CHOICES OF TOPPING					CHOICES OF TOPPING					CHOICES OF TOPPING										
		CHOICES OF DRESSING					CHOICES OF DRESSING					CHOICES OF DRESSING					CHOICES OF DRESSING					CHOICES OF DRESSING					CHOICES OF DRESSING										
WESTERN		CHICKEN MARYLAND					GRILLED FISH WITH TOMATO CONCASSE					PARMESAN CRUSTED CHICKEN					FISH FINGER					CHICKEN FLORENTINE					GRILLED FISH WITH TOMATO CONCASSE										
		GRATIN POTATO					STEAMED VEGETABLES					TOMATO SALAD & DRESSING					GREEN PEAS WITH CARROT					CREAMY SPINACH					STEAMED VEGETABLES										
		CAESER SALAD					GARLIC BREAD					BAKED POTATO WITH PARSLEY					FRENCH FRIES					AGLIO OLIO					GARLIC BREAD										
ASIAN		FISH MASALA					CHICKEN KATSU					FISH MASAK MERAH					CHICKEN DRY CURRY					FISH SOY SAUCE					BBQ CHICKEN					BBQ CHICKEN					
		ACAR JELATAH					JAPANESE VEGETABLE CURRY					STIR FRY MIXED VEGGIE					SAUTEED CABBAGE					STIR FRIED LONG BEAN					CUCUMBER TOMATO SALAD SALSA					CUCUMBER TOMATO SALAD SALSA					
		FRAGRANT WHITE RICE					FRAGRANT WHITE RICE					FRAGRANT TOMATO RICE					FRAGRANT WHITE RICE					WHITE RICE					CHICKEN RICE					CHICKEN RICE					
VEGETARIAN		VEGETABLE CRACKERS					STEAM SOFT TOFU WITH GINGER SOY SAUCE					VEGETARIAN CRUSTED FISH					VEGETARIAN FISH DRY CURRY					SOFT TOFU WITH SOY SAUCE					VEGETARIAN FRIED MEE					AGLIO OLIO PENNE					
		POTATO SAMOSA					STIR FRIED CHOI SUM					TOMATO SALAD DRESSING					JAPANESE POTATO & CARROT CURRY					STIR FRY MIX VEGETABLE					STEAM MIX VEGETABLE GARLIC SAUCE					APPLE SALAD WITH ORANGE SAUCE					
		FRIED VEGETARIAN GLASS NOODLES					FRAGRANT WHITE RICE					BAKE POTATO WITH PARSLEY					FRAGRANT WHITE RICE					WHITE RICE					SPRING ROLL					BAKED GARLIC POTATO					
DESSERT		FRESH CUT FRUIT					DESSERT OF THE DAY					BUBUR CHA CHA					FRESH CUT FRUIT					DESSERT OF THE DAY					BUBUR SAGO MELAKA					FRESH CUT FRUIT					
DINNER		BLACK PEPPER BEEF STEW					BREADED FISH					BEEF BOLOGNESE					KAM HEONG CHICKEN					PUMPKIN MASHED POTATO					THAI FISH					CHAR KOEY TIAW COUNTER					
		BUTTER RICE					POTATO GRATIN					GARLIC BUTTER PASTA					BRAISED SOFT TOFU IN EGG SAUCE					CHICKEN AU GRATIN					CORN RICE					SWEET CORN CRAB MEAT SOUP					
		BAKED POTATO					COLESLAW					GARDEN SALAD					SAUTEED SPINACH WITH GARLIC					PITA BREAD					STIR FRI KAILAN					FRUIT COCKTAIL					
		AGLIO OLIO PSTA					TOMYAM FRIED RICE					MUSHROOM SOUP					STEAMED RICE					HERBS BOILED EGG					GARLIC BREAD					FRESH CUT FRUITS					
		FRESH CUT FRUITS					FRESH CUT FRUITS					FRESH CUT FRUITS					FRESH CUT FRUITS					FRESH CUT FRUITS					FRESH CUT FRUITS					FRESH CUT FRUITS					

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TRAFFIC LIGHT SYSTEM
GREEN BEST CHOICE
AMBER CHOOSE CAREFULLY
RED LIMIT CONSUMPTION






Prince of Wales Island International School
WEEK 1



TYPE OF GROUP	MONDAY 1-Jun-26				TUESDAY 2-Jun-26				WEDNESDAY 3-Jun-26				THURSDAY 4-Jun-26				FRIDAY 5-Jun-26				SATURDAY 6-Jun-26				SUNDAY 7-Jun-26			
	T	V	D	E	T	V	D	E	T	V	D	E	T	V	D	E	T	V	D	E	T	V	D	E	T	V	D	E
MORNING SNACK	WESTERN																											
	ASIAN																											
	CEREAL																											
NOODLE SOUP																												
SOUP OF THE DAY																												
SALAD																												
WESTERN																												
ASIAN																												
VEGETARIAN																												
DESSERT																												
DINNER																												

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TRAFFIC LIGHT SYSTEM

- GREEN** BEST CHOICE
- AMBER** CHOOSE CAREFULLY
- RED** LIMIT CONSUMPTION

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






Prince of Wales Island International School
WEEK 2



TYPE OF GROUP	MONDAY 8-Jun-26					TUESDAY 9-Jun-26					WEDNESDAY 10-Jun-26					THURSDAY 11-Jun-26					FRIDAY 12-Jun-26					SATURDAY 13-Jun-26					SUNDAY 14-Jun-26				
	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					PANCAKE					MONTE CRESTO					CHEESE SANDWICH					AMERICAN BREAKFAST					TUNA SANDWICH					WAFFLES				
	CHOICE OF JAM					CHOICE OF JAM					CHOICE OF JAM					CHOICE OF JAM					CHOICE OF JAM					CHOICE OF JAM					CHOICE OF JAM				
	FRIED KUEY TIOW					KIMCHI FRIED RICE					EGG FRIED RICE					STIR FRIED UDON					ANCHOVIES FRIED RICE					SPICY FRIED RICE					FRIED YEE MEE				
CEREAL																																			
CEREAL OF DAY WITH FRESH MILK					CEREAL OF DAY WITH FRESH MILK					CEREAL OF DAY WITH FRESH MILK					CEREAL OF DAY WITH FRESH MILK					CEREAL OF DAY WITH FRESH MILK					CEREAL OF DAY WITH FRESH MILK					CEREAL OF DAY WITH FRESH MILK					
NOODLE SOUP																																			
CHICKEN MOI					CHICKEN NOODLE SOUP					RAMEN SOUP					MEE HAILAM					CURRY NOODLE					DUMPLING NOODLE SOUP					TOMYAM NOODLE SOUP					
SOUP OF THE DAY																																			
EGG DROP SOUP					GINGER CHICKEN SOUP					CABBAGE SOUP					CARROT SOUP					FUCUK SOUP					GLASS NOODLE SOUP					TOMYAM 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					
CHOICES OF TOPPING					CHOICES OF TOPPING					CHOICES OF TOPPING					CHOICES OF TOPPING					CHOICES OF TOPPING					CHOICES OF TOPPING					CHOICES OF TOPPING					
CHOICES OF DRESSING					CHOICES OF DRESSING					CHOICES OF DRESSING					CHOICES OF DRESSING					CHOICES OF DRESSING					CHOICES OF DRESSING					CHOICES OF DRESSING					
LUNCH																																			
WESTERN																																			
ROTISSERIE CHICKEN					GRILLED FISH WITH HONEY MUSTARD SAUCE					CHICKEN POMODORO					GRILLED FISH GARLIC SAUCE					BAKED CHICKEN WITH BLACK PAPPER SAUCE					CHICKEN BOLOGNESE					CHICKEN ALFREDO					
STIR FRIED MIX VEGETABLE					MIX SALAD OF THE DAY					STEAM FRENCH BEAN					STEAM BROCCOLI AND CALIFLOWER					SAUTEED MIX VEGETABLE					BUTTERED CORN AND CARROT					MIX SALAD					
ROSMARY BAKED POTATO					SPAGHETTI AGLIO OLIO					GARLIC BUTTER RICE					GARLIC POTATO					POTATO WEDGES					PASTA					MASHED POTATO					
ASIAN																																			
SWEET SOUR FISH					3 BUDAK GEMOK CHICKEN(SOY BASE)					MAMAK FISH CURRY					GINGER CHICKEN DRY CHILLI					KAM HEONG FISH					CHINESE BUTTER CHICKEN					FISH FINGER WITH THAI SAUCE - VB					
ARCA JELATAH					CUT CUCUMBER AND SAMBAL					STIR FRIED LONG CABBAGE					STIR FRIED MIU BEAN SPROUT					MAMAK CABBAGE					BRAISED SIEW PAK CHOY					STIR FRY LONG BEAN AND EGG					
FRAGRANT WHITE RICE					FRAGRANT WHITE RICE					FRAGRANT WHITE RICE					FRAGRANT WHITE RICE					FRAGRANT WHITE RICE					FRAGRANT WHITE RICE					FRAGRANT WHITE RICE					
VEGETARIAN																																			
TOFU SWEET SOUR SAUCE					STEAM VEGETARIAN FISH SOY SAUCE					VEGGIE MEAT CURRY SAUCE					FRIED TOFU WITH GINGER SAUCE					STIR FRY VEGETARIAN GLASS NOODLE					VEGETARIAN SINGAPORE BIHUN					VEGETARIAN CHICKEN THAI SAUCE					
STIR FIRED OKRA					STIR FRIED SAWI					STEAM MIX VEGETABLE					BAKED CAULIFLOWER AND CARROT					STIR FRIED BOK CHOY										CUCUMBER SALAD DRESSING					
PITA BREAD					STEAM WHITE RICE					FRAGRANT WHITE RICE					POTATO SALAD					FRAGRANT RICE										FRAGRANT WHITE RICE					
DESSERT																																			
FRESH CUT FRUIT					DESSERT OF THE DAY					BUBUR JAGUNG MANIS					FRESH CUT FRUIT					DESSERT OF THE DAY					BUBUR KACANG HIAJU					FRESH CUT FRUITS					
DINNER																																			
CHICKEN MARYLAND					INDIAN BUTTER CHICKEN					BREADED FISH FILLET					CHICKEN KATSU					WRAP STATION WITH CONDIMENTS					CHICKEN ALFREDO PASTA					CHICKEN KAARAGE					
AGLIO OLIO PASTA					STEAM BROCCOLI AND CARROT					CREAMY CHEEZY SAUCE					JAPANESE CURRY										DINNER BUN					STHIN SLICE CABBAGE AND CARROT					
BUTTER HERB BROCCOLI					FRAGRANT WHITE RICE					ROASTED POTATO					FRAGRANT WHITE RICE										BAKED POTATO					BRAISED TOFU					
MUSHROOM SOUP					BRAISED JAPANESE EGG TOFU					PUMPKIN SOUP					CABBAGE WITH CARROT SLICIE										COLESLAW					STEAMED RICE					
MIX SALADS					FRESH CUT FRUITS					FRUITS COCKTAIL					MIXED SALAD										MIX CUT FRUITS					FRUITS COCKTAIL					

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

 **BEST CHOICE**
 **CHOOSE CAREFULLY**
 **LIMIT CONSUMPTION**






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



TYPE OF GROUP	MONDAY 15-Jun-26					TUESDAY 16-Jun-26					WEDNESDAY 17-Jun-26					THURSDAY 18-Jun-26					FRIDAY 19-Jun-26					SATURDAY 20-Jun-26					SUNDAY 21-Jun-26							
	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		TUNA SANDWICH					FRENCH TOAST					AMERICAN BREAKFAST					PANCAKES					MINI EGG SANDWICH					CHEESE TOAST					PRATA					
	ASIAN		VILLAGE FRIED RICE					GARLIC FRIED RICE					TUMERIC FRIED RICE					TOMYAM FRIED RICE					FRIED KUEY TEOW					YONG CHOW FRIED RICE					MEE MAMAK STYLE					
	CEREAL		CEREAL OF DAY WITH FRESH MILK					CEREAL OF DAY WITH FRESH MILK					CEREAL OF DAY WITH FRESH MILK					CEREAL OF DAY WITH FRESH MILK					CEREAL OF DAY WITH FRESH MILK					CEREAL OF DAY WITH FRESH MILK					CEREAL OF DAY WITH FRESH MILK					
	NOODLE SOUP		BRAISED YEE MEE					TAMAGO RAMEN SOUP					KUEY TEOW WITH EGG DROP SOUP					DUMPLING NOODLE SOUP					MEE SOUP WITH CONDIMENT					VERMICILLI SOUP					CANTONESE YEE MEE					
SOUP OF THE DAY		CHICKEN SOUP					MUSHROOM SOUP					CABBAGE SOUP					CARROT SOUP					FISH BALL SOUP					LONG CABBAGE SOUP					FUCUK 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						
		CHOICES OF TOPPING					CHOICES OF TOPPING					CHOICES OF TOPPING					CHOICES OF TOPPING					CHOICES OF TOPPING					CHOICES OF TOPPING					CHOICES OF TOPPING						
		CHOICES OF DRESSING					CHOICES OF DRESSING					CHOICES OF DRESSING					CHOICES OF DRESSING					CHOICES OF DRESSING					CHOICES OF DRESSING					CHOICES OF DRESSING						
LUNCH		WESTERN		POACHED FISH HERB CREAM SAUCE					PERI PERI CHICKEN					BAKED FISH WITH GARLIC SAUCE					CHICKEN STRAGANOFF					CREAMY HERB BAKED FISH					CHICKEN FAJITA					BAKED FISH PICATTA				
		ASIAN		CHICKEN WITH TOMATO CHILLI					SWEET & SOUR FISH					CHICKEN MANGO SALAD					FRIED FISH WITH HOISIN SAUCE					DRY CURRY CHICKEN					THAI STEAM LIME FISH					CHICKEN PICATTA				
		VEGETARIAN		FRIED TOFU AND TEMPE TOMATO CHILLI					SWEET & SOUR SOFT TOFU					VEGETARIAN LAMB MANGO SALAD					BEANCURD WITH HOISIN SAUCE					TOFU DRY CHILLI					BAKED VEGETARIAN FISH THAI STEAM SAUCE					VEGETARIAN LAMB PICATTA				
DESSERT		FRESH CUT FRUIT					DESSERT OF THE DAY					BUBUR CHA CHA					FRESH CUT FRUIT					DESSERT OF THE DAY					BUBUR SAGO MELAKA					FRESH CUT FRUITS						
		DINNER		BARBEQUE CHICKEN					KAM HEONG CHICKEN					GRILLED CHICKEN CACCIATORE					CHICKEN RENDANG					WESTERN STATION NIGHT(BEEF LAGSANA)					CHICKEN IRISH STEW					DRIED CHILI CHICKEN				
		SAUTEED MIX VEGETABLES					BRAISED SOFT TOFU IN EGG SAUCE					STEAM BROCCOLI AND CALIFLOWER					SAUTEED CHAI SIM					DINNER BUN							MILD CHILLI BRINJAL									
ROASTED CAJUN POTATO					SAUTEED SPINACH WITH GARLIC					PENNE AGLIO OLIO					PAPADOM					MASHED POTATO									BRAISED TOFU									
BUTTER RICE					STEAMED RICE					SWEET POTATO HONEY GLAZED					GEE RICE					COLESLAW									STEAMED RICE									
MIXED SALAD					MIXED SALAD					MIXED SALAD					MIXED SALAD					MIXED SALAD									MIXED SALAD									

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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 4



TYPE OF GROUP	MONDAY 22-Jun-26					TUESDAY 23-Jun-26					WEDNESDAY 24-Jun-26					THURSDAY 25-Jun-26					FRIDAY 26-Jun-26					SATURDAY 27-Jun-26					SUNDAY 28-Jun-26							
	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		GRILLED CHICKEN SLICED					GRILLED CHEESE TOSTIES					FRENCH TOAST					TUNA MAYO SANDWICH					MONTE CRISTO					PANCAKE WITH FRUITS					ROTI CANAI WITH DHALL CURRY					
	ASIAN		CHOICE OF JAM					CHOICE OF JAM					CHOICE OF JAM					CHOICE OF JAM					CHOICE OF JAM					CHOICE OF JAM					CHOICE OF JAM					
	CEREAL		KAMPUNG FRIED RICE					STIR FRY HOR FUN					YOUNG CHOW FRIED RICE					MUSHROOM FRIED RICE					LOH SHI FUN					TOMYAM FRIED RICE					SOY FRIED RICE					
NOODLE SOUP		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						
SOUP OF THE DAY		THAI CHICKEN SOUP					FISH PORRIDGE SOUP					TOM YUM MEE SOUP					KUEW TEOW SOUP					BIHUN SOUP					FISH MOI SOUP					CHICKEN SOTO						
SALAD		CHICKEN SOUP					FISH BALL SOUP					FUCUK SOUP					LONG CABBAGE SOUP					CARROT SOUP					EGG DROP SOUP					TOMYAM SOUP						
LUNCH		WESTERN		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									
		ASIAN		CHOICES OF TOPPING					CHOICES OF TOPPING					CHOICES OF TOPPING					CHOICES OF TOPPING					CHOICES OF TOPPING					CHOICES OF TOPPING									
		VEGETARIAN		CHOICES OF DRESSING					CHOICES OF DRESSING					CHOICES OF DRESSING					CHOICES OF DRESSING					CHOICES OF DRESSING					CHOICES OF DRESSING									
DESSERT		WESTERN		CHICKEN MARYLAND					GRILLED FISH WITH TOMATO CONCASSE					PARMESAN CRUSTED FISH					FISH FINGER					TILAPIA FLORENTINE					GRILLED FISH WITH TOMATO CONCASSE									
DINNER		ASIAN		GRATIN POTATO					STEAMED VEGETABLES					TOMATO SALAD & DRESSING					GREEN PEAS WITH CARROT					CREAMY SPINACH					STEAMED VEGETABLES									
		VEGETARIAN		CAESAR SALAD					GARLIC BREAD					BAKED POTATO WITH PARSLEY					FRENCH FRIES					AGLIO OLIO					GARLIC BREAD									
		DESSERT		FISH MASALA					CHICKEN KATSU					AYAM MASAK MERAH					CHICKEN KATSU					PAD KRA PAO					BBQ CHICKEN					BBQ CHICKEN				
DINNER		ASIAN		ACAR JELATAH					JAPANESE VEGETABLE CURRY					STIR FRY MIXED VEGGIE					JAPANESE POTATO & CARROT CURRY					STIR FRIED LONG BEAN					CUCUMBER TOMATO SALAD SALSA					CUCUMBER TOMATO SALAD SALSA				
		VEGETARIAN		FRAGRANT WHITE RICE					FRAGRANT WHITE RICE					FRAGRANT TOMATO RICE					FRAGRANT WHITE RICE					WHITE RICE					CHICKEN RICE					CHICKEN RICE				
		DESSERT		FRAGRANT WHITE RICE					FRAGRANT WHITE RICE					BAKE POTATO WITH PARSLEY					FRAGRANT WHITE RICE					WHITE RICE					CHICKEN RICE					CHICKEN RICE				
DINNER		VEGETARIAN		VEGETABLE CRACKERS					STEAM SOFT TOFU WITH GINGER SOY SAUCE					VEGETARIAN CRUSTED FISH					CHICKEN KATSU					SOFT TOFU WITH SOY SAUCE					VEGETARIAN FRIED MEE					AGLIO OLIO PENNE				
		ASIAN		POTATO SAMOSA					STIR FRIED CHOI SUM					TOMATO SALAD DRESSING					JAPANESE POTATO & CARROT CURRY					STIR FRY MIX VEGETABLE														
		VEGETARIAN		FRIED VEGETARIAN GLASS NOODLES					FRAGRANT WHITE RICE					BAKE POTATO WITH PARSLEY					FRAGRANT WHITE RICE					WHITE RICE														
DINNER		DESSERT		FRESH CUT FRUIT					DESSERT OF THE DAY					BUBUR CHA CHA					FRESH CUT FRUIT					DESSERT OF THE DAY					BUBUR SAGO MELAKA					FRESH CUT FRUIT				
		ASIAN		BLACK PEPPER BEEF STEW					BREADED FISH					BEEF BOLOGNESE					KAM HEONG CHICKEN					PUMPKIN MASHED POTATO					THAI FISH					CHAR KOEY TIAW COUNTER				
		VEGETARIAN		BUTTER RICE					POTATO GRATIN					GARLIC BUTTER PASTA					BRAISED SOFT TOFU IN EGG SAUCE					CHICKEN AU GRATIN					CORN RICE					SWEET CORN CRAB MEAT SOUP				
DINNER		ASIAN		BAKED POTATO					COLESLAW					GARDEN SALAD					SAUTEED SPINACH WITH GARLIC					PITA BREAD					STIR FRI KAILAN					FRUIT COCKTAIL				
		VEGETARIAN		AGLIO OLIO PSTA					TOMYAM FRIED RICE					MUSHROOM SOUP					STEAMED RICE					HERBS BOILED EGG					GARLIC BREAD									
		DESSERT		FRESH CUT FRUITS					FRESH CUT FRUITS					FRESH CUT FRUITS					FRESH CUT FRUITS					FRESH CUT FRUITS					FRESH CUT FRUITS					FRESH CUT FRUITS				

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

BEST CHOICE (Green circle)
CHOOSE CAREFULLY (Amber circle)
LIMIT CONSUMPTION (Red circle)





Prince of Wales Island International School
WEEK 5



TYPE OF GROUP	MONDAY 29-Jun-26					TUESDAY 30-Jun-26					WEDNESDAY					THURSDAY					FRIDAY					SATURDAY					SUNDAY				
	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					AMERICAN BREAKFAST																											
			CHOICE OF JAM					CHOICE OF JAM																											
	ASIAN		SINGAPORE BEE HOON					GARLIC FRIED RICE																											
	CEREAL		CEREAL OF DAY WITH FRESH MILK					CEREAL OF DAY WITH FRESH MILK																											
NOODLE SOUP		CHICKEN MOI					MEE SOTO																												
SOUP OF THE DAY		CRAB MEAT SOUP					CHICKEN SAOUP																												
SALAD		MIX SALAD OF THE DAY					MIX SALAD OF THE DAY																												
		CHOICES OF TOPPING					CHOICES OF TOPPING																												
		CHOICES OF DRESSING					CHOICES OF DRESSING																												
LUNCH		WESTERN		ROASTED ROSEMARY CHICKEN					FRIED FISH WITH CREAMY HERB SAUCE																										
				GRILLED CORN ON COB					MIX SALAD OF THE DAY																										
				CAJUN POTATO WEDGES					SPAGHETTI																										
ASIAN		TIKKA FISH MASALA					SWEET SOUR CHICKEN																												
		STIR FRIED MIX VEGETABLE					CHINESE CABBAGE AND MUSHROOM																												
		FRAGRANT WHITE RICE					FRAGRANT WHITE RICE																												
VEGETARIAN		TOFU MASALA					STEAM VEGETARIAN FISH SWEET SOUR SAUCE																												
		STIR FRIED OKRA					STIR FRIED SAWI																												
		PITA BREAD					STEAM WHITE RICE																												
DESSERT		FRESH CUT FRUIT					DESSERT OF THE DAY																												
DINNER		CHICKEN MARYLAND					INDIAN BUTTER CHICKEN																												
		AGLIO OLIO PASTA					STEAM BROCCOLI AND CARROT																												
		BUTTER HERB BROCCOLI					FRAGRANT WHITE RICE																												
		MUSHROOM SOUP					BRAISED JAPANESE EGG TOFU																												
		MIX SALADS					MIX SALADS																												

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V VEGETARIAN
D DAIRY FREE
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G GLUTEN FREE

GREEN
BEST CHOICE

AMBER
CHOOSE CAREFULLY

RED
LIMIT CONSUMPTION






Prince of Wales Island International School
WEEK 1



TYPE OF GROUP	MONDAY					TUESDAY					WEDNESDAY					THURSDAY 1-Jul-26					FRIDAY 2-Jul-26					SATURDAY 3-Jul-26					SUNDAY 4-Jul-26									
	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	WESTERN																																							
ASIAN																																								
VEGETARIAN																																								
DESSERT																																								
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T: TRAFFIC LIGHT SYSTEM
V: VEGETARIAN
D: DAIRY FREE
E: EGG FREE
G: GLUTEN FREE

