



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: CONTAIN DAIRY
E: CONTAIN EGG
G: CONTAIN GLUTEN





TYPE OF GROUP		MONDAY 31-Aug-26					TUESDAY 1-Sep-26					WEDNESDAY 2-Sep-26					THURSDAY 3-Sep-26					FRIDAY 4-Sep-26					SATURDAY 5-Sep-26					SUNDAY 6-Sep-26					
MORNING SNACK	WESTERN						SCRAMBLE EGG, BAKED BEAN					SUNNY SIDE UP EGG					CHEESE OMELETTE					ENGLISH MUFFIN					CLASSIC FRENCH TOAST										
							TOAST					CHICKEN SAUSAGE & TOAST					TOAST					CHICKEN HAM SLICE															
	ASIAN						FRIED MEEHOON					CLEAR KOAY TEOW SOUP					CLASSIC CHICKEN PORRIDGE					NASI GORENG KAMPUNG					CURRY MEEHOON W										
												W SHREDDED CHICKEN					W GINGER & SCALLION										TOFU PUFF & LONG BEAN										
	VEGETARIAN	BRUNCH						UPMA W COCONUT CHUTNEY					BAKED MACARONI PASTA W TOMATO CONCASSE					PLAIN ROTI CANAI W DHALL CURRY					FRIED NOODLE EGG FREE					FLUFFY EGGLESS PANCAKE W MAPLE SYRUP				BRUNCH					
CEREAL	CORNFLAKE W FRESH MILK						OAT W FRUITS					HONEY STARS W FRESH MILK					COCOA PUFF W FRESH MILK					RICE CRISPY W FRESH MILK					TOASTED MUESLI				CORNFLAKE W FRESH MILK						
LUNCH	SOUP OF THE DAY						ROASTED TOMATO & HERBS BROTH					SAUTEED CABBAGE AND LEEK SOUP					CLEAR CHICKEN & RADISH SOUP					GINGER & ONION WHITE FISH BROTH					LIGHT VEGETABLE MINESTRONE				MILD YELLOW LENTIL DHAL SOUP			ROASTED TOMATO & HERBS BROTH			
							DAILY DRESSING ROASTED SESAME DRESSING, THOUSAND ISLAND, HONEY MUSTARD, OR LIGHT VINAIGRETTE					DAILY DRESSING ROASTED SESAME DRESSING, THOUSAND ISLAND, HONEY MUSTARD, OR LIGHT VINAIGRETTE					DAILY DRESSING ROASTED SESAME DRESSING, THOUSAND ISLAND, HONEY MUSTARD, OR LIGHT VINAIGRETTE					DAILY DRESSING ROASTED SESAME DRESSING, THOUSAND ISLAND, HONEY MUSTARD, OR LIGHT VINAIGRETTE					DAILY DRESSING ROASTED SESAME DRESSING, THOUSAND ISLAND, HONEY MUSTARD, OR LIGHT VINAIGRETTE				DAILY DRESSING ROASTED SESAME DRESSING, THOUSAND ISLAND, HONEY MUSTARD, OR LIGHT VINAIGRETTE						
							CREAMY SWEET CORN & CARROT SLAW					CREAMY SWEET CORN & CARROT SLAW					CLASSIC CREAMY POTATO SALAD					CLASSIC CREAMY POTATO SALAD					PICNIC MACARONI SALAD				PICNIC MACARONI SALAD			CREAMY SWEET CORN & CARROT SLAW			
						GERMAN STYLE TANGY POTATO SALAD					COLESLAW					SWEET & SOUR PICKLED CUCUMBER RIBBON SALAD					SWEET & SOUR PICKLED CUCUMBER RIBBON SALAD					SPICED CHICKPEA & RED ONION SALAD				SPICED CHICKPEA & RED ONION SALAD			GERMAN STYLE TANGY POTATO SALAD				
	WESTERN											FRIES																									
								GOLDEN HASH BROWN					DEEP FRIED BREADED FISH W TARTAR SAUCE					POTATO WEDGES					MASHED POTATO					FRIES				CHICKEN CARBONARA PASTA			GOLDEN HASH BROWN		
								GRILLED CHICKEN GOURMET SAUSAGE W SAUTEED ONION					COLESLAW					GRILLED CHICKEN CHOP W MUSHROOM SAUCE					CHICKEN BURGER SLIDERS W CONDIMENT					BREADED FISH BURGER W TARTAR SAUCE				GARLIC TOAST			GRILLED CHICKEN GOURMET SAUSAGE W SAUTEED ONION		
	ASIAN							NASI LEMAK					WHITE RICE					WHITE RICE					WHITE RICE					FRIED MEEHOON				WHITE RICE			NASI LEMAK		
								SAMBAL FISH CAKE					SWEET & SOUR CHICKEN					BLACK PEPPER BEEF					FRIED FISH FILLET W GINGER SOY					GINGER SCALLION CHICKEN				SAMBAL FISH FILLET			SAMBAL FISH CAKE		
								BOILED EGG & CONDIMENT					STIR-FRIED CABBAGE W CARROT					STIR-FRIED LONG BEAN					STIR-FRY SAWI					STIR-FRIED BEAN SPROUTS				STIR-FRIED MIXED VEGETABLES			BOILED EGG & CONDIMENT		
	VEGETARIAN																																				
								SPICE POTATO & CHICKPEA MASALA					VEGETARIAN FRIED RICE W TOFU CUBES & GREEN PEAS					TOMATO HERBS PASTA W GRILLED ZHECHINI & CARROTS					PULAO RICE W CHICKPEA MASALA CURRY					STIR-FRIED MACARONI W DICE VEGGIES AND MOCK CHICKEN				BIRYANI W DHALL			SPICE POTATO & CHICKPEA MASALA		
								CRISPY FRIED TEMPEH AND TOFU IN SWEET CHILLI SAUCE																									CRISPY FRIED TEMPEH AND TOFU IN SWEET CHILLI SAUCE				
	DESSERT	CHOCOLATE PUDDING											BUTTER CAKE					CHILLED TROPICAL PLATTER					BUBUR KACANG HIAU					FRUIT COCKTAIL JELLY				KUEH TALAM			VANILLA CUSTARD JELLY		
	DINNER	CLASSIC CHINESE CABBAGE & TOFU BROTH											DEAWEEED & TOFU CLEAR SOUP					ANCHOVY BASED SWEET VEGE & PUMPKIN SOUP					CLEAR POTATO & TOMATO CHICKEN BROTH					SOUP AYAM BEREMPAH				THAI CLEAR TOM YUM SOUP			TOMATO SOUP		
NASI LEMAK												PENNE ARABBIATA					CILANTRO LIME RICE					STEAMED JAPANESE RICE					LEMON GARLIC ROASTED POTATO WEDGES				YELLOW NOODLE/MAGGIE MEE/MEE HOON			JEERA RICE			
AYAM MASAK MERAH												HERBS-CRUSTED ROASTED CHICKEN					SMOKY CHIPOTLE BAKED CHICKEN					TERRIYAKI BRAISED CHICKEN					OREGANO & LEMON BAKED CHICKEN				MEAT BALL/FISH CAKE/TOFU			CHICKEN TIKKA MASALA			
TUMIS BUNCS & CARROT W GARLIC												SAUTEED ZUCCHINI & BELL PEPPERS					ROASTED CORN & BLACK BEAN SALAD					SESAME STIR-FRIED BOK CHOY					ROASTED MEDITERRANEAN EGG PLANT & TOMATO				THAI MORNING GLORY W GARLIC			ALDOO GOBI			
SAMBAL TEMPEH & POTATO (V)												MOCK MEATBALL IN MARINARA SAUCE (V)					CHILLI-SPICED PINTO BEAN STEW (V)					CRISPY TOFU IN TERRIYAKI GLAZE (V)					GREEK STYLE CHICKPEA & SPINACH STEW (V)				TOM YUM TOFU& MIXED MUSHROOMS (V)			CHANA MASALA (V)			
CREAMY COCONUT CHICKPEA CURRY (V)													BRAISED CANNELLINI BEANS W ROSEMARY					SAUTEED FAUITA VEGETABLE & MUSHROOMS (V)					MOCK CHIKEN KATSU (V)					GARLIC BUTTER MUSHROOM (V)				MOCK MEAT RED CURRY (V)			DAL TADKA (V)		

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TRAFFIC LIGHT SYSTEM
 GREEN: VEGETARIAN
 AMBER: CONTAIN DAIRY
 RED: CONTAIN EGG
 CONTAIN GLUTEN





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RED
LIMIT CONSUMPTION





TYPE OF GROUP		MONDAY 14-Sep-26					TUESDAY 15-Sep-26					WEDNESDAY 16-Sep-26					THURSDAY 17-Sep-26					FRIDAY 18-Sep-26					SATURDAY 19-Sep-26					SUNDAY 20-Sep-26					
MORNING SNACK	WESTERN	HARD BOILED EGG	✓				SCRAMBLE EGG	✓							SPANISH OMELET	✓						FRIED EGG & CHICKEN SLICE	✓				EGG RICH PANCAKES	✓									
		COCKTAIL SAUSAGE & SOFT BUN	✓				MEATBALL SUB WEDGES	✓							CHICKEN FRANKS & DINNER ROLL	✓						POTATO HASH BROWN PATTIES	✓				POPCORN CHICKEN	✓									
	ASIAN	BUBUR LAMBOX W MINCED CHICKEN	✓				FRIED MEE SUAH W CHICKEN & CHOY SUM	✓							GINGER & MINCED BEEF PORRIDGE	✓						NAS GORENG CINA	✓				CLEAR SOUP YELLOW NOODLE W FISH BALLS	✓									
	VEGETARIAN	SAMOSAS & SPRING ROLL WITH SWEET CHILLI SAUCE	✓			✓	RAVA IDLI W COCONUT CHUTNEY	✓				BRUNCH	✓			APPAM W SWEET COCONUT MILK	✓						DRY WONTON NOODLE IN DARK SOY SAUCE	✓				EGGLESS WAFLE W CHOCOLATE DRIZZLE	✓				BRUNCH	✓			
CEREAL	CORNFLAKE W FRESH MILK	✓				OAT W FRUITS	✓				HONEY STARS W FRESH MILK	✓			COCOA PUFF W FRESH MILK	✓						RICE CRISPY W FRESH MILK	✓				TOASTED MUESLI	✓				CORNFLAKE W FRESH MILK	✓				
LUNCH	SOUP OF THE DAY	CLEAR ITALIAN WEDDING SOUP	✓				ABC SOUP	✓				CREAM OF CHICKEN SOUP	✓			FISH BROTH W TOMATOES	✓					SPICED RED LENTIL SOUP	✓				TOMATO & PEPPER BROTH	✓				MIXED BEAN & VEGE SOUP	✓				
	SALAD	DAILY DRESSING ROASTED SESAME DRESSING, THOUSAND ISLAND, HONEY MUSTARD, OR LIGHT VINAIGRETTE	✓				DAILY DRESSING ROASTED SESAME DRESSING, THOUSAND ISLAND, HONEY MUSTARD, OR LIGHT VINAIGRETTE	✓				DAILY DRESSING ROASTED SESAME DRESSING, THOUSAND ISLAND, HONEY MUSTARD, OR LIGHT VINAIGRETTE	✓			DAILY DRESSING ROASTED SESAME DRESSING, THOUSAND ISLAND, HONEY MUSTARD, OR LIGHT VINAIGRETTE	✓					DAILY DRESSING ROASTED SESAME DRESSING, THOUSAND ISLAND, HONEY MUSTARD, OR LIGHT VINAIGRETTE	✓				DAILY DRESSING ROASTED SESAME DRESSING, THOUSAND ISLAND, HONEY MUSTARD, OR LIGHT VINAIGRETTE	✓				DAILY DRESSING ROASTED SESAME DRESSING, THOUSAND ISLAND, HONEY MUSTARD, OR LIGHT VINAIGRETTE	✓				
		COLESLAW	✓				COLESLAW	✓				MACARONI W LIGHT TOMATO HERBS & GREEN PEAS	✓			MACARONI W LIGHT TOMATO HERBS & GREEN PEAS	✓					HONEY LIME SHREDDED CARROT SALAD	✓				HONEY LIME SHREDDED CARROT SALAD	✓				GLASS NOODLE THAI SALAD	✓				
		SWEET POTATO & SWEET CORN SALAD	✓				SWEET POTATO & SWEET CORN SALAD	✓				SPICY-SOUR GREEN APPLE & CUCUMBER SLAW	✓			SPICY-SOUR GREEN APPLE & CUCUMBER SLAW	✓					CLASSIC POTATO & CHIVE SALAD	✓				CLASSIC POTATO & CHIVE SALAD	✓				TANGY PINEAPPLE SALAD	✓				
	WESTERN	MASHED POTATO	✓				FRIES	✓				BUTTERY MACARONI & CHEESE	✓	✓	✓	CHIPS	✓					CURLY FRIES	✓				CHICKEN MEATBALL SUB SANDWICH WITH MELTED CHEESE	✓	✓	✓		BUTTER MILK PANCAKE SERVE W DRIZZLE OF MAPLE SYRUP	✓	✓	✓		
		CRISPY CHICKEN TENDERS W HONEY MUSTARD DIP	✓				GRILLED BEEF BURGER SLIDERS	✓				CRISPY POP CORN CHICKEN	✓			BREADED FISH W TARTAR SAUCE	✓					FISH FILLET BURGER W TARTAR SAUCE	✓								CRISPY DEEP FRIED CHICKEN TENDER	✓					
		GARDEN SALAD	✓				COLESLAW	✓				SAUTEED BUTTON MUSHROOMS IN GARLIC SAUCE	✓			STIR-FRY BROCCOLI	✓					TOMATO & CUCUMBER	✓								CREAMY SWEET CORN & CARROT SLAW IN TANGY DRESSING	✓					
	ASIAN																															FRIED SILVER NEEDLE NOODLE W LIGHT SOY SAUCE	✓			✓	
		WHITE RICE	✓				WHITE RICE	✓				HAINANESE FRAGRANT CHICKEN RICE	✓			TOMATO RICE	✓					WHITE RICE	✓				FRIED RICE	✓				SOY-GLAZE FISH SEASONED W WHITE PEPPER AND SESAME OIL	✓				
		ASSAM PEDAS FISH FILLET	✓				AYAM MASAK MERAH	✓				ROASTED HAINANESE CHICKEN	✓			SPICED FRIED CHICKEN	✓					GINGER & ONION BEEF SLICES	✓				CRISPY FISH BITS	✓									
STIR-FRIED LONG BEANS		✓				SAUTEED CABBAGE	✓				CONDIMENT	✓			PINEAPPLE & CUCUMBER ACAR	✓					STIR-FRIED KAILAN	✓				STIR-FRIED CABBAGE	✓							JEERA RICE	✓	✓	
PLAIN TOSSAI		✓				RAMEN W MOCK CHICKEN SLICES	✓				GARLIC NAN BREAD	✓			TOMATO RICE	✓					CREAMY PESTO PENNE PASTA	✓				FRIED UDON NOODLE W MOCK CHICKEN IN SWEET SOY SAUCE	✓				PANEER BUTTER MASALA	✓					
POTATO MASALA & LENTIL DHAL CURRY	✓				STIR-FRIED BOK CHOY	✓				CREAMY MOCK CHICKEN BUTTER MASALA	✓			MUSHROOMS & TEMPEH RENDANG	✓					W SAUTEED MUSHROOMS & GREEN PEAS	✓																
DESSERT																																					
	MANGGO CUSTARD	✓				MARBLE BUTTER CAKE	✓				CHILLED TROPICAL PLATTER	✓			BUBUR KACANG HIAU	✓					ROSE JELLY W NATA DE COCO	✓				CHILLED FRUIT COCKTAIL JELLY	✓				CUT FRUITS	✓					
DINNER	SWEET CORN SOUP	✓				CLEAR CHOY SUM & GINGER SOUP	✓				CLEAR VEGETABLE CONSOMME W DICES CARROT	✓			FISH BROTH WITH SALTED PLUM	✓					MUSHROOM SOUP	✓				RADISH & DRY SHRIMP BROTH	✓				POTATO SOUP	✓					
	BUTTERED ORZO RICE PILAF	✓				NASI UDUK	✓				HERBS ROASTED BABY POTATOES	✓			GHEE RICE	✓					MEXICAN RED RICE	✓				THICK RICE NOODLE	✓				SEASONED CORN RICE	✓					
	TURKISH SPICED GRILLED CHICKEN MEATBALLS	✓				AYAM GORENG KALASAN	✓				CLASSIC ROAST CHICKEN W BROWN ONION GRAVY	✓			SRI LANKAN BLACK CHICKEN CURRY	✓					GARLIC BUTTER LIME CHICKEN	✓				ASSAM LAKSA FISH BROTH W SHREDDED MACKEREL	✓				POLLO A LA BRASA	✓					
	MEDITERRANEAN ROASTED SUMMER SQUASH	✓				SAYUR LODEH	✓				STEAMED GARDEN PEAS & SWEET CORN	✓			SPICY COCONUT CABBAGE	✓					SAUTEED PEPPERS, ONIONS & SWEET CORN	✓				HARD BOILED EGG	✓				SAUTEED TOMATOES & RED ONION	✓					
	TURKISH RED LENTIL PATTIES (V)	✓				TEMPEH OREK (V)	✓				MUSHROOM & THYME GRAVY BAKED (V)	✓			PARIPPU (V)	✓					FRIED PINTO BEANS W CUMIN (V)	✓				SHREDDED CUCUMBER & ONION	✓				CREAMY KIDNEY BEAN STEW (V)	✓					
	MOCK LAMB KEBAB	✓				BALADO TOFU (V)	✓				TOFU & GRAVY (V)	✓			DEVILLED TOFU & CAPSICUM (V)	✓					MOCK CHICKEN FAJITA (V)	✓				VEGETARIAN ASSAM LAKSA BROTH W TOFU POK (V)	✓				SPICED ROASTED CAULIFLOWER STEAK (V)	✓					

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TRAFFIC LIGHT SYSTEM
GREEN - BEST CHOICE
AMBER - CHOOSE CAREFULLY
RED - LIMIT CONSUMPTION
VEGETARIAN
D - CONTAIN DAIRY
E - CONTAIN EGG
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TYPE OF GROUP		MONDAY 21-Sep-26					TUESDAY 22-Sep-26					WEDNESDAY 23-Sep-26					THURSDAY 24-Sep-26					FRIDAY 25-Sep-26					SATURDAY 26-Sep-26					SUNDAY 27-Sep-26				
MO RNI NG SNA CK	WESTERN	EGG BURITO	✓			✓	EGG SUNNY SIDE &	✓				CHEESE OMELET &	✓				POACHED EGG &	✓				EGG & CHICKEN SANDWICH	✓			✓	SCRAMBLE EGG	✓								
		BAKED BEAN & TOAST	✓				SOFT BUN	✓				POTATO WEDGES	✓				TOAST	✓				ON CROISSANT	✓				HASH BROWN									
	ASIAN	SEAFOOD PORRIDGE W WHITE PEPPER	✓				FRIED TANG HOON W SHERDEDDED CHICKEN					HERBAL CHICKEN SOUP W THIN RICE NOODLE	✓				PUMPKIN & SHREDDDED CHICKEN PORRIDGE	✓				NASI GORENG KUNYIT W CHICKEN STRIP	✓				ASSAM LAKSA	✓								
	VEGETARIAN	MURTABAK & DHALL	✓	✓		✓	PHARATA W MINT CHUTNEY	✓				STEAMED PAUJ	✓				FRIED YEE MEE W MUSHROOM GRAVY					MACARONI SOUP IN CLEAR BROTH	✓				TOAST SANDWICH W BAKED BEANS	✓				BRUNCH	✓			
LUN CH	CEREAL	CORNFLAKE W FRESH MILK					OAT W FRUITS	✓				HONEY STARS W FRESH MILK	✓				COCOA PUFF W FRESH MILK	✓				RICE CRISPY W FRESH MILK	✓				TOASTED MUESLI	✓				CORNFLAKE W FRESH MILK	✓			
	SOUP OF THE DAY	MINESTRONE SOUP	✓				CLEAR CHICKEN SOUP	✓				LIGHT ROASTED PUMPKIN BROTH	✓				CLEAR TOM YAM VEGETABLE SOUP	✓				SAMBAR DHALL VEGETABLE SOUP	✓				PAPAYA & CHICKEN SOUP	✓				STIR-FRIED LONG BEAN & GARLIC BROTH				
	SALAD	DAILY DRESSING ROASTED SESAME DRESSING, THOUSAND ISLAND, HONEY MUSTARD, OR LIGHT VINAIGRETTE	✓				DAILY DRESSING ROASTED SESAME DRESSING, THOUSAND ISLAND, HONEY MUSTARD, OR LIGHT VINAIGRETTE	✓				DAILY DRESSING ROASTED SESAME DRESSING, THOUSAND ISLAND, HONEY MUSTARD, OR LIGHT VINAIGRETTE	✓				DAILY DRESSING ROASTED SESAME DRESSING, THOUSAND ISLAND, HONEY MUSTARD, OR LIGHT VINAIGRETTE	✓				DAILY DRESSING ROASTED SESAME DRESSING, THOUSAND ISLAND, HONEY MUSTARD, OR LIGHT VINAIGRETTE	✓				DAILY DRESSING ROASTED SESAME DRESSING, THOUSAND ISLAND, HONEY MUSTARD, OR LIGHT VINAIGRETTE	✓				DAILY DRESSING ROASTED SESAME DRESSING, THOUSAND ISLAND, HONEY MUSTARD, OR LIGHT VINAIGRETTE	✓			
		GLASS NOODLE THAI SALAD	✓				CREAMY POTATO & GREEN PEA SALAD	✓				CREAMY POTATO & GREEN PEA SALAD	✓				SESAME CABBAGE SLAW	✓				SESAME CABBAGE SLAW	✓				CREAMY BROCCOLI & SWEET CORN SALAD	✓				CREAMY BROCCOLI & SWEET CORN SALAD	✓			
	WESTERN	TANGY PINEAPPLE SALAD	✓				TOMATO, CUCUMBER & ONION FIESTA	✓				TOMATO, CUCUMBER & ONION FIESTA	✓				COLD TOFU W GINGER-SOY & SESAME	✓				COLD TOFU W GINGER-SOY & SESAME	✓				THREE BEAN SALAD	✓				THREE BEAN SALAD	✓			
POTATO WEDGES		✓				CRISPY FISH TACO WRAP			✓		MASHED POTATO	✓				FRENCH FRIES	✓				POTATO WEDGES	✓				FRENCH FRIES					TOAST GARLIC FORCACCIA SLICES	✓		✓		
ASIAN	BREADED FISH FINGER W TARTAR SAUCE					WITH SHREDED LETTUCE & MAYO	✓				GRILLED FISH FILLET	✓				GRILLED CHICKEN CHOP W MUSHROOM SAUCE	✓				CRISPY FISH BURGER W CONDIMENT					FISH FILLET WRAP W LETTUCE	✓				ITALIAN BEEF MEATBALLS IN TOMATO SAUCE	✓				
	WHITE RICE	✓				WHITE RICE	✓				NASI LEMAK	✓				WHITE RICE	✓				FRIED MEEHOON					WHITE RICE	✓				NASI LEMAK	✓				
	CHICKEN PADPRIK	✓				THAI BASIL MINCED CHICKEN	✓				CHICKEN RENDANG	✓				SWEET & SOUR FISH	✓				SWEET SOY CHICKEN STRIPS	✓				BEEF KURMA WITH POTATO	✓				AYAM MASAK MERAH	✓				
	SAUTEED BROCCOLI & CAROT	✓				STIR-FRIED BEAN SPROUT					SLICED CUCUMBER	✓				SAUTEED CABBAGE W TOFU	✓				STIR-FRIED BEAN SPROUT					STIR-FRIED SAWI										
VEGETARIAN	IDLI	✓	✓			FRIED RICE W MIXED GARDEN VEGETABLE	✓				NASI LEMAK	✓	✓			PASTA W BUTTER BEAN	✓	✓	✓		PURI	✓	✓	✓		FRIED RICE W RAISIN	✓	✓			PITA BREAD	✓	✓	✓		
	TRADITIONAL VEGETABLE SAMBAR DHAL BROTH	✓				FRIED TEMPEH CUBE					MOCK CHICKEN RENDANG	✓				CHICKPEA MASALA CURRY	✓								FRIED TEMPEH					CRISPY CHICKPEA FALAFEL BALLS						
											SAMBAL TOFU	✓																								
DESSERT	BANANA CAKE					COCONUT & GULA MELAKA JELLY	✓				SWEET CORN PUDDING	✓				ORANGE	✓				BUBUR GANDUM	✓				AGAR AGAR SANTAN PANDAN	✓				PINEAPPLE	✓				
DIN NER		CHINESE STYLE WATER CREST CHICKEN BROTH	✓				CREAMY BROCCOLI & CHEDDAR SOUP	✓				SWEET CORN SOUP	✓				CLEAR BITTERGOURD & TOFU SOUP (NON-BITTER STYLE)	✓				WHITE FISH SOUP W GINGER & SCALLION	✓				LOTUS ROOT SOUP	✓				GARDEN HERBS & CHICKEN CUBE SOUP	✓			
		HONG KONG STYLE FRIED NOODLES					PERI-PERI SPICED RICE	✓				STEAMED PEARL RICE	✓				LABANESE RICE PILAF	✓				RAMEN NOODLES	✓		✓		GREEK LEMON & HERBS BAKED POTATOES	✓				GARLIC FRIED RICE				
		CHAR SIEW GLAZED ROAST CHICKEN					PERI-PERI FLAME GRILLED CHICKEN	✓				TAIWANESE POPCORN CHICKEN					SHISH TAOUK	✓				JAPANESE MILD CURRY BROTH WITH CHICKEN CHASHU SLICE	✓				SOUVLAKI STYLE GRILLED CHICKEN	✓				CHICKEN ADOBO	✓			
		GARLIC POACHED CHO SUM	✓				ROASTED TOMATO & CAPSICUM MEDLEY	✓				GARLIC STIR-FRIED CABBAGE					SUMAC CUCUMBER & TOMATO SALAD	✓				SWEET CORN KERNELS & STEAMED EDAMAME	✓				BAKED ZUCCHINI & TOMATOES	✓				GIBSANG SAYOTE	✓			
		BRAISED MUSHROOM & SOFT TOFU (V)	✓				BRAISED BLACK-EYE PEAS WITH SMOKED PAPRIKA (V)	✓				BRAISED TOFU & MUSHROOM GRAVY (V)	✓				BATATA HARRA (V)	✓				MILD CURRY BROTH W FRIED TOFU SLICE (V)					GIGANTES PLAKI (V)	✓				TOKWA' BABOY STYLE TOFU (V)	✓			
		ROAST MOCK MEAT (V)					GRILLED HERBS TOFU (V)	✓				MOCK CHICKEN CUBE (V)	✓				CHICKPEA & SPINACH STEW (V)	✓				BRAISED KING OYSTER MUSHROOMS (V)	✓				HERB GARLIC MUSHROOM (V)	✓				MOCK MEAT ADOBO (V)	✓			

Information & Privilege:

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

GREEN
BEST CHOICE
(G)

AMBER
CHOOSE CAREFULLY
(D)

RED
LIMIT CONSUMPTION
(S)





Prince of Wales Island
International School



TYPE OF GROUP		MONDAY 28-Sep-26					TUESDAY 29-Sep-26					WEDNESDAY 30-Sep-26					THURSDAY					FRIDAY					SATURDAY					SUNDAY				
MORNING SNACK	WESTERN	HARD-BOILED EGG, CHICKEN SAUSAGES	T	V	D	E	G	SCRAMBLE EGG & CHICKEN HAM SLICED	T	V	D	E	G	EGG SUNNY SIDE-UP, SAUSAGES	T	V	D	E	G																	
		TOAST	✓					WHOLEMEAL TOAST	✓					ENGLISH MUFFIN	✓																BRUNCH	✓				
	ASIAN	MINCED CHICKEN PORRIDGE	✓					FRIED UDON NOODLE W CHICKEN	✓					CHICKEN CURRY NOODLE	✓																					
	VEGETARIAN	VEGETARIAN FRITERS W DIPPING SAUCE	✓	✓				PURI SERVED W POTATO MASALA CURRY	✓					CREAMY MUSHROOM PENNE PASTA	✓																					
		CEREAL	CORNFLAKE W FRESH MILK	✓				OAT W FRUITS	✓					HONEY STARS W FRESH MILK	✓																					
LUNCH	SOUP OF THE DAY	CLEAR MACARONI & VEGETABLE BROTH	✓				MIXED GARDEN VEGETABLE SOUP	✓					ABC SOUP	✓																						
	SALAD	DAILY DRESSING ROASTED SESAME DRESSING, THOUSAND ISLAND, HONEY MUSTARD, OR LIGHT VINAIGRETTE	✓				DAILY DRESSING ROASTED SESAME DRESSING, THOUSAND ISLAND, HONEY MUSTARD, OR LIGHT VINAIGRETTE	✓					DAILY DRESSING ROASTED SESAME DRESSING, THOUSAND ISLAND, HONEY MUSTARD, OR LIGHT VINAIGRETTE	✓																						
		COLESLAW	✓				CREAMY SWEET CORN & CARROT SLAW	✓					CREAMY SWEET CORN & CARROT SLAW	✓																						
		GARDEN SALAD	✓				GERMAN STYLE TANGY POTATO SALAD	✓					GERMAN STYLE TANGY POTATO SALAD	✓																						
	WESTERN	FRENCH FRIES	✓				PASTA	✓		✓			MASHED POTATO	✓																						
		DEEP FRIED BREADED FISH	✓				CREAMY MUSHROOM CHICKEN	✓					BAKED FISH FILLET W HERBS BUTTER	✓																						
		COLESLAW	✓				GARLIC TOAST	✓																												
	ASIAN	WHITE RICE	✓				GHEE RICE	✓		✓			WHITE RICE	✓																						
		CHICKEN CURRY W POTATO	✓				GINGER SOY STEAMED FISH FILLET	✓					CHICKEN KUNG PAO	✓																						
		STIR-FRIED LONG BEAN	✓				BLANCHED SAWI	✓					STIR-FRIED SPINACH	✓																						
	VEGETARIAN	MURTABAK	✓				FALAFEL WRAP SANDWICH	✓					BAKED PASTA W TOMATO CONCASSE & SPINACH	✓																						
		WITH POTATO & ONION DHAL	✓																																	
	DESSERT	CHOCOLATE PUDDING	✓				BUTTER CAKE	✓					CHILLED TROPICAL PLATTER	✓																						
DINNER		CLEAR MUSHROOM AND GARLIC BROTH	✓				LOCAL STYLE SOUP AYAM UTARA	✓				ROASTED GARLIC & POTATO CLEAR SOUP	✓																							
		PINEAPPLE FRIED RICE	✓				STEAMED RICE	✓				TUMERIC RICE	✓																							
		GAJ PAD KRAPOW	✓				KUNG PAO CHICKEN	✓				AYAM PERCIK	✓																							
		THAI STIR-FRIED LONG BEANS WITH CHILLI PASTE	✓				DRY-FRIED STRING BEANS W GARLIC	✓				KERABU KACANG BOTOL	✓																							
		TOFU PAD KRAPOW	✓				MAPO TOFU (V)	✓				SAMBAL TEMPEH & POTATO (V)	✓																							
	MOCK MEAT W THAI BASIL	✓				CRISPY OYSTER MUSHROOM W CHILLI POWDER (V)	✓				MOCK BEEF RENDANG (V)	✓																								

Information & Privilege:

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Menu may change according to food supply seasons and availability

Delischool Healthy Food Guidelines:

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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
G GREEN
D VEGETARIAN
D CONTAIN DAIRY
E CONTAIN EGG
G CONTAIN GLUTEN







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V: VEGETARIAN
D: CONTAIN DAIRY
E: CONTAIN EGG
G: CONTAIN GLUTEN





TYPE OF GROUP		MONDAY 19-Oct-26					TUESDAY 20-Oct-26					WEDNESDAY 21-Oct-26					THURSDAY 22-Oct-26					FRIDAY 23-Oct-26					SATURDAY 24-Oct-26					SUNDAY 25-Oct-26				
MORNING SNACK	WESTERN	SCRAMBLE EGG	✓				GARLIC BREAD W TOMATO SOUP	✓		✓	CHEESE OMELETTE	✓				WAFFLE W HONEY	✓		✓	EGG SUNNY SIDE UP W TOAST	✓		✓	BAKED POTATO W HERBS BUTTER & CORN	✓											
		CHICKEN MEATBALL	✓								BAKED BEAN	✓				FRIED BANANAS				CHICKEN SAUSAGES																
	ASIAN	BIHUN SOUP UTARA	✓				NASI GORENG PATTAYA	✓			KIMCHI FRIED RICE					FISH BALL NOODLE SOUP	✓			NASI LEMAK W AYAM RENDANG	✓			JAPANESE MISO RAMEN	✓											
		VEGETARIAN	VEGETABLE CHOW MEIN	✓	✓		✓	ROTI PARATHA W POTATO CURRY	✓			RICE PORRIDGE	✓			AVOCADO & TOMATO SANDWICH ON WHOLEMEAL	✓			CURRY NOODLE	✓			CRISPY TOFU & CUCUMBER RICE W SOY DIP												
	CEREAL	CORNFLAKE W FRESH MILK	✓				OAT W FRUITS	✓			HONEY STARS W FRESH MILK	✓				COCOA PUFF W FRESH MILK	✓			RICE CRISPY W FRESH MILK	✓			TOASTED MUESLI	✓			CORNFLAKE W FRESH MILK	✓							
SOUP OF THE DAY	TOFU & SEAWEED SOUP	✓				FISH BALL & GLASS NOODLE SOUP	✓			SOTO AYAM CLEAR BROTH	✓				FISH SOUP	✓			CARROT & POTATO BROTH	✓			EGG DROP SOUP	✓			ANCHOVY & SPINACH DROP SOUP	✓								
	SALAD	HOUSE VINAIGRETTE, CREAMY BASED DRESSING, SESAME DRESSING	✓	✓			HOUSE VINAIGRETTE, CREAMY BASED DRESSING, SESAME DRESSING	✓	✓		HOUSE VINAIGRETTE, CREAMY BASED DRESSING, SESAME DRESSING	✓	✓		HOUSE VINAIGRETTE, CREAMY BASED DRESSING, SESAME DRESSING	✓	✓		HOUSE VINAIGRETTE, CREAMY BASED DRESSING, SESAME DRESSING	✓	✓		HOUSE VINAIGRETTE, CREAMY BASED DRESSING, SESAME DRESSING	✓	✓		HOUSE VINAIGRETTE, CREAMY BASED DRESSING, SESAME DRESSING	✓	✓							
		SWEET CORN, TOMATO & BLACK BEAN SALAD	✓				SWEET CORN, TOMATO & BLACK BEAN SALAD	✓			EGG & POTATO SALAD	✓			EGG & POTATO SALAD	✓			RED & GREEN CABBAGE SLAW	✓			RED & GREEN CABBAGE SLAW	✓			MACARONI, CUCUMBER & SWEET CORN SALAD	✓								
		CHILLED STEAMED PUMPKIN CUBE	✓				CHILLED STEAMED PUMPKIN CUBE	✓			CUCUMBER STICK W YOGURT HERBS DIP	✓			CUCUMBER STICK W YOGURT HERBS DIP	✓			STEAMED EDAMAME	✓			STEAMED EDAMAME	✓			PICKLES CUCUMBER SLICE	✓								
	WESTERN																																			
		GARLIC BUTTER RICE	✓				SPAGHETTI	✓			CREAMY MASH POTATO	✓			ROASTED BABY POTATOES	✓			SHEPHERD'S PIE	✓			ROASTED SWEET POTATO	✓			PANCAKE W BERRY COMPOTE & SYRUP	✓								
		CREAMY MUSHROOM CHICKEN	✓				BEEF CARBONARA	✓			BAKED HERBS LEMON FISH	✓			CAJUN ROASTED CHICKEN	✓			(MINCED BEEF & VEGGIES UNDER CREAMY POTATO CRUST)	✓			BAKED HERBS FISH FILLET	✓			GRILLED CHICKEN SAUSAGES		✓							
	ASIAN																																			
		STEAMED RICE	✓				NASI TOMATO	✓			YONG CHOW FRIED RICE		✓		STEAMED RICE	✓			NASI KERABU	✓			MEE GORENG MAMAK	✓		✓										
		GINGER & ONION BEEF	✓				AYAM MASAK KURMA	✓			SWEET CHILLI CHICKEN	✓			STEAMED FISH IN GINGER SOY	✓			AYAM PERCİK	✓			FRIED CHICKEN		✓		SOTO AYAM W NASI HIMPI	✓								
	STIR-FRIED CHOY SUM		✓			CUCUMBER-CARROT ACAR	✓			STIR-FRIED FRENCH BEAN		✓		BRAISED EGG PLANT	✓			ULAM ULAM	✓			STIR-FRIED CABBAGE		✓		KAYA PAU	✓									
	VEGETARIAN																																			
		TOFU IN BLACK PEPPER SAUCE	✓				MOCK MEAT KURMA	✓			BRAISED BEAN CURD SKIN W MUSHROOM	✓			MOCK FISH IN GINGER SOY	✓			CRISPY TEMPEH & TOFU		✓		MEE GORENG W TOFU & SPROUT	✓			BAKED SAVORY EGG TART W WILD MUSHROOM AND CHEESE	✓								
		SAUTEED BROCCOLI & CARROT	✓				STIR-FRIED GREEN PEAS & BEANS		✓		STIR-FRIED CABBAGE		✓		SAUTEED BOK CHOY	✓			BLANCH CABBAGE	✓			SPRING ROLL	✓			SWEET POTATO BUN	✓								
	DESSERT																																			
		CHOCOLATE PUDDING		✓			PENGAT PISANG	✓			AGAR AGAR SANTAN PANDAN	✓			WATER MELON	✓			BANANA CAKE		✓		PUDING JAGUNG	✓			BUBUR KACANG HIJAU	✓								
DINNER		FISHBALL SOUP	✓			CARROT & GINGER SOUP	✓			CUCUMBER & CHICKEN SOUP	✓			ROASTED RED PEPPER SOUP	✓			COCONUT CURRY SOUP BASE (MEE KARI)		✓		FRENCH ONION SOUP	✓			CLEAR LENTIL SOUP	✓									
		NASI ULAM		✓		SPAGHETTI MARINARA	✓			NASI LEMAK		✓		ROASTED PAPRIKA POTATO WEDGES	✓			NOODLES	✓			BUTTER GARLIC FETTUCCINE	✓			NASI BUKHARI		✓								
		AYAM MASAK KICAP	✓			TUSCAN GRILLED CHICKEN BREAST	✓			AYAM GORENG KUNYIT	✓			GRILLED CHIMICHURRI CHICKEN	✓			SHREDDED CHICKEN, FISH BALL	✓			CHICKEN MILANESE	✓			AYAM MASAK HITAM	✓									
		STIR-FRIED BEAN SPROUT & CHIVES		✓		ROASTED ROOT VEGETABLE	✓			CUCUMBER SLICED & SAMBAL	✓			STEAMED GREEN BEANS	✓			TAU POK & LONG BEANS	✓			GARDEN GREEN SALAD	✓			ACAR BUAH	✓									
		TAHUH SUMBAT W SWEET KICAP DIP (V)	✓			GRILLED MARINATED TOFU STEAK (V)	✓			SAMBAL MOCK MEAT (V)	✓			ROASTED CAULIFLOWER FLORETS (V)	✓			CRISPY FULUK & TOFU PUFF CURRY (V)		✓		STUFFED CAPSICUM WITH RICE & VEGE (V)	✓			POTATO & PEA MASALA (V)	✓									
		TEMPE MASAK KICAP (V)	✓			SAUTEED HERBS MOCK MUTTON MUSHROOM (V)	✓			FRIED TEMPEH (V)		✓		CHIMICHURRI GLAZED TOFU SKEWERS		✓		STEAMED VEGE BALLS (V)	✓			CRISPY TOFU MILANESE (V)		✓		MOCK MUTTON MASAK HITAM (V)	✓									

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G: VEGETARIAN
D: CONTAIN DAIRY
E: CONTAIN EGG
G: CONTAIN GLUTEN





TYPE OF GROUP		MONDAY 26-Oct-26					TUESDAY 27-Oct-26					WEDNESDAY 28-Oct-26					THURSDAY 29-Oct-26					FRIDAY 30-Oct-26					SATURDAY 31-Oct-26					SUNDAY				
MORNING SNACK	WESTERN	CINNAMON FRENCH TOAST	✓			✓	CHEESE OMELETTE	✓				TOAST W BAKED BEAN	✓			✓	FRIED EGG	✓				PANCAKE W CHOCOLATE SAUCE	✓			✓	SCRAMBLE EGG ON HASH BROWN	✓								
							HASH BROWN POTATO		✓			CHICKEN SAUSAGES		✓			CHICKEN MEATBALL W TOMATO SAUCE	✓																		
	ASIAN	IPOH KAI SEE HOR FUN	✓				NASI GORENG CINA	✓				VIETNAMESE CHICKEN PHO	✓				LOMI NOODLE SOUP	✓				NASI LEMAK W SAMBAL AYAM	✓				CURRY NOODLE SOUP	✓								
		VEGETARIAN	IDLI W TOMATO CHUTNEY	✓	✓			MUSHROOM PORRIDGE W GINGER	✓				STIR-FRIED GLASS NOODLE	✓				VEGETABLE UTTAPAM W CHUTNEY	✓				STIR-FRIED NOODLE	✓				MUSHROOM & SPINACH SANDWICH	✓							
	CEREAL	CORNFLAKE W FRESH MILK	✓					OAT W FRUITS	✓				HONEY STARS W FRESH MILK	✓				COCOA PUFF W FRESH MILK	✓				RICE CRISPY W FRESH MILK	✓				TOASTED MUESLI	✓							
LUNCH	SOUP OF THE DAY	SILKEN TOFU & SWEET CORN SOUP	✓				MISO SOUP	✓				FISH BALL SOUP	✓				MINCED CHICKEN SOUP	✓				VEGETABLE SOUP	✓				ABC SOUP	✓								
	SALAD	HOUSE VINAIGRETTE, CREAMY BASED DRESSING, SESAME DRESSING	✓		✓		HOUSE VINAIGRETTE, CREAMY BASED DRESSING, SESAME DRESSING	✓		✓		HOUSE VINAIGRETTE, CREAMY BASED DRESSING, SESAME DRESSING	✓		✓		HOUSE VINAIGRETTE, CREAMY BASED DRESSING, SESAME DRESSING	✓		✓		HOUSE VINAIGRETTE, CREAMY BASED DRESSING, SESAME DRESSING	✓		✓		HOUSE VINAIGRETTE, CREAMY BASED DRESSING, SESAME DRESSING	✓		✓						
		MACARONI, CUCUMBER & SWEET CORN SALAD	✓				TANGY CHICKPEA & TOMATO SALAD	✓				TANGY CHICKPEA & TOMATO SALAD	✓				CABBAGE & CARROT SLAW	✓				CABBAGE & CARROT SLAW	✓				POTATO, EGG & GREEN PEA SALAD	✓								
		PICKLES CUCUMBER SLICE	✓				CHILLED STEAMED PUMPKIN CUBE	✓				CHILLED STEAMED PUMPKIN CUBE	✓				GREEN BEAN W GARLIC OIL	✓				GREEN BEAN W GARLIC OIL	✓				POTATO, EGG & GREEN PEA SALAD	✓								
	WESTERN																																			
		COUS COUS PILAF	✓				PENNE PASTA	✓				FRENCH FRIES	✓				MASHED SWEET POTATO	✓				BUTTERED PASTA	✓				HERBS RICE PILAF	✓								
	ROASTED HERBS GARLIC CHICKEN	✓				BEEF BOLOGNESE	✓				BREADED FISH W TARTAR SAUCE	✓				ROSEMARY GRILL CHICKEN	✓				ITALIAN BAKED BEEF MEATBALL	✓				CREAMY BAKED FISH FILLET	✓									
	ASIAN	STEAMED RICE	✓				CHICKEN RICE	✓				NASI TOMATO	✓				STEAMED RICE	✓				NASI BRIYANI	✓				FRIED MEE HOON	✓								
		SALTED EGG FISH FILLET	✓				ROASTED HONEY SOY CHICKEN	✓				AYAM MASAK MERAH	✓				KAM HEONG FISH FILLET	✓				CHICKEN VARUTHA	✓				SWEET & SOUR CHICKEN	✓								
		STIR-FRIED BABY KAILAN	✓				CHOY SUM	✓				STIR-FRIED FRENCH BEAN	✓				BRAISED EGG PLANT	✓				CUCUMBER RATA	✓				STIR-FRY BEAN SPROUT	✓								
	VEGETARIAN																																			
		CLAYPOT TOFU W MUSHROOM	✓				VEGETARIAN SHERPERD PIE	✓				SALT & PEPPER TOFU	✓				MARGARITA PIZZA	✓				CHANA MASALA	✓				CRISPY TOFU IN SWEET & SOUR SAUCE	✓								
	DESSERT	STIR-FRIED LONG BEAN	✓									SAUTEED MIXED VEGGIES	✓									STIR-FRY CABBAGE	✓				STIR-FRY BROCCOLI	✓								
		BANANA CAKE	✓				AGAR AGAR OREN	✓				BUTTER CAKE	✓				MANGO PUDDING	✓				HONEY DEW	✓				BUBUR PULUT HITAM	✓								
	DINNER	SWEET CORN SOUP	✓				TOMATO SOUP	✓				CREAM OF MUSHROOM SOUP	✓				CLEAR CHICKEN & VEGETABLE SOUP	✓				ROASTED PUMPKIN SOUP	✓				SUP CENDAWAN ENOKI	✓								
		ROASTED POTATO	✓				JEERA RICE	✓				PENNE PRIMAVERA	✓				KDAY TEOW	✓				CHEESY GARLIC MASHED POTATO	✓				NASI MINYAK	✓								
ROAST CHICKEN W BROWN SAUCE		✓				AYAM TIKKA MASALA	✓				GRILLED CHICKEN CHOP W BLACK PEPPER	✓				STEMAED CHICKEN SLICED	✓				ROSEMARY CHICKEN	✓				AYAM RENDANG	✓									
GLAZED BABY CARROT		✓				ALDO GOBI	✓				STEAMED BROCCOLI	✓				BOK CHOY & SPRING ONIONS	✓				ROAST BUTTERED CORN & PEAS	✓				STIR-FRIED LONG BEAN	✓									
SAUTEED GARLIC BUTTER MUSHROOM (V)		✓				CHANA MASALA (V)	✓				CRISPY TOFU PATTY (V)	✓				BRAISED MOCK MEAT & ENOKI MUSHROOM SOUP (V)	✓				BBQ GLAZED MOCK MEAT (V)	✓				SAMBAL TEMPE & TOFU (V)	✓									
						TOFU TIKKA MASALA (V)	✓				SAUTEED GARLIC OYSTER MUSHROOM (V)	✓				VEGETARIAN DUMPLING (V)	✓				ROASTED ROSEMARY PUMPKIN (V)	✓				MOCK CHICKEN RENDANG (V)	✓									

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TRAFFIC LIGHT SYSTEM

GREEN: VEGETARIAN

AMBER: CONTAIN DAIRY

RED: CONTAIN EGG

ORANGE: CONTAIN GLUTEN







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



TYPE OF GROUP		MONDAY 9-Nov-26					TUESDAY 10-Nov-26					WEDNESDAY 11-Nov-26					THURSDAY 12-Nov-26					FRIDAY 13-Nov-26					SATURDAY 14-Nov-26					SUNDAY 15-Nov-26				
MORNING SNAKES	WESTERN	HARD BOILED EGG	✓				SCRAMBLE EGG	✓							SPANISH OMELET	✓						FRIED EGG & CHICKEN SLICE	✓				EGG RICH PANCAKES	✓								
		COCKTAIL SAUSAGE & SOFT BUN	✓				MEATBALL SUB WEDGES	✓							CHICKEN FRANKS & DINNER ROLL	✓						POTATO HASH BROWN PATTIES	✓				POPCORN CHICKEN	✓								
	ASIAN	BUBUR LAMBOK W MINCED CHICKEN	✓				FRIED MEE SUAH W CHICKEN & CHOY SUM	✓							GINGER & MINCED BEEF PORRIDGE	✓						NASI GORENG CINA	✓				CLEAR SOUP YELLOW NOODLE W FISH BALLS	✓								
	VEGETARIAN	SAMOSAS & SPRING ROLL WITH SWEET CHILLI SAUCE	✓			✓	RAVA IDLI W COCONUT CHUTNEY	✓					BRUNCH	✓			APPAM W SWEET COCONUT MILK	✓					DRY WONTON NOODLE IN DARK SOY SAUCE	✓				EGGLESS WAFLE W CHOCOLATE DRIZZLE	✓				BRUNCH	✓		
CEREAL	CORNFLAKE W FRESH MILK	✓				OAT W FRUITS	✓					HONEY STARS W FRESH MILK	✓			COCOA PUFF W FRESH MILK	✓					RICE CRISPY W FRESH MILK	✓				TOASTED MUESLI	✓				CORNFLAKE W FRESH MILK	✓			
SOUP OF THE DAY	CLEAR ITALIAN WEDDING SOUP	✓				ABC SOUP	✓					CREAM OF CHICKEN SOUP	✓			FISH BROTH W TOMATOES	✓					SPICED RED LENTIL SOUP	✓				TOMATO & PEPPER BROTH	✓				MIXED BEAN & VEGE SOUP	✓			
	DAILY DRESSING ROASTED SESAME DRESSING, THOUSAND ISLAND, HONEY MUSTARD, OR LIGHT VINAIGRETTE	✓				DAILY DRESSING ROASTED SESAME DRESSING, THOUSAND ISLAND, HONEY MUSTARD, OR LIGHT VINAIGRETTE	✓					DAILY DRESSING ROASTED SESAME DRESSING, THOUSAND ISLAND, HONEY MUSTARD, OR LIGHT VINAIGRETTE	✓			DAILY DRESSING ROASTED SESAME DRESSING, THOUSAND ISLAND, HONEY MUSTARD, OR LIGHT VINAIGRETTE	✓					DAILY DRESSING ROASTED SESAME DRESSING, THOUSAND ISLAND, HONEY MUSTARD, OR LIGHT VINAIGRETTE	✓			DAILY DRESSING ROASTED SESAME DRESSING, THOUSAND ISLAND, HONEY MUSTARD, OR LIGHT VINAIGRETTE	✓				DAILY DRESSING ROASTED SESAME DRESSING, THOUSAND ISLAND, HONEY MUSTARD, OR LIGHT VINAIGRETTE	✓				
	COLESLAW	✓				COLESLAW	✓					MACARONI W LIGHT TOMATO HERBS & GREEN PEAS	✓			MACARONI W LIGHT TOMATO HERBS & GREEN PEAS	✓					HONEY LIME SHREDDED CARROT SALAD	✓				HONEY LIME SHREDDED CARROT SALAD	✓				GLASS NOODLE THAI SALAD	✓			
	SWEET POTATO & SWEET CORN SALAD	✓				SWEET POTATO & SWEET CORN SALAD	✓					SPICY-SOUR GREEN APPLE & CUCUMBER SLAW	✓			SPICY-SOUR GREEN APPLE & CUCUMBER SLAW	✓					CLASSIC POTATO & CHIVE SALAD	✓				CLASSIC POTATO & CHIVE SALAD	✓				TANGY PINEAPPLE SALAD	✓			
	CURLY FRIES	✓				FRIES	✓					BUTTERY MACARONI & CHEESE	✓	✓	✓	CHIPS	✓					CURLY FRIES	✓				CHICKEN MEATBALL SUB SANDWICH WITH MELTED CHEESE	✓	✓	✓		BUTTER MILK PANCAKE SERVE W DRIZZLE OF MAPLE SYRUP	✓			
	CRISPY CHICKEN TENDERS W HONEY MUSTARD DIP	✓				GRILLED BEEF BURGER SLIDERS	✓					CRISPY POP CORN CHICKEN	✓			BREADED FISH W TARTAR SAUCE	✓					FISH FILLET BURGER W TARTAR SAUCE	✓								CRISPY DEEP FRIED CHICKEN TENDER	✓				
	GARDEN SALAD	✓				COLESLAW	✓					SAUTEED BUTTON MUSHROOMS IN GARLIC SAUCE	✓			STIR-FRY BROCCOLI	✓														CREAMY SWEET CORN & CARROT SLAW IN TANGY DRESSING	✓				
																																	FRIED SILVER NEEDLE NOODLE W LIGHT SOY SAUCE	✓		
	ASIAN	WHITE RICE	✓				WHITE RICE	✓					HAINANESE FRAGRANT CHICKEN RICE	✓			TOMATO RICE	✓					WHITE RICE	✓				FRIED RICE	✓				SOY-GLAZE FISH SEASONED W WHITE PEPPER AND SESAME OIL	✓		
		ASSAM PEDAS FISH FILLET	✓				AYAM MASAK MERAH	✓					ROASTED HAINANESE CHICKEN	✓			SPICED FRIED CHICKEN	✓					GINGER & ONION BEEF SLICES	✓				CRISPY FISH BITS	✓							
	STIR-FRIED LONG BEANS	✓				SAUTEED CABBAGE	✓					CONDIMENT	✓			PINEAPPLE & CUCUMBER ACAR	✓					STIR-FRIED KAILAN	✓				STIR-FRIED CABBAGE	✓								
VEGETARIAN	PLAIN TOSSAI	✓				RAMEN W MOCK CHICKEN SLICES	✓					GARLIC NAN BREAD	✓			TOMATO RICE	✓					CREAMY PESTO PENNE PASTA	✓				FRIED UDON NOODLE W MOCK CHICKEN IN SWEET SOY SAUCE	✓				PANEER BUTTER MASALA	✓			
	POTATO MASALA & LENTIL DHAL CURRY	✓				STIR-FRIED BOK CHOY	✓					CREAMY MOCK CHICKEN BUTTER MASALA	✓			MUTTON MOCK RENDANG	✓					W SAUTEED MUSHROOMS & GREEN PEAS	✓													
DESSERT	MANGO CUSTARD	✓				MARBLE BUTTER CAKE	✓					CHILLED TROPICAL PLATTER	✓			BUBUR KACANG HIAJU	✓					ROSE JELLY W NATA DE COCO	✓				CHILLED FRUIT COCKTAIL JELLY	✓				CUT FRUITS	✓			
DINNER	SWEET CORN SOUP	✓				CLEAR CHOY SUM & GINGER SOUP	✓					CLEAR VEGETABLE CONSOMME W DICES CARROT	✓			FISH BROTH WITH SALTED PLUM	✓					MUSHROOM SOUP	✓				RADISH & DRY SHRIMP BROTH	✓				POTATO SOUP	✓			
	BUTTERED ORZO RICE PILAF	✓				NASI UDUK	✓					HERBS ROASTED BABY POTATOES	✓			GHEE RICE	✓					MEXICAN RED RICE	✓				THICK RICE NOODLE	✓				SEASONED CORN RICE	✓			
	TURKISH SPICED GRILLED CHICKEN MEATBALLS	✓				AYAM GORENG KALASAN	✓					CLASSIC ROAST CHICKEN W BROWN ONION GRAVY	✓			SRI LANKAN BLACK CHICKEN CURRY	✓					GARLIC BUTTER LIME CHICKEN	✓				ASSAM LAKSA FISH BROTH W SHREDDED MACKEREL	✓				POLLO A LA BRASA	✓			
	MEDITERRANEAN ROASTED SUMMER SQUASH	✓				SAYUR LODEH	✓					STEAMED GARDEN PEAS & SWEET CORN	✓			SPICY COCONUT CABBAGE	✓					SAUTEED PEPPERS, ONIONS & SWEET CORN	✓				HARD BOILED EGG	✓				SAUTEED TOMATOES & RED ONION	✓			
	TURKISH RED LENTIL PATTIES (V)	✓				TEMPEH OREK (V)	✓					MUSHROOM & THYME GRAVY BAKED (V)	✓			PARIPPU (V)	✓					FRIED PINTO BEANS W CUMIN (V)	✓				SHREDDED CUCUMBER & ONION	✓				CREAMY KIDNEY BEAN STEW (V)	✓			
	MOCK LAMB KEBAB	✓				BALADO TOFU (V)	✓					TOFU & GRAVY (V)	✓			DEVILLED TOFU & CAPSICUM (V)	✓					MOCK CHICKEN FAJITA (V)	✓				VEGETARIAN ASSAM LAKSA BROTH W TOFU POK (V)	✓				SPICED ROASTED CAULIFLOWER STEAK (V)	✓			

Information & Privileges:

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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

TRAFFIC LIGHT SYSTEM
GREEN - BEST CHOICE
AMBER - CHOOSE CAREFULLY
RED - LIMIT CONSUMPTION
VEGETARIAN
D - CONTAIN DAIRY
E - CONTAIN EGG
G - CONTAIN GLUTEN





TYPE OF GROUP		MONDAY 16-Nov-26					TUESDAY 17-Nov-26					WEDNESDAY 18-Nov-26					THURSDAY 19-Nov-26					FRIDAY 20-Nov-26					SATURDAY 21-Nov-26					SUNDAY 22-Nov-26				
MORNING SNA CK	WESTERN	EGG BURITO	✓			✓	EGG SUNNY SIDE &	✓			CHEESE OMELET &	✓			POACHED EGG &	✓			EGG & CHICKEN SANDWICH	✓		✓	SCRAMBLE EGG	✓												
		BAKED BEAN & TOAST	✓				SOFT BUN	✓			POTATO WEDGES	✓			TOAST	✓			ON CROISSANT	✓			HASH BROWN													
	ASIAN	SEAFOOD PORRIDGE W WHITE PEPPER	✓				FRIED TANG HOON W SHERDEDED CHICKEN				HERBAL CHICKEN SOUP W THIN RICE NOODLE	✓			PUMPKIN & SHREDDED CHICKEN PORRIDGE	✓			NASI GORENG KUNYIT W CHICKEN STRIP	✓			ASSAM LAKSA	✓												
	VEGETARIAN	MURTABAK & DHALL	✓			✓	PHARATA W MINT CHUTNEY	✓			STEAMED PAU	✓			FRIED YEE MEE W MUSHROOM GRAVY				MACARONI SOUP IN CLEAR BROTH	✓			TOAST SANDWICH W BAKED BEANS	✓				BRUNCH	✓							
SOUP OF THE DAY	CEREAL	CORNFLAKE W FRESH MILK	✓				OAT W FRUITS	✓			HONEY STARS W FRESH MILK	✓			COCOA PUFF W FRESH MILK	✓			RICE CRISPY W FRESH MILK	✓			TOASTED MUESLI	✓				CORNFLAKE W FRESH MILK	✓							
		MINESTRONE SOUP	✓				CLEAR CHICKEN SOUP	✓			LIGHT ROASTED PUMPKIN BROTH	✓			CLEAR TOM YAM VEGETABLE SOUP	✓			SAMBAR DHALL VEGETABLE SOUP	✓			PAPAYA & CHICKEN SOUP	✓				STIR-FRIED LONG BEAN & GARLIC BROTH								
	SALAD	DAILY DRESSING ROASTED SESAME DRESSING, THOUSAND ISLAND, HONEY MUSTARD, OR LIGHT VINAIGRETTE	✓				DAILY DRESSING ROASTED SESAME DRESSING, THOUSAND ISLAND, HONEY MUSTARD, OR LIGHT VINAIGRETTE	✓			DAILY DRESSING ROASTED SESAME DRESSING, THOUSAND ISLAND, HONEY MUSTARD, OR LIGHT VINAIGRETTE	✓			DAILY DRESSING ROASTED SESAME DRESSING, THOUSAND ISLAND, HONEY MUSTARD, OR LIGHT VINAIGRETTE	✓			DAILY DRESSING ROASTED SESAME DRESSING, THOUSAND ISLAND, HONEY MUSTARD, OR LIGHT VINAIGRETTE	✓			DAILY DRESSING ROASTED SESAME DRESSING, THOUSAND ISLAND, HONEY MUSTARD, OR LIGHT VINAIGRETTE	✓				DAILY DRESSING ROASTED SESAME DRESSING, THOUSAND ISLAND, HONEY MUSTARD, OR LIGHT VINAIGRETTE	✓							
		GLASS NOODLE THAI SALAD	✓				CREAMY POTATO & GREEN PEA SALAD	✓			CREAMY POTATO & GREEN PEA SALAD	✓			SESAME CABBAGE SLAW	✓			SESAME CABBAGE SLAW	✓			CREAMY BROCCOLI & SWEET CORN SALAD	✓				CREAMY BROCCOLI & SWEET CORN SALAD	✓							
		TANGY PINEAPPLE SALAD	✓				TOMATO, CUCUMBER & ONION FIESTA	✓			TOMATO, CUCUMBER & ONION FIESTA	✓			COLD TOFU W GINGER-SOY & SESAME	✓			COLD TOFU W GINGER-SOY & SESAME	✓			THREE BEAN SALAD	✓				THREE BEAN SALAD	✓							
WESTERN	POTATO WEDGES	✓				CRISPY FISH TACO WRAP			✓	MASHED POTATO	✓			FRENCH FRIES				POTATO WEDGES	✓			FRENCH FRIES					TOAST GARLIC FORCACCIA SLICES	✓								
	BREADED FISH FINGER W TARTAR SAUCE					WITH SHREDED LETTUCE & MAYO	✓			GRILLED FISH FILLET	✓			GRILLED CHICKEN CHOP W MUSHROOM SAUCE	✓			CRISPY FISH BURGER W CONDIMENT				FISH FILLET WRAP W LETTUCE	✓				ITALIAN BEEF MEATBALLS IN TOMATO SAUCE	✓								
LUNCH	ASIAN	WHITE RICE	✓				WHITE RICE	✓			NASI LEMAK	✓			WHITE RICE	✓			FRIED MEEHOON				WHITE RICE	✓				NASI LEMAK	✓							
		CHICKEN PADPRIK	✓				THAI BASIL MINCED CHICKEN	✓			CHICKEN RENDANG	✓			SWEET & SOUR FISH	✓			SWEET SOY CHICKEN STRIPS	✓			BEEF KURMA WITH POTATO	✓				AYAM MASAK MERAH	✓							
		SAUTEED BROCCOLI & CAROT	✓				STIR-FRIED BEAN SPROUT				SLICED CUCUMBER	✓			SAUTEED CABBAGE W TOFU	✓			STIR-FRIED BEAN SPROUT				STIR-FRIED SAWI													
	VEGETARIAN	IDLI	✓			✓	FRIED RICE W MIXED GARDEN VEGETABLE	✓		✓	NASI LEMAK	✓		✓	SPAGHETTI AGLIO OLIO	✓		✓	PURI	✓		✓	✓	FRIED RICE W RAISIN			✓		PITA BREAD	✓	✓					
TRADITIONAL VEGETABLE SAMBAR DHAL BROTH		✓				FRIED TEMPEH CUBE				MOCK CHICKEN RENDANG	✓			MOCK CHICKEN MASALA CURRY	✓			MOCK CHICKEN MASALA CURRY	✓				FRIED TEMPEH					CRISPY CHICKPEA FALAFEL BALLS								
										SAMBAL TOFU	✓																									
DESSERT	BANANA CAKE					COCONUT & GULA MELAKA JELLY	✓			SWEET CORN PUDDING	✓			ORANGE	✓			BUBUR GANDUM	✓			AGAR AGAR SANTAN PANDAN	✓				PINEAPPLE	✓								
DINNER	DINNER	CHINESE STYLE WATER CREST CHICKEN BROTH	✓				CREAMY BROCCOLI & CHEDDAR SOUP	✓			SWEET CORN SOUP	✓			CLEAR BITTERGOURD & TOFU SOUP (NON-BITTER STYLE)	✓			WHITE FISH SOUP W GINGER & SCALLION	✓			LOTUS ROOT SOUP	✓				GARDEN HERBS & CHICKEN CUBE SOUP	✓							
		HONG KONG STYLE FRIED NOODLES					PERI-PERI SPICED RICE	✓			STEAMED PEARL RICE	✓			LABANESE RICE PILAF	✓			RAMEN NOODLES	✓		✓	GREEK LEMON & HERBS BAKED POTATOES	✓				GARLIC FRIED RICE								
		CHAR SIEW GLAZED ROAST CHICKEN					PERI-PERI FLAME GRILLED CHICKEN	✓			TAIWANESE POPCORN CHICKEN				SHISH TAOUK	✓			JAPANESE MILD CURRY BROTH WITH CHICKEN CHASHU SLICE	✓			SOUVLAKI STYLE GRILLED CHICKEN	✓				CHICKEN ADOBO	✓							
		GARLIC POACHED CHO SUM	✓				ROASTED TOMATO & CAPSICUM MEDLEY	✓			GARLIC STIR-FRIED CABBAGE				SUMAC CUCUMBER & TOMATO SALAD	✓			SWEET CORN KERNELS & STEAMED EDAMAME	✓			BAKED ZUCCHINI & TOMATOES	✓				GIBISANG SAYOTE								
		BRAISED MUSHROOM & SOFT TOFU (V)	✓				BRAISED BLACK-EYE PEAS WITH SMOKED PAPRIKA (V)	✓			BRAISED TOFU & MUSHROOM GRAVY (V)	✓			BATATA HARRA (V)	✓			MILD CURRY BROTH W FRIED TOFU SLICE (V)				GIGANTES PLAKI (V)	✓				TOKWA' BABOY STYLE TOFU (V)	✓							
		ROAST MOCK MEAT (V)					GRILLED HERBS TOFU (V)	✓			MOCK CHICKEN CUBE (V)	✓			CHICKPEA & SPINACH STEW (V)	✓			BRAISED KING OYSTER MUSHROOMS (V)	✓			HERB GARLIC MUSHROOM (V)	✓				MOCK MEAT ADOBO (V)								

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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
G: VEGETARIAN
D: CONTAIN DAIRY
E: CONTAIN EGG
S: CONTAIN GLUTEN





TYPE OF GROUP		MONDAY 23-Nov-26					TUESDAY 24-Nov-26					WEDNESDAY 25-Nov-26					THURSDAY 26-Nov-26					FRIDAY 27-Nov-26					SATURDAY 28-Nov-26					SUNDAY 29-Nov-26				
MORNING SNACK	WESTERN	HARD-BOILED EGG, CHICKEN SAUSAGES	✓				SCRAMBLE EGG & CHICKEN HAM SLICED	✓				EGG SUNNY SIDE-UP, SAUSAGES	✓				POACHED EGG &	✓				EGG & CHICKEN SANDWICH	✓		✓		SCRAMBLE EGG	✓								
		TOAST	✓				WHOLEMEAL TOAST	✓				ENGLISH MUFFIN	✓				TOAST	✓				ON CROISSANT	✓				HASH BROWN	✓								
	ASIAN	MINCED CHICKEN PORRIDGE	✓				FRIED UDON NOODLE W CHICKEN	✓				CHICKEN CURRY NOODLE	✓				PUMPKIN & SHREDDED CHICKEN PORRIDGE	✓				NASI GORENG KUNYIT W CHICKEN STRIP	✓				ASSAM LAKSA	✓								
	VEGETARIAN	VEGETARIAN FRITERS W DIPPING SAUCE	✓		✓		PURI SERVED W POTATO MASALA CURRY	✓				CREAMY MUSHROOM PENNE PASTA	✓				FRIED YEE MEE W MUSHROOM GRAVY	✓				MACARONI SOUP IN CLEAR BROTH	✓				TOAST SANDWICH W BAKED BEANS	✓				BRUNCH	✓			
CEREAL	CORNFLAKE W FRESH MILK	✓				OAT W FRUITS	✓				HONEY STARS W FRESH MILK	✓				COCOA PUFF W FRESH MILK	✓				RICE CRISPY W FRESH MILK	✓				TOASTED MUESLI	✓				CORNFLAKE W FRESH MILK	✓				
	SOUP OF THE DAY	CLEAR MACARONI & VEGETABLE BROTH	✓				MIXED GARDEN VEGETABLE SOUP	✓				ABC SOUP	✓				CLEAR TOM YAM VEGETABLE SOUP	✓				SAMBAR DHALL VEGETABLE SOUP	✓				PAPAYA & CHICKEN SOUP	✓				STIR-FRIED LONG BEAN & GARLIC BROTH	✓			
		DAILY DRESSING ROASTED SESAME DRESSING, THOUSAND ISLAND, HONEY MUSTARD, OR LIGHT VINAIGRETTE	✓				DAILY DRESSING ROASTED SESAME DRESSING, THOUSAND ISLAND, HONEY MUSTARD, OR LIGHT VINAIGRETTE	✓				DAILY DRESSING ROASTED SESAME DRESSING, THOUSAND ISLAND, HONEY MUSTARD, OR LIGHT VINAIGRETTE	✓				DAILY DRESSING ROASTED SESAME DRESSING, THOUSAND ISLAND, HONEY MUSTARD, OR LIGHT VINAIGRETTE	✓				DAILY DRESSING ROASTED SESAME DRESSING, THOUSAND ISLAND, HONEY MUSTARD, OR LIGHT VINAIGRETTE	✓				DAILY DRESSING ROASTED SESAME DRESSING, THOUSAND ISLAND, HONEY MUSTARD, OR LIGHT VINAIGRETTE	✓				DAILY DRESSING ROASTED SESAME DRESSING, THOUSAND ISLAND, HONEY MUSTARD, OR LIGHT VINAIGRETTE	✓			
		COLESLAW	✓				CREAMY SWEET CORN & CARROT SLAW	✓				CREAMY SWEET CORN & CARROT SLAW	✓				SESAME CABBAGE SLAW	✓				SESAME CABBAGE SLAW	✓				CREAMY BROCCOLI & SWEET CORN SALAD	✓				CREAMY BROCCOLI & SWEET CORN SALAD	✓			
		GARDEN SALAD	✓				GERMAN STYLE TANGY POTATO SALAD	✓				GERMAN STYLE TANGY POTATO SALAD	✓				COLD TOFU W GINGER-SOY & SESAME	✓				COLD TOFU W GINGER-SOY & SESAME	✓				THREE BEAN SALAD	✓				THREE BEAN SALAD	✓			
WESTERN	FRENCH FRIES	✓				PASTA	✓		✓		MASHED POTATO	✓				FRENCH FRIES	✓				POTATO WEDGES	✓				FRENCH FRIES	✓				TOAST GARLIC FORCACCIA SLICES	✓				
	DEEP FRIED BREADED FISH	✓				CREAMY MUSHROOM CHICKEN	✓				BAKED FISH FILLET W HERBS BUTTER	✓				GRILLED CHICKEN CHOP W MUSHROOM SAUCE	✓				CRISPY FISH BURGER W CONDIMENT	✓				FISH FILLET WRAP W LETTUCE	✓				ITALIAN BEEF MEATBALLS IN TOMATO SAUCE	✓				
	COLESLAW	✓				GARLIC TOAST	✓																													
ASIAN	WHITE RICE	✓				GHEE RICE	✓		✓		WHITE RICE	✓				WHITE RICE	✓				FRIED MEEHOON	✓				WHITE RICE	✓				NASI LEMAK	✓				
	CHICKEN CURRY W POTATO	✓				GINGER SOY STEAMED FISH FILLET	✓				CHICKEN KUNG PAO	✓				SWEET & SOUR FISH	✓				SWEET SOY CHICKEN STRIPS	✓				BEEF KURMA WITH POTATO	✓				AYAM MASAK MERAH	✓				
	STIR-FRIED LONG BEAN	✓				BLANCHED SAWI	✓				STIR-FRIED SPINACH	✓				SAUTEED CABBAGE W TOFU	✓				STIR-FRIED BEAN SPROUT	✓				STIR-FRIED SAWI	✓									
VEGETARIAN																SPAGHETTI AGLIO OLIO	✓	✓	✓		PURI	✓	✓	✓		FRIED RICE W RAISIN	✓	✓			PITA BREAD	✓				
	MURTABAK	✓				HAKKA NOODLE	✓				BAKED PASTA W TOMATO CONCASSE & SPINACH	✓									MOCK CHICKEN MASALA CURRY	✓				FRIED TEMPEH	✓				CRISPY CHICKPEA FALAFEL BALLS	✓				
	WITH POTATO & ONION DHAL	✓				SAVOURY MOCK CHICKEN STRIPS & CARROT	✓																													
DESSERT	CHOCOLATE PUDDING	✓				BUTTER CAKE	✓				CHILLED TROPICAL PLATTER	✓				ORANGE	✓				BUBUR GANDUM	✓				AGAR AGAR SANTAN PANDAN	✓				PINEAPPLE	✓				
DINNER	CLEAR MUSHROOM AND GARLIC BROTH	✓				LOCAL STYLE SOUP AYAM UTARA	✓				ROASTED GARLIC & POTATO CLEAR SOUP	✓				CLEAR BITTERGOURD & TOFU SOUP (NON-BITTER STYLE)	✓				WHITE FISH SOUP W GINGER & SCALLION	✓				LOTUS ROOT SOUP	✓				GARDEN HERBS & CHICKEN CUBE SOUP	✓				
	PINEAPPLE FRIED RICE	✓				STEAMED RICE	✓				TUMERIC RICE	✓				LABANESE RICE PILAF	✓				RAMEN NOODLES	✓		✓		GREEK LEMON & HERBS BAKED POTATOES	✓				GARLIC FRIED RICE	✓				
	GAJ PAD KRAPOW	✓				KUNG PAO CHICKEN	✓				AYAM PERCIK	✓				SHISH TAOUIK	✓				JAPANESE MILD CURRY BROTH WITH CHICKEN CHASHU SLICE	✓				SOUVLAKI STYLE GRILLED CHICKEN	✓				CHICKEN ADOBO	✓				
	THAI STIR-FRIED LONG BEANS WITH CHILLI PASTE	✓				DRY-FRIED STRING BEANS W GARLIC	✓				KERABU KACANG BOTOL	✓				SUMAC CUCUMBER & TOMATO SALAD	✓				SWEET CORN KERNELS & STEAMED EDAMAME	✓				BAKED ZUCCHINI & TOMATOES	✓				GIBISANG SAYOTE	✓				
	TOFU PAD KRAPOW	✓				MAPO TOFU (V)	✓				SAMBAL TEMPEH & POTATO (V)	✓				BATATA HARRA (V)	✓				MILD CURRY BROTH W FRIED TOFU SLICE (V)	✓				GIGANTES PLAKI (V)	✓				TOKWA' BABOY STYLE TOFU (V)	✓				
	MOCK MEAT W THAI BASIL	✓				CRISPY OYSTER MUSHROOM W CHILLI POWDER (V)	✓				MOCK BEEF RENDANG (V)	✓				CHICKPEA & SPINACH STEW (V)	✓				BRAISED KING OYSTER MUSHROOMS (V)	✓				HERB GARLIC MUSHROOM (V)	✓				MOCK MEAT ADOBO (V)	✓				

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GREEN
 BEST CHOICE

AMBER
 CHOOSE CAREFULLY

RED
 LIMIT CONSUMPTION





Prince of Wales Island
International School

WEEK 1



TYPE OF GROUP		MONDAY 30-Nov-26					TUESDAY 1-Dec-26					WEDNESDAY 2-Dec-26					THURSDAY 3-Dec-26					FRIDAY 4-Dec-26					SATURDAY 5-Dec-26					SUNDAY 6-Dec-26				
MORNING SNACK	WESTERN	POACH EGG	✓				GRILLED CHEESE & TOMATO SANDWICH	✓		✓		HASH BROWN POTATO	✓				SCRAMBLE EGG	✓				PANCAKE W MAPLE SYRUP	✓		✓		GARLIC MUSHROOM SPINACH WRAP	✓		✓						
		BAKED BEAN & TOAST	✓									CHICKEN MEATLOAF	✓				TOAST W SAUTEED MUSHROOM	✓																		
	ASIAN	ROTI CANAI W DHALL & CHICKEN CURRY	✓				SOTO AYAM NOODLE SOUP	✓				NASI GORENG KAMPUNG	✓				NASI LEMAK	✓				MEE HOON GORENG SINGAPORE	✓				CHEESE OMELETTE	✓								
																	AYAM GORENG KUNYIT	✓									SAUSAGE & TOMATO	✓								
	VEGETARIAN	VEGETABLE DHALL W CHAPPATI	✓	✓				FRIED MEE HOON	✓				SPRING ROLL W SWEET CHILLI	✓				FRIED RICE W TOFU & PEAS	✓	✓			CURRY CHEE CHEONG FUN	✓				GARLIC MUSHROOM SPINACH WRAP	✓	✓	✓		BRUNCH	✓		
LUNCH	CEREAL	CORNFLAKE W FRESH MILK	✓				OAT W FRUITS	✓				HONEY STARS W FRESH MILK	✓				COCOA PUFF W FRESH MILK	✓				RICE CRISPY W FRESH MILK	✓				TOASTED MUESLI	✓				CORNFLAKE W FRESH MILK	✓			
	SOUP OF THE DAY	CLEAR CHICKEN SOUP	✓				MACARONI & VEGETABLE SOUP	✓				WINTER MELON SOUP	✓				EGG DROP SOUP	✓				TOFU CLEAR SOUP	✓				FISHBALL & GLASS NOODLE SOUP	✓				TOMATO & EGG DROP SOUP	✓			
		SALAD	HOUSE VINAIGRETTE, CREAMY BASED DRESSING, SESAME DRESSING	✓	✓			HOUSE VINAIGRETTE, CREAMY BASED DRESSING, SESAME DRESSING	✓	✓			HOUSE VINAIGRETTE, CREAMY BASED DRESSING, SESAME DRESSING	✓	✓			HOUSE VINAIGRETTE, CREAMY BASED DRESSING, SESAME DRESSING	✓	✓			HOUSE VINAIGRETTE, CREAMY BASED DRESSING, SESAME DRESSING	✓	✓			HOUSE VINAIGRETTE, CREAMY BASED DRESSING, SESAME DRESSING	✓	✓			HOUSE VINAIGRETTE, CREAMY BASED DRESSING, SESAME DRESSING	✓		
	CRISP LETTUCE & SHREDDED CARROT		✓				CRISP LETTUCE & SHREDDED CARROT	✓				POTATO & BOILED EGG SALAD W HERBS MAYO	✓				CLASSIC SLAW	✓				CLASSIC SLAW	✓				CUCUMBER & TOMATO SALAD	✓				CUCUMBER & TOMATO SALAD	✓			
	PICKLE CUCUMBER SALAD		✓				PICKLE CUCUMBER SALAD	✓				CHILLED STEAMED BROCCOLI FLORETS	✓				CHILLED SWEET CORN KERNEL	✓				CHILLED SWEET CORN KERNEL	✓				STEAMED EDAMAME	✓				STEAMED EDAMAME	✓			
	WESTERN																															BUTTER CROISSANT FILLED W CHICKEN HAM	✓	✓		
		GARLIC HERBS ROASTED POTATO	✓				SPAGHETTI	✓				PILAF RICE	✓				MASHED SWEET POTATO	✓				SWEET CORN RICE	✓				POTATO WEDGES	✓				HASH BROWN POTATO	✓			
		BLACK PEPPER CHICKEN	✓				BEEF BOLOBNESE	✓				LEMON BUTTER FISH FILLET	✓				HERBS BAKED FISH FILLET	✓				GRILLED CAJUN CHICKEN BREAST	✓				BRAISED BEEF STEW	✓								
	ASIAN																																			
		STEAMED RICE	✓				HAINANESE CHICKEN RICE	✓				FRIED KOAY TEOW	✓				STEAMED RICE	✓				EGG FRIED RICE	✓	✓			FRIED MEE HOON	✓				NASI LEMAK PANDAN	✓			
		GINGER SOY STEAMED FISH FILLET	✓				ROASTED CHICKEN	✓				BLACK PEPPER BEEF	✓				BRAISED CHICKEN IN SOY SAUCE	✓				SWEET & SOUR FISH	✓				LEMONGRASS TURMERIC CHICKEN	✓				CHICKEN RENDANG	✓			
	VEGETARIAN	STIR-FRY CHINESE CABBAGE	✓				STEAMED CHOY SUM	✓				STIR-FRY BAEN SPROUT & CHIVES	✓				GARLIC STIR-FRY BOK CHOY	✓				STIR-FRY KAILAN	✓				PICKLE CUCUMBER CARROT SALAD	✓				HARD BOILED EGG	✓			
																																CUCUMBER	✓			
	DESSERT																																			
		AGAR AGAR SANTAN PANDAN	✓																																	
DINNER		POTATO LEEK SOUP	✓				HOT TAMARIND VEGETABLE SOUP	✓				CREAM OF PUMPKIN SOUP	✓				CREAMY MUSHROOM SOUP	✓				SOTO AYAM	✓				TOMATO & HERBAL SOUP	✓				SOUP SAYUR CAMPUR	✓			
		PASTA AGLIO OLIO	✓				NASI HUIJAN PANAS	✓				CREAMY GARLIC MASHED POTATO	✓				GARLIC BUTTER RICE	✓				YELLOW NOODLE, KOAY TEOW, MAGGIE	✓				ROSEMARY ROASTED POTATO	✓				PANDAN RICE	✓			
		GRILLED CAJUN CHICKEN BREAST	✓				AYAM KURMA	✓				LEMON HERBS GRILLED CHICKEN	✓				GRILLED BLACK PEPPER CHICKEN	✓				SHEREDDED CHICKEN, FISH CAKE, MOCK MEAT	✓				HONEY MUSTARD GLAZED CHICKEN	✓				AYAM GORENG BEREMPAN	✓			
		BUTTERED FRENCH BEAN	✓				ACAR JELATAH	✓				SAUTEED PEA SPROUT & CARROT	✓				ROASTED CARROT & GREEN BEANS	✓				BEAN SPROUT & CELERY	✓				STEAMED BROCCOLI & SWEET CORN	✓				STIR-FRY KAILAN W GARLIC	✓			
		SAUTEED GARLIC MUSHROOM & SPINACH (V)	✓				DALCA VEGETABLE (V)	✓				BAKED GARLIC HERBS MUSHROOM (V)	✓				HERBS ROASTED BUTTON MUSHROOM (V)	✓				BRAISED HERBS TOFU SOUP (V)	✓				ROASTED GARLIC ZUCCHINI & CAULIFLOWER (V)	✓				SAMBAL TEMPEH (V)	✓			
	GRILLED CAJUN TOFU STEAK (V)	✓				SAMBAL GORENG TEMPE & POTATO (V)	✓				PLANT BASED MEATBALL IN BROWN HERBS GRAVY (V)	✓				CRISPY GARLIC BUTTER TOFU (V)	✓				BEGEDIL KENTANG (V)	✓				HONEY GLAZE MOCK MEAT (V)	✓				TAUHU SAMBAL HUIAU (V)	✓				

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