



		MONDAY 26-Aug-24	TUESDAY 27-Aug-24	WEDNESDAY 28-Aug-24	THURSDAY 29-Aug-24	FRIDAY 30-Aug-24	SATURDAY (PH) 31-Aug-24	T	V	D	E	G	SUNDAY 1-Sep-24	T	V	D	E	G		
BREAKFAST		ENGLISH MUFFIN, BAKED BEAN, HAM	MEE GORENG MAMAK STYLE SWEET BUN	CHARHORFUN	KOEYTEOW SOUP	CHICKEN PORRIDGE	SCRAMBLE EGG, BAKED BEAN & TOAST BREAD	●	✓	✓	✓									
		MEE GORENG MAMAK	BAKED BEAN	PANCAKE WITH HONEY	STIRFRY PASTA	MONTE CRISTO														
LUNCH	WESTERN	BRAISED CHICKEN IN CREAM SAUCE FRENCH BAGUETTE MIXED VEGETABLE	SPAGHETTI CARBONARA STEAMED FRENCH BEAN	MINCED CHICKEN IN TOMATO SAUCE SPAGHETTI STEAMED FRENCH BEAN	FISH & CHIPS COLESLAW GARDEN SALAD	MUSHROOM CHICKEN STEW PILAF RICE MIXED VEGETABLE	CHICKEN PANINI COLESLAW WITH RAISIN POTATO WEDGES	●	✓	✓	✓									
	ASIAN	CHICKEN KURMA WHITE RICE CABBAGE WITH CARROT	STEAMED FISH WITH SOY SAUCE WHITE RICE SAUTEED EGGPLANT	THAI CHICKEN GREEN CURRY WHITE RICE STIR FRY MIX VEGE	FISH CURRY STEAMED RICE CHOY TAM WITH OYSTER SAUCE	HAINAN CHICKEN RICE SALAD, TOMATO AND CUCUMBER	BUTTER MILK TILAPIA FILLET STEAMED RICE SAUTEED CABBAGE & MUSHROOM	●	✓	✓										
	VEGETARIAN	KUNG PAO TOFU WHITE RICE MIXED VEGETABLE	VEGETARIAN SPRING ROLL FRIED NOODLES CHINESE STYLE CHAP CHAI VEGETABLE	VEGETARIAN MARINARA SAUCE PASTA FRESH GARDEN SALAD	VEGETARIAN CHICKEN ROASTED PUMPKIN AND POTATO GREEN PEAS AND CARROT	VEGETARIAN CREAMY SPINACH PUFF MIXED GARDEN SALAD POTATO WEDGES	BUTTER MILK VEGGIE FISH STEAMED RICE SAUTEED CABBAGE & MUSHROOM	TOFU SAMBAL WHITE RICE CABBAGE WITH CARROT	●	✓	✓	✓	✓							
DESSERT	WATERMELON	POUND CAKE	ORANGE	CHOCOLATE ROLL	HONEYDEW	ORANGE	MANGO PUDDING	●	✓	✓	✓	✓								
DINNER		GRILLED CHICKEN BBQ SAUCE SAUTEED POTATO GARDEN SALAD HONEY DEW	MALACCA ASSAM FISH MILD CHILLI BRINJAL BRAISED TOFU WHITE RICE APPLE	AYAM MASAK MERAH ACAR RAMPAI TOMATO RICE FRUIT COMPOTE BUTTER CAKE	BREADED FISH TARTAR SAUCE POTATO WEDGES COLESLAW BANANA	GINGER CHICKEN SWEET AND SOUR TOFU KANGKUNG BELACAN WHITE RICE YOGIURT	SWEET & SOUR FISH FILLET STEAMED RICE BRAISED SIEW PAK CHOI SOFT TOFU GARLIC SOY WATERMELON	CHICKEN CHOP WITH MUSHROOM SAUCE BAKED POTATO MIX SALAD CREAM PUMPKIN SOUP BUTTER CAKE	●	✓	✓	✓	✓							

Information & Privilege:
 All the food served are Halal
 Menu may change according to food supply seasons
 Delischool Healthy Food Guidelines
 No added salt in cooking. All our food is MSG (monosodium glutamate) free
 We reduce saturate of fat, the sugar content and artificial colouring in our production

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

G: GLUTEN FREE

GREEN BEST CHOICE
 AMBER CHOOSE CAREFULLY
 RED LIMIT CONSUMPTION

We bake, grill and steam rather than fry
 Guaranteed nut-free and Glutamate and Ajinomoto free





SEPTEMBER 2024



		MONDAY 2-Sep-24		TUESDAY (HALF TEAM BREAK) 3-Sep-24		WEDNESDAY 4-Sep-24		THURSDAY 5-Sep-24		FRIDAY 6-Sep-24		SATURDAY 7-Sep-24		SUNDAY 8-Sep-24																																								
		T	V	D	E	G	T	V	D	E	G	T	V	D	E	G																																						
BREAKFAST	WESTERN	GRILLED CHICKEN SLICE & CHEESE BREAKFAST BUN	●	✓				PANCAKE & HONEY	●								Slice Turkey Ham Baked Bean Omelette	●	✓	✓								Baked Chicken Nugget Sunny Side Up	●	✓	✓				Scramble Egg, French Toast & Cheese	●																		
								Kampung Fried Rice with Egg	●									Mee Curry with Condiment	●	✓	✓								Roti Canai with Potato Curry	●	✓																							
		CHICKEN MARYLAND	●					French Chicken Blanquette	●	✓								Beef Bolognese	●										Fish Finger	●						Chicken Fajitas	●																	
		GRATIN POTATO	●					Spaghetti with Butter	●	✓	✓							Garlic Parsley Spaghetti	●										Baked Mac & Cheese	●	✓	✓	✓	✓		Tomato Salsa	●	✓	✓	✓														
		CAESAR SALAD	●	✓				Green Peas	●	✓	✓	✓	✓					Mixed Garden Salad	●	✓	✓	✓							Mixed Salad	●	✓	✓	✓			Potato Salad	●	✓	✓	✓														
LUNCH	ASIAN	GINFER FISH	●					THAI MANGO CRISPY CHICKEN	●	✓							MILD FISH MASALA	●										PADPRIK SEAFOOD	●						AYAM SAMBAL HITAM MANIS	●						FISH CURRY WITH LADYFINGER	●				✓							
		CHINESE FRIED RICE	●	✓				WHITE RICE	●	✓	✓	✓					GHEE RICE	●	✓									WHITE RICE	●	✓	✓	✓			STEAMED	●	✓	✓	✓			WHITE RICE	●	✓	✓	✓								
		SAUTEED KAILAN	●	✓	✓	✓	✓	STIR FRY THAI MIXED VEGETABLE	●	✓	✓	✓	✓				PINEAPPLE CUCUMBER PICKLE	●	✓	✓	✓							SAUTEED SIEW PAK CHOY	●	✓	✓				MIXED VEGETABLE & MUSHROOM	●	✓	✓	✓			TURMERIC CABBAGE	●	✓	✓	✓	✓							
VEGETARIAN	VEGGIE CHICKEN MARYLAND	●	✓	✓			VEGGIE THAI MANGO CRISPY CHICKEN	●	✓	✓						VEGGIE BEEF BOLOGNESE	●	✓									VEGGIE PADPRIK SEAFOOD	●	✓					VEGGIE FISH FINGER	●	✓					VEGETARIAN CHICKEN TOM YAM	●	✓	✓	✓			VEGGIE CHICKEN CARBONARA	●	✓				
	BUTTER SPAGHETTI	●	✓	✓	✓		VEGETARIAN FRIED MEE	●	✓	✓	✓					Garlic Parsley Spaghetti	●	✓									WHITE RICE	●	✓	✓	✓			BAKED MAC & CHEESE	●	✓	✓	✓			STEAMED GLASS NOODLES	●	✓					BUTTER SPAGHETTI	●	✓	✓	✓		
	VEGETARIAN CAESAR SALAD	●	✓	✓	✓		STIR FRY THAI MIXED VEGETABLE	●	✓	✓	✓	✓				MIXED GARDEN SALAD	●	✓	✓	✓							SAUTEED SIEW PAK CHOY	●	✓	✓	✓	✓		MIXED SALAD	●	✓	✓	✓	✓		POTATO WEDGES	●	✓	✓				GARDEN SALAD	●	✓	✓	✓		
DESSERT	WATERMELON	●	✓	✓	✓	✓	BUTTER CAKE	●	✓							ORANGE	●	✓	✓	✓	✓						BANANA	●	✓					HONEYDEW	●	✓	✓	✓	✓		ORANGE	●	✓	✓	✓	✓		BREAD BUTTER PUDDING	●	✓	✓	✓	✓	

DINNER	FISH CURRY MASALA	●	✓	✓			BLACK PEPPER LAMB STEW	●						CRISPY SESAME FISH FILLET	●	✓	✓			BLACK PEPPER CHICKEN WITH SPRING ONION	●						CHICKEN CORDON BLEU	●	✓					STEAMED FISH FILLET	●	✓					BLACK PEPPER CHICKEN CHOP	●	✓					
	STEAMED RICE	●	✓	✓			BAKED POTATO	●	✓	✓				BRAISED CABBAGE WITH GOJI BERRY	●	✓	✓	✓									MASHED POTATO	●	✓					CORN RICE	●	✓	✓	✓			OVEN BAKED POTATO	●	✓	✓				
	STIR FRY CABBAGE	●	✓	✓	✓		HONEY GLAZE CARROT	●	✓	✓				WHITE RICE	●	✓	✓	✓			BRAISED SIEW PAK CHOI	●	✓	✓	✓									STIR FRIED CHOI TAM	●	✓	✓	✓			MIX SALAD	●	✓	✓	✓	✓		
	PAPADAM	●	✓	✓	✓								FRIED EGGS	●	✓	✓	✓			WHITE RICE	●	✓	✓				SAUTEED FRENCH BEAN & CARROT	●	✓	✓	✓			EGG FOO YOUNG	●	✓	✓				MUSHROOM SOUP	●	✓	✓				
	HONEY DEW	●	✓	✓	✓	✓	APPLE	●	✓	✓	✓	✓			WATERMELON	●	✓					MUFFIN	●	✓	✓	✓	✓		BANANA CAKE	●	✓	✓	✓			WATERMELON	●	✓	✓	✓	✓		BUTTER CAKE	●	✓	✓		

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RED
LIMIT CONSUMPTION



SEPTEMBER 2024



		MONDAY 9-Sep-24	T V D E G	TUESDAY 10-Sep-24	T V D E G	WEDNESDAY 11-Sep-24	T V D E G	THURSDAY 12-Sep-24	T V D E G	FRIDAY 13-Sep-24	T V D E G	SATURDAY 14-Sep-24	T V D E G	SUNDAY 15-Sep-24	T V D E G
BREAKFAST		SCRAMBLE EGG, ENGLISH MUFFIN	●	GRILLED SAUSAGE OMELETTE	● ✓	PAN CAKE WITH HONEY	●	FRENCH TOAST BAKED BEAN	●	FRIED EGG & CHEESE ENGLISH MUFFIN	● ✓	LONTONG WITH CONDIMENT	●		
		BEEHOON GORENG	● ✓	CANTONESE KWAY TEOW	●	YOUNG CHOW FRIED RICE	●	CHICKEN PORRIDGE	● ✓	TOM YAM NOODLES SOUP WITH CONDIMENT	● ✓				
WESTERN		FISH CANNELONI	●	ROSEMARY CHICKEN & MUSHROOM SAUCE	● ✓	FISH MARINARA	●	KOREAN FOOD PROMOTION	●	FISH KEBAB	●	CHICKEN MEATBALL IN TOMATO SAUCE	●		
		POTATO WEDGES	● ✓	PILAF RICE	● ✓	BUTTER HERB PENNE	● ✓ ✓	JAPCHAE DAKGALBI KIMCHI	● ✓ ✓ ✓ ✓	PITA BREAD	● ✓	SPIRAL ARRABIATA	● ✓ ✓		
		GARDEN SALAD	● ✓ ✓	CARROT VINCHY	● ✓ ✓ ✓	TUNA SALAD	● ✓ ✓ ✓ ✓			GARDEN SALAD	● ✓ ✓ ✓ ✓	CAESAR SALAD	● ✓ ✓ ✓ ✓		
ASIAN		AYAM MASAK MERAH	●	ASAM PEDAS IKAN	● ✓ ✓	BLACK PEPPER CHICKEN WITH SPRING ONION	●		● ✓	HAINANESE CHICKEN RICE	● ✓ ✓			CHICKEN TANDOORI	● ✓
		NASI TOMATO	● ✓ ✓ ✓	STEMED RICE	● ✓ ✓ ✓		● ✓ ✓ ✓	BEEF BULGOGI STEAMED RICE	● ✓ ✓ ✓	WITH				WHITE RICE	● ✓ ✓ ✓
		ACAR RAMPAI	● ✓ ✓ ✓	TERUNG SAMBALADO	● ✓ ✓ ✓ ✓	FRIED KUAW TEOW	● ✓ ✓ ✓	SUNDUBU JJIGAE	● ✓ ✓ ✓	SALAD, TOMATO AND CUCUMBER	● ✓ ✓ ✓ ✓			STIR FRY TURMERIC CABBAGE	● ✓ ✓ ✓ ✓
						BRAISED SIEW PAK CHOI									
VEGETARIAN		VEGE CHICKEN MASAK MERAH	●	VEGGIE CHICKEN WITH MUSHROOM SAUCE	● ✓	VEGGIE BLACK PEPPER CHICKEN	●		● ✓ ✓ ✓	VEGGIE FISH KEBAB	● ✓ ✓	BLACK PEPPER VEGGIE CHICKEN	● ✓ ✓	VEGGIE HONEY CHICKEN	● ✓ ✓
		NASI TOMATO	● ✓ ✓ ✓	PILAF RICE	● ✓	FRIED KUAW TEOW	● ✓ ✓ ✓	BIBIMBAP	● ✓ ✓ ✓	PITA BREAD	● ✓ ✓ ✓ ✓	STEAMED RICE	● ✓ ✓	WHITE RICE	● ✓ ✓ ✓
		ACAR RAMPAI	● ✓ ✓ ✓	CARROT VINCHY	● ✓ ✓ ✓ ✓	BRAISED SIEW PAK CHOI	● ✓ ✓ ✓	KOREAN GREEN SALAD	● ✓ ✓ ✓	GARDEN SALAD		MIXED VEGETABLE	● ✓ ✓ ✓ ✓	MIXED VEGETABLE WITH MUSHROOM	● ✓ ✓ ✓ ✓
DESSERT		BREAD BUTTER PUDDING	● ✓ ✓ ✓ ✓	FRUIT SALAD	● ✓ ✓ ✓ ✓	ORANGE	● ✓ ✓ ✓ ✓	WATERMELON	● ✓ ✓ ✓	MUFFIN	● ✓ ✓ ✓ ✓	BANANA	● ✓ ✓ ✓ ✓	JELLY PUDDING	● ✓ ✓ ✓ ✓
DINNER		CHICKEN PUTTANESCA	●	SEAFOOD TOMYAM	● ✓	GRILLED FISH FILLET	● ✓	ROASTED CAJUN CHICKEN	● ✓	BEEF GOULASH STEW	● ✓	CHICKEN MASSALA	● ✓	FRIED CRISPY FISH WITH SALSA	● ✓
		GARLIC BUTTER SPIRAL	● ✓	OMMELETE	● ✓	LEMON BUTTER SAUCE	● ✓	PENNE ARABIATA	● ✓			BRIYANI RICE	● ✓ ✓ ✓	AGLIO ALIO SPAGHETTI	● ✓ ✓ ✓
		RATATOUILLE	● ✓ ✓ ✓	STIR FRY LONG BEAN	● ✓ ✓ ✓	PILAF RICE	● ✓ ✓	CAULIFLOWER AU GRATIN	● ✓ ✓	MASHED POTATO	● ✓	DHALL CURRY	● ✓ ✓ ✓	TUNA SALAD	● ✓ ✓ ✓ ✓
		GARLIC BREAD	● ✓ ✓	WHITE RICE	● ✓ ✓ ✓	SAUTEED FRENCH BEAN	● ✓ ✓ ✓	BROCCOLI SOUP	● ✓ ✓	CEASER SALAD	● ✓ ✓ ✓	PAPADOM	● ✓ ✓ ✓	GARLIC BREAD	● ✓ ✓
		WATERMELON	● ✓ ✓ ✓ ✓	BUTTER CAKE	● ✓ ✓ ✓ ✓	BANANA CAKE	● ✓	HONEY DEW	● ✓ ✓ ✓ ✓	BANANA	● ✓ ✓ ✓ ✓	IFILIY PUDDING	● ✓ ✓ ✓ ✓	MINI MUFFIN	● ✓

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