



NOVEMBER 2024



		MONDAY 18-Nov-24	T V D E G	TUESDAY 19-Nov-24	T V D E G	WEDNESDAY 20-Nov-24	T V D E G	THURSDAY 21-Nov-24	T V D E G	FRIDAY 22-Nov-24	T V D E G	SATURDAY 23-Nov-24	T V D E G	SUNDAY 24-Nov-24	T V D E G
BREAKFAST	WESTERN	FRENCH TOAST WITH HONEY TURKEY HAM	• ✓	SCRAMBLE EGG CHICKEN NUGGET	• ✓	CHICKEN SAUSAGE GRILLED TOMATO	• ✓	PANCAKE WITH HONEY	• ✓ ✓	FRIED EGG & CHEESE ENGLISH MUFFIN	• ✓ ✓	OMELETTE FISH NUGGET BAKED BEAN	•		
				STIR FRIED LOH SEE FUN	•	CHICKEN PORRIDGE	•	BRAISED HOKKIEN MEE	• ✓ ✓	NASI LEMAK WITH CONDIMENT	• ✓ ✓				
		SMOKE CHICKEN CARBONARA	•	PERCH FILLET FLORENTINE	• ✓	GRILLED CHICKEN CHICKEN GRAVY	•	MEDITERRANEAN GRILLED FISH	•	CHICKEN LASAGNA	•	TEMPURA FISH FILLET	•		
	GARLIC HERB SPAGHETTI	•	BOILED POTATO WITH HERBS	• ✓	BUTTER RICE	• ✓	PARMESAN COUSCOUS	• ✓	GARLIC BREAD	• ✓ ✓ ✓ ✓	FRENCH FRIES	• ✓ ✓ ✓			
	CARROT SALAD	• ✓	SAUTEED SPINACH	• ✓ ✓ ✓ ✓	CARAMELIZED CARROT WITH ONION	• ✓ ✓ ✓ ✓	CAULIFLOWER AU GRATIN	• ✓ ✓ ✓	FRESH GARDEN SALAD	• ✓ ✓ ✓ ✓	STEAMED GREEN PEAS	• ✓ ✓ ✓ ✓			
LUNCH	ASIAN			DAGING DENDENG MINANG	• ✓	KOREAN GRILLED FISH	•	TERIYAKI CHICKEN	•	IKAN MASAK TIGA RASA	•			CHICKEN & POTATO CURRY	• ✓
				NASI MINYAK	• ✓ ✓ ✓ ✓	KOREAN RAMEN NOODLES	• ✓	STEAMED JAPANESE RICE	• ✓ ✓ ✓ ✓	SIAMESE NOODLE	• ✓ ✓ ✓ ✓			WHITE RICE	• ✓ ✓ ✓ ✓
			ACAR TIMUN DAN NENAS	• ✓ ✓ ✓ ✓ ✓	GARLIC SESAME PAK CHOY	• ✓ ✓ ✓ ✓	BEAN SPROUT WITH CHIVES	• ✓ ✓	GARLIC KANGKUNG	• ✓ ✓ ✓ ✓			TURMERIC CABBAGE	• ✓ ✓ ✓ ✓ ✓	
VEGETARIAN		VEGGIE FISH RENDANG	• ✓ ✓ ✓	VEGGIE BEEF DENDENG	• ✓ ✓ ✓	BRAISED SOFT BEANCURD	• ✓	VEGGIE CHICKEN IN TOMATO SAUCE	• ✓	VEGETABLE LASAGNA	• ✓	VEGETABLE CUTLET	• ✓ ✓ ✓ ✓	VEGGIE CHICKEN MARINARA	• ✓ ✓ ✓ ✓
		STEAMED RICE	• ✓ ✓ ✓ ✓	NASI MINYAK	• ✓ ✓ ✓ ✓	KOREAN RAMEN NOODLES	• ✓	PARMESAN COUSCOUS	• ✓ ✓ ✓ ✓	GARLIC BREAD	• ✓ ✓ ✓ ✓	CORN RICE	• ✓	BUTTER SPAGHETTI	• ✓ ✓ ✓ ✓
		SAUTEED CABBAGE	• ✓ ✓ ✓ ✓	ACAR TIMUN DAN NENAS	• ✓ ✓ ✓ ✓ ✓	SESAME PAK CHOY	• ✓ ✓ ✓ ✓	CAULIFLOWER AU GRATIN	• ✓ ✓ ✓ ✓	FRESH GARDEN SALAD	• ✓ ✓ ✓ ✓ ✓	MILD CHICPEAS CURRY	• ✓ ✓ ✓	CROUTON SALAD	• ✓ ✓ ✓ ✓
DESSERT		WATERMELON	• ✓ ✓ ✓ ✓ ✓	BUTTER CAKE	• ✓	ORANGE	• ✓ ✓ ✓ ✓ ✓	BREAD BUTTER PUDDING	• ✓	HONEYDEW	• ✓ ✓ ✓ ✓ ✓	APPLE	• ✓ ✓ ✓ ✓ ✓	BANANA CAKE	• ✓ ✓ ✓ ✓ ✓
	DINNER	JAPANESE CHICKEN CURRY	• ✓ ✓ ✓	FISH AND CHIPS	•	CHICKEN 65	• ✓ ✓ ✓	MUTTON CURRY WITH POTATO	•	HOME MADE CHICKEN BURGER	• ✓	CHICKEN FINGER WITH THAI SAUCE	• ✓	GRILLED FISH GARLIC IOLI SAUCE	• ✓
		STEAMED JAPANESE RICE	• ✓ ✓ ✓	COLESLAW	• ✓ ✓ ✓	MILD CURRY BRINJOL	• ✓ ✓ ✓ ✓	BOILED EGG	• ✓ ✓ ✓	POTATO WEDGES	•	PINEAPPLE FRIED RICE	• ✓ ✓ ✓ ✓	MASHED POTATO	• ✓ ✓ ✓
SAUTEED BEANSPROUT		• ✓ ✓ ✓ ✓	MUSHROOM SOUP	• ✓ ✓ ✓	STEAMED RICE	• ✓ ✓ ✓ ✓	MILD CHILLI LADY FINGER	• ✓ ✓ ✓ ✓		• ✓	BRAISED LONG CABBAGE	• ✓ ✓ ✓ ✓	CEASER SALAD	• ✓ ✓ ✓ ✓ ✓	
SWEET CHILLI TOFU		• ✓ ✓ ✓ ✓	GARLIC BREAD	• ✓ ✓ ✓ ✓	TOFU TIKKA MASALA	• ✓ ✓ ✓ ✓	STEAMED RICE	• ✓ ✓ ✓ ✓	COBB SALAD	• ✓ ✓ ✓ ✓	EGG FOO YOUNG	• ✓ ✓ ✓	PUMPKIN SOUP	• ✓ ✓ ✓ ✓	
MUFFIN		• ✓ ✓ ✓ ✓ ✓	WATERMELON	• ✓ ✓ ✓ ✓ ✓	ORANGE	• ✓	BANANA	• ✓ ✓ ✓ ✓ ✓	FRIIITS SALAD	• ✓ ✓ ✓ ✓ ✓	BUTTFER CAKE	• ✓ ✓ ✓ ✓ ✓	PAPAYA	• ✓	

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 saturated fat, the sugar content and artificial colouring in our product on

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

Delischool



		MONDAY 25-Nov-24	T V D E G	TUESDAY 26-Nov-24	T V D E G	WEDNESDAY 27-Nov-24	T V D E G	THURSDAY 28-Nov-24	T V D E G	FRIDAY 29-Nov-24	T V D E G	SATURDAY 30-Nov-24	T V D E G	SUNDAY -	T V D E G
BREAKFAST	WESTERN	FISH NUGGET AND FRENCH TOAST	●	GRILLED CHICKEN PATTY ENGLISH MUFFIN AND CHEESE	● ✓	PANCAKE & HONEY CUT FRUITS	●	SWEET BUN WITH SCRAMBLE EGG	●	GRILLED SAUSAGE, BAKED BEAN AND BUN	● ✓	AMERICAN BREAKFAST (BAKED BEAN, SCRAMBLE EGG, CHICKEN HAM)	●		
	ASIAN	KAMPUNG PRIED RICE	● ✓	FRIED YEE MEE	●	FISH PORRIDGE WITH CONDIMENT	●	FRIED KOEY TEAW PENANG STYLE	● ✓	TOM YAM FRIED RICE	● ✓				
LUNCH	WESTERN	FISH MOUSSAKA	●	GRILLED CAJUN CHICKEN	● ✓	SEARED FISH FILLET WITH SALSA	●	BBQ CHICKEN DRUMSTICK	●	GRILLED TILAPIA PARSLEY ANCHOVY		HOT HONEY CHICKEN MEATBALL	●		
	ASIAN	PILAF RICE	● ✓	AGLIO OLIO SPAGHETTI	● ✓	MOROCCAN COUSCOUS	● ✓ ✓	POTATO GRATIN	● ✓ ✓	LINGUINE PESTO PASTA	● ✓	HOME MADE POTATO WEDGES	● ✓ ✓		
	VEGETARIAN	TOMATO SALAD & DRESSING	● ✓ ✓	BAKED TOMATO & ZUCHINI	● ✓ ✓ ✓	STEAMED GREEN PEAS	● ✓ ✓ ✓ ✓	GRILLED PUMPKIN	● ✓ ✓ ✓ ✓	ITALIAN RADICCHIO SALAD	● ✓ ✓ ✓ ✓	MIXED VEGETABLE	● ✓ ✓ ✓ ✓		
DESSERT	ASIAN	CRISPY CHICKEN THAI SAUCE	●	SWEET AND SOUR FISH	● ✓ ✓ ✓	IKAN GORENG BEREMPAH	●	MILD BEEF PADPRIK	● ✓	FISH TONKATSU	● ✓				
	VEGETARIAN	TOM YAM FRIED BEEHOON	● ✓ ✓ ✓	WHITE RICE	● ✓ ✓ ✓	STEAMED RICE	● ✓ ✓ ✓	STEAMED RICE	● ✓ ✓ ✓	GARLIC FRIED RICE	● ✓ ✓				
	DESSERT	SAUTED MIXED VEGETABLE	● ✓ ✓ ✓	SAUTEED EGGPLANT	● ✓ ✓ ✓ ✓	VEGETABLE & TOFU MILD CURRY	● ✓ ✓ ✓ ✓	SAUTED KAILAN WITH SALTED FISH	● ✓ ✓ ✓	SOYU BEAN SPROUTS & SHREDED LONG CABBAGE	● ✓ ✓ ✓ ✓				
DINNER	VEGETARIAN	CRISPY TEMPE THAI SAUCE	●	POTATO CUTLET	● ✓	VEGGIE FISH FILLET WITH SALSA	●	BBQ VEGGIE CHICKEN DRUMSTICK	● ✓ ✓ ✓	TEMPURA CAULIFLOWER	● ✓ ✓ ✓	VEGETARIAN TORTILLA WRAP	● ✓ ✓		
	ASIAN	VEGGIE TOM YAM FRIED BEEHOON	● ✓ ✓ ✓	AGLIO OLIO SPAGHETTI	● ✓	MOROCCAN COUSCOUS	● ✓ ✓ ✓	VEGGIE FRIED RICE	● ✓ ✓ ✓ ✓						
	DESSERT	SAUTED MIXED VEGETABLE	● ✓ ✓ ✓	BAKED TOMATO & ZUCHINI	● ✓ ✓ ✓	STEAMED GREEN PEAS	● ✓ ✓ ✓	POTATO GRATIN	● ✓ ✓ ✓	SOYU BEAN SPROUTS & SHREDED LONG CABBAGE	● ✓ ✓ ✓ ✓	MIXED GARDEN SALAD	● ✓ ✓ ✓ ✓		
	ASIAN	BREAD BUTTER PUDDING	● ✓ ✓ ✓ ✓	FRUIT SALAD	● ✓ ✓ ✓ ✓	APPLE	● ✓ ✓ ✓ ✓	BANANA CAKE	● ✓ ✓ ✓	ORANGE	● ✓ ✓ ✓ ✓	BANANA	● ✓ ✓ ✓ ✓		
	DESSERT	BRAISED CHICKEN & MUSHROOM	●	GRILLED FISH FILLET	● ✓	KAM HEONG CHICKEN	● ✓	GRILLED FISH WITH CREAM MUSTARD	● ✓	GRILLED CHICKEN ROSEMARY SAUCE	● ✓	FISH VARUVAL	● ✓		
DINNER	ASIAN	CHINESE FRIED RICE	● ✓	SOFT TOFU EGG SAUCE	● ✓	STEAMED RICE	● ✓	BUTTER RICE	● ✓	MASHED POTATO	● ✓ ✓	BRIYANI RICE	● ✓ ✓ ✓		
	VEGETARIAN	STIR FRY KAILAN	● ✓ ✓ ✓	SAUTEED SPINACH	● ✓ ✓ ✓	EGG FOO YOUNG	● ✓ ✓	CAULIFLOWER AU GRATIN	● ✓ ✓	GARLIC BREAD	● ✓	BRINJOL CURRY	● ✓ ✓ ✓		
	ASIAN	CLEAR SOUP	● ✓ ✓	WHITE RICE	● ✓ ✓ ✓	SAUTEED LONG BEAN	● ✓ ✓ ✓	PUMPKIN SOUP	● ✓ ✓	GARDEN SALAD	● ✓ ✓ ✓	PAPADOM	● ✓ ✓ ✓		
	DESSERT	WATERMELON	● ✓ ✓ ✓ ✓	BUTTER CAKE	● ✓ ✓ ✓ ✓	ORANGE	● ✓	HONEY DEW	● ✓ ✓ ✓ ✓	JELLY PUDDING	● ✓ ✓ ✓ ✓	BANANA	● ✓ ✓ ✓ ✓		
	DESSERT														

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