



Prince of Wales Island  
International School

FEBRUARY 2025



		MONDAY 3-Feb-25	T V D E G	TUESDAY 4-Feb-25	T V D E G	WEDNESDAY 5-Feb-25	T V D E G	THURSDAY 6-Feb-25	T V D E G	FRIDAY 7-Feb-25	T V D E G	SATURDAY 8-Feb-25	T V D E G	SUNDAY 9-Feb-25	T V D E G
BREAKFAST	BRAISED HOKKIEN MEE	●	✓	MUSHROOM FRIED RICE	●	TUNA MAYO SANDWICH	●	CURRY MEE WITH CONDIMENT	●	EGG BURITTO	●	AMERICAN BREAKFAST (SCRAMBLE EGG, FRENCH TOAST & BAKED BEAN)	●		
	AGLIO OLIO	●	✓	TOAST BUN, BAKED BEAN CHICKEN HAM	●	NOODLE SOUP	●	PANCAKE WITH FRUITS		ROTI CANAI WITH DHALL					
WESTERN	CREAMY CHEEZY CHICKEN	●		GRILLED PERCH FILLET WITH SALSA	●	ROASTED CHICKEN CHOP WITH GRAVY	●	TEMPURA FISH FILLET	●	CHICKEN LASAGNA	●	CHICKEN FAJITA	●		
	GARLIC HERB SPAGHETTI	●		MASHED POTATO	●	BUTTER RICE	●	FRENCH FRIES	●	FRESH GARDEN SALAD	●	CORN & TOMATO SALSA	●		
	CAESAR SALAD	●	✓	HONEY GLAZED CARROT	●	BRINJOL WITH CARAMELIZED ONION	●	COLESLAW	●	SPRING ROLL	●	POTATO WEDGES	●		
ASIAN	FRIED FISH WITH PLUM SAUCE	●	✓	CHICKEN RENDANG	●	KOREAN GRILLED FISH	●	CHICKEN SZECHUAN	●	DEEP FRIED FISH WITH THAI SAUCE	●			FISH CURRY WITH LADYFINGER	●
	STEAMED RICE	●	✓	GHEE RICE	●	FRIED GLASS NOODLE	●	STEAMED RICE	●	STEAMED RICE	●			STEAMED RICE	●
	BRAISED CABBAGE WITH GOJI BERRY	●	✓	CUCUMBER PICKLED	●	STIR FRIED BEANSPROUT & CHIVES	●	SAUTEED SIEW PAK CHOY	●	MIXED VEGETABLE & MUSHROOM	●			TURMERIC CABBAGE	●
VEGETARIAN	VEGETARIAN FISH WITH PLUM SAUCE	●	✓	VEGGIE CHICKEN RENDANG	●	VEGGIE SPRING ROLL	●	VEGGIE CHICKEN SZECHUAN	●	VEGGIE FRIED FISH WITH THAI SAUCE	●	VEGETARIAN CHICKEN FAJITA	●	VEGETARIAN FISH CURRY WITH LADYFINGER	●
	STEAMED RICE	●	✓	STEAMED RICE	●	FRIED GLASS NOODLE	●	STEAMED RICE	●	STEAMED RICE	●	CORN & TOMATO SALSA	●		
	BRAISED CABBAGE WITH GOJI BERRY	●	✓	CUCUMBER PICKLED	●	STIR FRIED BEANSPROUT & CHIVES	●	SAUTEED SIEW PAK CHOY	●	MIXED VEGETABLE & MUSHROOM	●	POTATO WEDGES	●	STEAMED RICE	●
DESSERT	WATERMELON	●	✓	BUTTER CAKE	●	ORANGE	●	ASSORTED TART	●	HONEYDEW	●	ORANGE	●	CHINESE PEAR	●
DINNER	CHICKEN TERIYAKI	●	✓	IKAN MASAK ASAM PEDAS	●	CHICKEN CURRY MASALA	●	BLACK PEPPER FISH WITH SPRING ONION	●	HOME MADE CHICKEN PIE	●	GARLIC SESAME FISH	●	BLACK PEPPER CHICKEN CHOP	●
	JAPANESE RICE	●	✓	MILD CHILLI BRINJAL	●	TURMERIC CABBAGE	●			CARAMELIZED BUTTER POTATO	●	CORN RICE	●	CURLEY POTATO	●
	SAUTEED BEANSPROUT	●	✓	BRAISED TOFU	●	BRIYANI RICE	●	GARLIC SESAME BROCCOLLI	●	COBB SALAD	●	STIRFRY VEGETABLE	●	TOMATO SALAD	●
	SWEET CHILLI TOFU	●	✓	STEAMED RICE	●	PAPADOM	●	STEAMED RICE	●	EGG FOY YOUNG	●	EGG FOY YOUNG	●	CREAMY MUSHROOM SOU	●
	HONEY DEW	●	✓	APPLE	●	BUTTER CAKE	●	BANANA	●	YOGURT	●	WATERMELON	●	BROWNIF	●

Information & Privilege:  
All the food served are Halal  
Menu may change according to food supply seasons  
Delschool 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 coloring in our production  
We bake, grill and steam rather than fry  
Guaranteed nut-free and Glutenate and Ailinmoto free

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



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FEBRUARY 2025



		MONDAY 10-Feb-25	T	V	D	E	G	PH THAIPUSAM 11-Feb-25	T	V	D	E	G	WEDNESDAY 12-Feb-25	T	V	D	E	G	THURSDAY 13-Feb-25	T	V	D	E	G	FRIDAY 14-Feb-25	T	V	D	E	G	SATURDAY 15-Feb-25	T	V	D	E	G	SUNDAY 16-Feb-25	T	V	D	E	G	
BREAKFAST	WESTERN	YOUNG CHOW FRIED RICE						PANCAKE WITH HONEY						PENANG STYLE CHAR KUAW TEOW						MONTECRISTO						NON SPICY KAMPUNG FRIED RICE						AMERICAN BREAKFAST (BAKED BEAN, SCRAMBLE EGG)												
		FRENCH TOAST WITH JAM						TOMYAM NOODLES WITH CONDIMENT						BEAN CHICKEN HAM						CHAR HOR FUN WITH CONDIMENT						EGG BURITTO																		
LUNCH	WESTERN	PARMESAN CRUSTED FISH						CREAMY SMOKED CHICKEN					FISH MOUSSAKA						CHICKEN STROGANOFF						FISH PICCATA & TOMATO CILANTRO						BLACK PEPPER CHICKEN MEATBALL													
		POTATO AU GRATIN						BUTTER SPAGHETTI					TOMATO RICE						HOMEMADE MASHED POTATO						PENNE ARABIATA						BAKED POTATO													
		TOMATO SALAD & DRESSING						ROASTED VEGETABLE					CARROT VINCHY & ENGLISH PARSLEY						SAUERKRAUT						VEGETABLE TIAN						MIXED VEGETABLE													
		AYAM MASAK MERAH						SWEET & SOUR FISH					BUTTER MILK CHICKEN						IKAN GORENG BEREMPAH						HAINAN CHICKEN RICE																			
LUNCH	ASIAN	NASI TOMATO					STEAMED RICE					FRIED YEE MEE						STEAMED RICE																										
		SAYUR CAMPUR					SAUTEED EGGPLANT					SAUTEED BEAN SPROUT & TOFU						VEGETABLE CURRY						SALAD, TOMATO AND CUCUMBER																				
		TOFU MASAK MERAH					CREAMY VEGGIE CHICKEN					VEGGIE BUTTER MILK CHICKEN						MUSHROOM TEMPURA						VEGETARIAN FRIED RICE						BLACK PEPPER VEGGIE CHICKEN						VEGGIE HONEY CHICKEN								
LUNCH	VEGETARIAN	NASI TOMATO					BUTTER SPAGHETTI					FRIED YEE MEE						STEAMED RICE						SALAD, TOMATO AND CUCUMBER					BAKED POTATO						STEAMED RICE									
		SAYUR CAMPUR					ROASTED VEGETABLE					SAUTEED BEAN SPROUT & TOFU						VEGETABLE CURRY										MIXED VEGETABLE						STIR FRIED LADY FINGER										
DINNER	DESSERT	BREAD BUTTER PUDDING					FRUIT SALAD					APPLE						COOKIES						WATERMELON						BANANA						HONEY DEW								
		CHICKEN BOLOGNISE					KAM HEONG CHICKEN					GRILLED FISH FILLET						GARLIC PESTO SPIRAL						BEEF STEW				FISH VARUVAL					CHICKEN & MUSHROOM STEW											
DINNER	WESTERN	GARLIC BUTTER PASTA					SOFT TOFU EGG SAUCE					LEMON BUTTER SAUCE						ROASTED CAJUN CHICKEN						BRIYANI RICE					BAKED POTATO															
		RATATOUILLE					SAUTEED SPINACH					ROASTED POTATO						ZUCCHINI AU GRATIN						MASHED POTATO				BRINJOL CURRY					CARROT SALAD											
		GARLIC BREAD					STEAMED RICE					SAUTEED FRENCH BEAN						MUSHROOM SAUCE						GARDEN SALAD				PAPADOM					GARLIC BREAD											
		WATERMELON					ORANGE					CHOCOLATE ROLL							HONEY DEW						GREEN APPLE				BANANA					MINI MUFFIN										

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