



Prince of Wales International School

JANUARY 2025



		MONDAY 6-Jan-25	T V D E G	TUESDAY 7-Jan-25	T V D E G	WEDNESDAY 8-Jan-25	T V D E G	THURSDAY 9-Jan-25	T V D E G	FRIDAY 10-Jan-25	T V D E G	SATURDAY 11-Jan-25	T V D E G	SUNDAY 12-Jan-25	T V D E G								
BREAKFAST	WESTERN	TOM YAM NOODLE WITH CONDIMENT	●	✓	CHINESE FRIED RICE	●	✓	PORRIDGE WITH CONDIMENT	●	✓	✓	CURRY MEE	●	✓	✓	SOTO AYAM WITH SUHOON	●	✓	✓				
	ASIAN	MAC AND CHEESE	●	✓	TOAST BUN, BAKED BEAN SCRAMBLE EGG	●	✓	GRILLED CHICKEN SAUSAGE	●	✓	✓	PANCAKE WITH FRUITS	●	✓	✓	SUNNY SIDE UP, MUFFIN AND BAKED BEAN	●	✓	✓				
LUNCH	WESTERN	CHICKEN MEATBALL IN TOMATO SAUCE	●	✓	GRILLED PERCH FILLET WITH SALSA	●	✓	GRILLED CHICKEN WITH GRAVY	●	✓	✓	MEDITERRANEAN GRILLED FISH	●	✓	✓	CHICKEN LASAGNA	●	✓	✓	TEMPURA FISH FILLET	●	✓	✓
	ASIAN	GARLIC HERB MACARONI	●	✓	BOILED POTATO WITH HERBS	●	✓	BUTTER RICE	●	✓	✓	MASHED POTATO	●	✓	✓	FRESH GARDEN SALAD	●	✓	✓	FRENCH FRIES	●	✓	✓
	VEGETARIAN	STEAMED CORN AND CARROT	●	✓	CEASER SALAD	●	✓	CARAMELIZED CARROT WITH ONION	●	✓	✓	STEAM CHICK PEA	●	✓	✓	PUMPKIN SOUP	●	✓	✓	STEAMED GREEN PEAS	●	✓	✓
DESSERT	WESTERN	THAI GREEN CHICKEN CURRY	●	✓	CHICKEN RENDANG	●	✓	KOREAN GRILLED FISH	●	✓	✓	TERIYAKI CHICKEN	●	✓	✓	SWEET AND SOUR FISH	●	✓	✓	BEEF CURRY WITH POTATO	●	✓	✓
	ASIAN	STEAMED RICE	●	✓	BERIYANI RICE	●	✓	STEAMED RICE	●	✓	✓	STEAMED RICE	●	✓	✓	STEAMED RICE	●	✓	✓	STEAMED RICE	●	✓	✓
	VEGETARIAN	PADPRIK MIX VEGE	●	✓	PINEAPPLE PICKLED	●	✓	STIR FRY MIX VEGE	●	✓	✓	BRAISED CHOI SAM	●	✓	✓	MIXED VEGETABLE & MUSHROOM	●	✓	✓	TURMERIC CABBAGE	●	✓	✓
DINNER	WESTERN	BEANCURD WITH PLUM SAUCE	●	✓	VEGGIE MUTTON RENDANG	●	✓	BRAISED SOFT BEANCURD	●	✓	✓	VEGGIE CHICKEN SZECHUAN	●	✓	✓	SWEET AND SOUR VEGE FISH	●	✓	✓	VEGETARIAN CHICKEN FAJITA	●	✓	✓
	ASIAN	STEAMED RICE	●	✓	BERIYANI RICE	●	✓	FRIED GLASS NOODLE	●	✓	✓	WHITE RICE	●	✓	✓	WHITE RICE	●	✓	✓	CORN & TOMATO SALSA	●	✓	✓
	VEGETARIAN	BRAISED CABBAGE WITH GOJI BERRY	●	✓	CUCUMBER PICKLED	●	✓	STIR FRIED BEANSPROUT & CHIVES	●	✓	✓	SAUTEED SIEW PAK CHOY	●	✓	✓	MIXED VEGETABLE & MUSHROOM	●	✓	✓	BAKED POTATO	●	✓	✓
DESSERT	WESTERN	WATERMELON	●	✓	BUTTER CAKE	●	✓	ORANGE	●	✓	✓	BREAD BUTTER PUDDING	●	✓	✓	HONEYDEW	●	✓	✓	APPLE	●	✓	✓
	ASIAN	CHICKEN TERIYAKI	●	✓	THAI DUCK RED CURRY	●	✓	AYAM MASSALA	●	✓	✓	MUTTON CURRY WITH POTATO	●	✓	✓	HOME MADE CHICKEN BURGER	●	✓	✓	STEAMED FISH IN THAI SAUCE	●	✓	✓
	VEGETARIAN	JAPANESE RICE	●	✓	MILD CHILLI BRINJAL	●	✓	DHALL CURRY	●	✓	✓	BOILED EGG	●	✓	✓	FRENCH FRIES	●	✓	✓	PINEAPPLE FRIED RICE	●	✓	✓
DESSERT	WESTERN	SAUTEED BEANSPROUT	●	✓	BRAISED JAPANESE BEANCURD	●	✓	BRIYANI RICE	●	✓	✓	BRAISED BROCOLI	●	✓	✓	COBB SALAD	●	✓	✓	EGG FOO YOUNG	●	✓	✓
	ASIAN	SWEET CHILLI TOFU	●	✓	WHITE RICE	●	✓	PAPADOM	●	✓	✓	WHITE RICE	●	✓	✓	FRUITS SALAD	●	✓	✓	BITTER CAKE	●	✓	✓
	VEGETARIAN	MUFFIN	●	✓	WATERMELON	●	✓	ORANGE	●	✓	✓	BANANA	●	✓	✓	FRUITS SALAD	●	✓	✓	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 coloring in our production  
 We bake, grill and steam rather than fry  
 Guaranteed nut-free and Glutamate and Ailinomoto free

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

G

**BEST CHOICE**

A

**CHOOSE CAREFULLY**

R

**LIMIT CONSUMPTION**





Prince of Wales Island International School

JANUARY 2025



		MONDAY 13-Jan-25	T V D E G	TUESDAY 14-Jan-25	T V D E G	WEDNESDAY 15-Jan-25	T V D E G	THURSDAY 16-Jan-25	T V D E G	FRIDAY 17-Jan-25	T V D E G	SATURDAY 18-Jan-25	T V D E G	SUNDAY 19-Jan-25	T V D E G
BREAKFAST	WESTERN	HARD BOILED EGG, BAKED BEAN AND FRENCH TOAST	●	GRILLED CHICKEN PATTY MUFFIN AND CHEESE	● ✓	PANCAKE WITH CUT FRUITS	●	SWEET BUN WITH SCRAMBLE EGG	●	GRILLED SAUSAGE, BAKED BEAN AND BUN	● ✓	AMERICAN BREAKFAST (BAKED BEAN, SCRAMBLE EGG, SAUSAGE)		●	
		PAD THAI	● ✓	FRIED YEE MEE	●	MAGGIE SOUP WITH CONDIMENT	●	FRIED KOEY TEAW PENANG STYLE	● ✓	TOM YAM FRIED RICE	● ✓				
LUNCH	ASIAN	FISH MOUSSAKA	●	CREAMY GRILED CHICKEN	● ✓	CHICKEN SKEWER	●	SEARED FISH FILLET WITH SALSA	●	CHICKEN ROULADE	●	BLACK PEPPER CHICKEN MEATBALL		●	
		PILAF RICE	● ✓	AGLIO OLIO PASTA	● ✓	POTATO GRATIN	● ✓ ✓	PENNE HEARB PASTA	● ✓ ✓	MASHED POTATO	● ✓	HOME MADE POTATO WEDGES		● ✓ ✓	
		TOMATO SALAD & DRESSING	● ✓ ✓	MIX VEGGIE	● ✓ ✓ ✓	STEAMED GREEN PEAS	● ✓ ✓ ✓ ✓	GRILLED PUMPKIN	● ✓ ✓ ✓ ✓	SAUTEED MUSHROOM	● ✓ ✓ ✓ ✓	MIXED VEGETABLE		● ✓ ✓ ✓ ✓	
DESSERT	VEGETARIAN	TOFU MASAK MERAH	●	CREAMY VEGGIE CHICKEN	● ✓	VEGGIE BUTTER MILK PRAWN	●	TEMPURA VEGE PRAWN	● ✓ ✓ ✓	VEGETARIAN THAI STYLE FRIED RICE	● ✓ ✓	VEGETARIAN TORTILLA WRAP	● ✓ ✓	DHALL CURRY	● ✓ ✓
		VEGETARIAN FRIED RICE	● ✓ ✓ ✓	SPAGHETTI AGLIO OLIO	● ✓	FRIED YEE MEE	● ✓ ✓ ✓	STEAMED RICE	● ✓ ✓ ✓	SALAD, TOMATO AND CUCUMBER	● ✓ ✓ ✓ ✓	BRAISED SOFT BEANCURD	● ✓ ✓	CHAPATTI	● ✓ ✓ ✓
		SAYUR CAMPUR	● ✓ ✓ ✓	ROASTED VEGETABLE	● ✓ ✓ ✓	STIR FRY MIX VEGE	● ✓ ✓ ✓	VEGETABLE CURRY	● ✓ ✓ ✓	MIXED VEGETABLE		● ✓ ✓ ✓ ✓	CUCUMBER ONION RAITA	● ✓ ✓ ✓ ✓	
DINNER	WESTERN	BREAD BUTTER PUDDING	● ✓ ✓ ✓ ✓	FRUIT SALAD	● ✓ ✓ ✓ ✓	APPLE	● ✓ ✓ ✓ ✓	BANANA CAKE	● ✓ ✓ ✓	WATERMELON	● ✓ ✓ ✓ ✓	BANANA	● ✓ ✓ ✓ ✓	PAPAYA	● ✓ ✓ ✓ ✓
		BLACK PEPPER CHICKEN	●	GRILLED FISH FILLET	● ✓	KAM HEONG CHICKEN	● ✓	GRILLED FISH WITH CREAMY MUSTARD	● ✓	GRILLED CHICKEN WITH BBQ SAUCE	● ✓	FISH VARUVAL	● ✓	CHICKEN & MUSHROOM STEW	● ✓
		CHINESE FRIED RICE	● ✓	SOFT TOFU EGG SAUCE	● ✓	STEAMED RICE	● ✓	BUTTER RICE	● ✓	BRIYANI RICE		● ✓ ✓ ✓	BAKED POTATO	● ✓ ✓ ✓	
		STIR FRY KAILAN	● ✓ ✓ ✓	SAUTEED SPINACH	● ✓ ✓ ✓	BOILED EGG	● ✓ ✓	COLIFLOWER AU GRATIN	● ✓ ✓	MASHED POTATO	● ✓	BRINJOL CURRY	● ✓ ✓ ✓	SALAD	● ✓ ✓ ✓ ✓
		CLEAR SOUP	● ✓ ✓	STEAMED RICE	● ✓ ✓ ✓	SAUTEED FRENCH BEAN	● ✓ ✓ ✓	PUMPKIN SOUP	● ✓ ✓	GARDEN SALAD	● ✓ ✓ ✓	PAPADOM	● ✓ ✓ ✓	BROCOLI SOUP	● ✓ ✓ ✓
		WATERMELON	● ✓ ✓ ✓ ✓	BUTTER CAKE	● ✓ ✓ ✓ ✓	ORANGE	● ✓	HONEY DEW	● ✓ ✓ ✓ ✓	JELLY PUDDING	● ✓ ✓ ✓ ✓	BANANA	● ✓ ✓ ✓ ✓	MUFFIN	● ✓

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**GREEN**  
BEST CHOICE

**AMBER**  
CHOOSE CAREFULLY

**RED**  
LIMIT CONSUMPTION





Prince of Wales 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	●

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G

**BEST CHOICE**

A

**CHOOSE CAREFULLY**

R

**LIMIT CONSUMPTION**



Delischool





Prince of Wales Island  
International School

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						GRFFN APPL F						BANANA						MINI MUFFIN											

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BREAKFAST		SINGAPORE FRIED BEE HOON	●	CHICKEN PORRIDGE	●	EGG BURITO	● ✓ ✓	MUESLI WITH FRUIT	● ✓ ✓ ✓	YEEFUMEE	●	AMERICAN BREAKFAST (PANCAKE, SUNNY SIDE UP EGGS AND SAUSAGE) ●					
		BAKED BEAN, FRENCH TOAST & HAM	●	AGLIO OLIO		PINEAPPLE FRIED RICE	●	TOMYAM MAGGIE		CREAMY HAM ORZO	●						
WESTERN		CHICKEN CARBONARA	●	PERCH FILLET	● ✓ ✓	MUSHROOM CHICKEN STEW	●	FRENCH CHICKEN BLANQUETTE	● ✓	FISH MARINARA	● ✓ ✓	GRILLED HERB CHICKEN ● ✓ ✓					
		PASTA	● ✓ ✓ ✓	ROASTED HERB POTATO	● ✓	PILAF RICE	● ✓ ✓ ✓	SPAGHETTI WITH BUTTER	● ✓ ✓	PASTA	● ✓ ✓	PENNE ARRABIATA ● ✓ ✓ ✓					
		GARLIC BUTTER SPINACH	● ✓ ✓ ✓	HONEY GLAZED CARROT	● ✓ ✓ ✓	MIXED VEGETABLE	● ✓ ✓ ✓	GREEN PEAS	● ✓ ✓ ✓	FRESH GARDEN SALAD	● ✓ ✓ ✓	GARDEN VEGETABLES ● ✓ ✓ ✓					
ASIAN		BLACK PEPPER FISH WITH CAPSICUM	● ✓	CREAMY SALTED EGG CHICKEN	● ✓	FRIED FISH WITH GINGER	●	GINGER FISH	●	BUTTER CHICKEN ●				SWEET & SOUR FISH ●			
		STEAMED RICE	● ✓ ✓ ✓	STEAMED RICE	● ✓ ✓ ✓	FRIED NOODLES CHINESE STYLE	● ✓	STEAMED RICE	● ✓ ✓ ✓	STEAMED RICE ● ✓ ✓ ✓				STEAMED RICE ● ✓ ✓ ✓			
		LONG CABBAGE WITH CARROT	● ✓ ✓ ✓ ✓	MIXED VEGETABLE	● ✓ ✓ ✓ ✓	CHAP CHAI VEGETABLE	● ✓ ✓ ✓ ✓	LONG BEAN WITH EGG	● ✓ ✓ ✓ ✓	SAUTEED KAILAN ● ✓ ✓ ✓ ✓				BRAISED SIEW POK CHOY ● ✓ ✓ ✓ ✓			
VEGETARIAN		VEGETARIAN FISH SAMBAL	● ✓	KUNG PAO TOFU	● ✓	VEGETARIAN SPRING ROLL	● ✓	VEGETARIAN MARINARA SAUCE	● ✓ ✓ ✓	VEGETARIAN CHICKEN ● ✓							
		STEAMED RICE	● ✓ ✓ ✓	STEAMED RICE	● ✓ ✓ ✓	FRIED NOODLES CHINESE STYLE	● ✓ ✓	PASTA	● ✓ ✓ ✓	ROASTED PUMPKIN AND POTATO ● ✓ ✓ ✓ ✓							
		LONG CABBAGE WITH CARROT	● ✓ ✓ ✓ ✓	MIXED VEGETABLE	● ✓ ✓ ✓ ✓	CHAP CHAI VEGETABLE	● ✓ ✓ ✓ ✓	FRESH GARDEN SALAD	● ✓ ✓ ✓ ✓	GREEN PEAS AND CARROT ✓ ✓ ✓ ✓ ✓							
DESSERT		WATERMELON	● ✓ ✓ ✓ ✓	POUND CAKE	● ✓	ORANGE	● ✓ ✓ ✓ ✓	CHOCOLATE ROLL	● ✓	HONEYDEW ● ✓ ✓ ✓ ✓				ORANGE ● ✓ ✓ ✓ ✓		CHINESE PEAR ● ✓ ✓ ✓ ✓	
DINNER		GRILLED CHICKEN	● ✓ ✓ ✓ ✓	MALACCA ASSAM FISH	● ✓ ✓ ✓ ✓	AYAM MASAK MERAH	● ✓ ✓ ✓ ✓	BREADED FISH	● ✓ ✓ ✓	GINGER CHICKEN	● ✓ ✓ ✓	CREAMY POTATO SOUP GARLIC BREAD		✓ ✓	CHICKEN SOUP		✓ ✓ ✓ ✓
		BBQ SAUCE	●	MILD CHILLI BRINJAL	● ✓ ✓	ACAR RAMPAI	● ✓ ✓ ✓ ✓	TARTAR SAUCE	● ✓	SWEET AND SOUR TOFU ● ✓ ✓		THAI FISH ● ✓ ✓		✓	CHICKEN CHOP BLACK PEPPER SAUCE		● ✓ ✓
		SAUTEED POTATO	● ✓ ✓ ✓ ✓	BRAISED TOFU	● ✓ ✓ ✓	TOMATO RICE	● ✓ ✓ ✓ ✓	POTATO WEDGES	● ✓ ✓ ✓ ✓	KANGKUNG BELACAN ● ✓ ✓		CORN RICE ● ✓ ✓ ✓ ✓		✓	POTATO WEDGES		● ✓ ✓ ✓ ✓
		GARDEN SALAD	● ✓ ✓ ✓ ✓	WHITE RICE	● ✓ ✓ ✓ ✓	FRUIT COMPOTE	● ✓ ✓ ✓	COLESLAW	● ✓ ✓ ✓	KANGKUNG BELACAN ● ✓ ✓		VEGETABLE STIR FRIED ● ✓ ✓ ✓ ✓		✓	TOMATO SALAD		● ✓ ✓ ✓ ✓
		HONEY DEW	● ✓ ✓ ✓ ✓	APPLE	● ✓ ✓ ✓ ✓	BUTTER CAKE	● ✓ ✓	BANANA	● ✓ ✓ ✓	YOGURT ● ✓ ✓		EGG FOO YOUNG ● ✓ ✓ ✓ ✓		✓	WATERMELON ● ✓ ✓ ✓ ✓		BROWNIF ● ✓

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BEST CHOICE

**AMBER**

CHOOSE CAREFULLY

**RED**

LIMIT CONSUMPTION





**MARCH 2025**



		MONDAY 10-Mar-25					TUESDAY 11-Mar-25					WEDNESDAY 12-Mar-25					THURSDAY 13-Mar-25					FRIDAY 14-Mar-25					SATURDAY 15-Mar-25					SUNDAY 16-Mar-25						
		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		
BREAKFAST	CHICKEN PORRIDGE	●	✓	✓				●	✓					●					●					●	✓			●	✓				●	✓				
	MONTE CRISTO																																					
WESTERN	OVEN BAKED FISH		●	✓	✓			●		✓	✓			●					●		✓			●	✓	✓		●	✓				●	✓				
	ROASTED POTATO WITH CARROT		●	✓					●	✓	✓			●	✓	✓			●	✓	✓			●	✓	✓		●	✓	✓			●	✓				
	CAULIFLOWER AU GRATIN		●	✓		✓			●	✓	✓	✓			●	✓	✓	✓			●	✓	✓	✓			●	✓	✓	✓		●	✓	✓	✓			
ASIAN	CHICKEN KURMA		●						●		✓			●					●	✓				●	✓	✓			●	✓	✓			●	✓			
	GHEE RICE		●	✓	✓	✓			●	✓	✓	✓			●	✓	✓	✓			●	✓	✓	✓			●	✓	✓	✓			●	✓	✓			
	CABBAGE WITH CARROT		●	✓	✓	✓	✓			●	✓	✓	✓	✓			●	✓	✓	✓			●	✓	✓	✓			●	✓	✓	✓			●	✓	✓	✓
VEGETARIAN	TOFU SAMBAL		●	✓					●	✓				●	✓				●	✓				●	✓	✓			●	✓	✓			●	✓	✓		
	GHEE RICE		●	✓	✓	✓			●	✓	✓	✓			●	✓	✓	✓			●	✓	✓	✓			●	✓	✓	✓			●	✓	✓	✓		
	CABBAGE WITH CARROT		●	✓	✓	✓	✓			●	✓	✓	✓	✓			●	✓	✓	✓			●	✓	✓	✓			●	✓	✓	✓			●	✓	✓	✓
DESSERT	SLICED FRUITS		●	✓	✓	✓	✓			●	✓	✓	✓	✓			●	✓	✓	✓			●	✓	✓	✓			●	✓	✓	✓			●	✓	✓	✓
DINNER	CHICKEN MARYLAND		●			✓			●		✓			●	✓	✓			●	✓	✓			●	✓	✓			●	✓	✓			●	✓	✓		
	AGLIO OLIO PASTA		●	✓	✓	✓	✓			●	✓	✓			●	✓	✓			●	✓	✓			●	✓	✓			●	✓	✓			●	✓	✓	
	BUTTER HERB CAULIFLOWE		●	✓	✓	✓			●	✓	✓	✓			●	✓	✓	✓			●	✓	✓			●	✓	✓			●	✓	✓			●	✓	✓
	GARLIC BREAD		●	✓		✓			●	✓	✓	✓			●	✓	✓	✓			●	✓	✓			●	✓	✓			●	✓	✓			●	✓	✓
	WATERMELON		●	✓	✓	✓	✓			●	✓	✓	✓			●	✓	✓			●	✓	✓			●	✓	✓			●	✓	✓			●	✓	✓

**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 coloring in our production  
 We bake, grill and steam rather than fry  
 Guaranteed nut-free and Glutenate and Ajinomoto free

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

G

**BEST CHOICE**

A

**CHOOSE CAREFULLY**

R

**LIMIT CONSUMPTION**







APRIL 2025



	PH HARI RAYA 31-Mar-25	T V D E G	TUESDAY 1-Apr-25	T V D E G	WEDNESDAY 2-Apr-25	T V D E G	THURSDAY 3-Apr-25	T V D E G	FRIDAY 4-Apr-25	T V D E G	SATURDAY 5-Apr-25	T V D E G	SUNDAY 6-Apr-25	T V D E G
<b>BREAKFAST</b>	GRILLED CHICKEN SLICE & CHEESE BREAKFAST BUN	• ✓	KAMPUNG FRIED RICE WITH EGG	•	PANCAKE & HONEY	•	SLICE TURKEY HAM BAKED BEAN OMELETTE	• ✓ ✓	BAKED CHICKEN NUGGET SUNNY SIDE UP	• ✓ ✓	SCRAMBLE EGG, FRENCH TOAST & CHEESE	•		•
<b>WESTERN</b>	CHICKEN MARYLAND	•			BEEF BOLOGNESE	•	CHICKEN WITH CHEEZY SAUCE	•	FISH FINGER	•	CHICKEN FAJITAS	•		
	GRATIN POTATO	•			GARLIC PARSLEY SPAGHETTI	•	PILAF RICE	• ✓	BAKED MAC & CHEESE	• ✓ ✓ ✓ ✓	TOMATO SALSA	• ✓ ✓ ✓ ✓		
	CAESAR SALAD	• ✓			MIXED GARDEN SALAD	• ✓ ✓ ✓ ✓	GARLIC BROCCOLI	• ✓ ✓ ✓	MIXED SALAD	• ✓ ✓ ✓ ✓	POTATO SALAD	• ✓ ✓ ✓ ✓		
<b>ASIAN</b>			THAI MANGO CRISPY CHICKEN	• ✓	MILD FISH MASALA	•	PADPRIK SEAFOOD	•	AYAM SAMBAL HITAM MANIS	•			FISH CURRY WITH LADYFINGER	• ✓
			WHITE RICE	• ✓ ✓ ✓ ✓	GHEE RICE	• ✓	WHITE RICE	• ✓ ✓ ✓ ✓	STEAMED	• ✓ ✓ ✓ ✓			WHITE RICE	• ✓ ✓ ✓ ✓
			STIR FRY THAI MIXED VEGETABLE	• ✓ ✓ ✓ ✓	PINEAPPLE CUCUMBER PICKLE	• ✓ ✓ ✓ ✓	SAUTEED SIEW PAK CHOY	• ✓ ✓ ✓	MIXED VEGETABLE & MUSHROOM	• ✓ ✓ ✓ ✓			TURMERIC CABBAGE	• ✓ ✓ ✓ ✓
<b>VEGETARIAN</b>	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	• ✓ ✓ ✓ ✓
													GARLIC BREAD	• ✓ ✓ ✓ ✓
<b>DESSERT</b>	WATERMELON	• ✓ ✓ ✓ ✓	BUTTER CAKE	• ✓	ORANGE	• ✓ ✓ ✓ ✓	BANANA	• ✓	HONEYDEW	• ✓ ✓ ✓ ✓	ORANGE	• ✓ ✓ ✓ ✓	BREAD BUTTER PUDDING	• ✓ ✓ ✓ ✓

<b>DINNER</b>	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 CHOY	• ✓ ✓ ✓		• ✓	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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LIMIT CONSUMPTION





APRIL 2025



		MONDAY 7-Apr-25	TUESDAY 8-Apr-25	WEDNESDAY 9-Apr-25	THURSDAY 10-Apr-25	FRIDAY 11-Apr-25	SATURDAY 12-Apr-25	SUNDAY 13-Apr-25
		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
BREAKFAST	WESTERN	SCRAMBLE EGG, ENGLISH MUFFIN	GRILLED SAUSAGE OMELETTE	PAN CAKE WITH HONEY	FRENCH TOAST BAKED BEAN	FRIED EGG & CHEESE ENGLISH MUFFIN	LONTONG WITH CONDIMENT	
	ASIAN	BEEHOON GORENG	CANTONESE KWAY TEOW	YOUNG CHOW FRIED RICE	CHICKEN PORRIDGE	TOM YAM NOODLES SOUP WITH CONDIMENT		
LUNCH	WESTERN	FISH CANNELONI	ROSEMARY CHICKEN & MUSHROOM SAUCE	FISH MARINARA	KOREAN FOOD PROMOTION	FISH KEBAB	CHICKEN MEATBALL IN TOMATO SAUCE	
	ASIAN	POTATO WEDGES	PILAF RICE	BUTTER HERB PENNE	JAPCHAE DAKGALBI KIMCHI	PITA BREAD	SPIRAL ARRABIATA	
	VEGETARIAN	GARDEN SALAD	CARROT VINCHY	TUNA SALAD		GARDEN SALAD	CAESAR SALAD	
LUNCH	ASIAN	AYAM MASAK MERAH	ASAM PEDAS IKAN	BLACK PEPPER CHICKEN WITH SPRING ONION	BEEF BULGOGI STEAMED RICE SUNDUBU JJIGAE	HAINANESE CHICKEN RICE	CHICKEN TANDOORI	
	VEGETARIAN	NASI TOMATO	STEMED RICE	FRIED KUAW TEOW	BRAISED SIEW PAK CHOI	WITH SALAD, TOMATO AND CUCUMBER	WHITE RICE	
	DESSERT	ACAR RAMPAI	TERUNG SAMBALADO				STIR FRY TURMERIC CABBAGE	
DINNER	WESTERN	VEGE CHICKEN MASAK MERAH	VEGGIE CHICKEN WITH MUSHROOM SAUCE	VEGGIE BLACK PEPPER CHICKEN	BIBIMBAP KOREAN GREEN SALAD	VEGGIE FISH KEBAB	BLACK PEPPER VEGGIE CHICKEN	VEGGIE HONEY CHICKEN
	ASIAN	NASI TOMATO	PILAF RICE	FRIED KUAW TEOW	BRAISED SIEW PAK CHOI	PITA BREAD	STEAMED RICE	WHITE RICE
	VEGETARIAN	ACAR RAMPAI	CARROT VINCHY			GARDEN SALAD	MIXED VEGETABLE	MIXED VEGETABLE WITH MUSHROOM
DINNER	WESTERN	BREAD BUTTER PUDDING	FRUIT SALAD	ORANGE	WATERMELON	MUFFIN	BANANA	JELLY PUDDING
	ASIAN	CHICKEN PUTTANESCA	SEAFOOD TOMYAM	GRILLED FISH FILLET	ROASTED CAJUN CHICKEN	BEEF GOULASH STEW	CHICKEN MASSALA	FRIED CRISPY FISH WITH SALSA
	VEGETARIAN	GARLIC BUTTER SPIRAL	OMMELETE	LEMON BUTTER SAUCE	PENNE ARABIATA	MASHED POTATO	BRIYANI RICE	AGLIO ALIO SPAGHETTI
	DESSERT	RATATOUILLE	STIR FRY LONG BEAN	PILAF RICE	CAULIFLOWER AU GRATIN	CEASER SALAD	DHALL CURRY	TUNA SALAD
	ASIAN	GARLIC BREAD	WHITE RICE	SAUTEED FRENCH BEAN	BROCOLLI SOUP	BANANA	PAPADOM	GARLIC BREAD
VEGETARIAN	WATERMELON	BUTTER CAKE	BANANA CAKE	HONEY DEW		IFILY PUDDING	MINI MUFFIN	

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