



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	●	ROTI CANAI WITH DHALL CURRY	● ✓ ✓	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	THAI GREEN CHICKEN CURRY	● ✓	CHICKEN RENDANG	● ✓	KOREAN GRILLED FISH	●	TERIYAKI CHICKEN	●	SWEET AND SOUR FISH	●			BEEF CURRY WITH POTATO	● ✓
DINNER	WESTERN	STEAMED RICE	● ✓ ✓ ✓	BERIYANI RICE	● ✓ ✓ ✓	STEAMED RICE	● ✓	STEAMED RICE	● ✓ ✓ ✓	STEAMED RICE	● ✓ ✓ ✓			STEAMED RICE	● ✓ ✓ ✓
	ASIAN	PADPRIK MIX VEGE	● ✓ ✓ ✓ ✓	PINEAPPLE PICKLED	● ✓ ✓ ✓ ✓	STIR FRY MIX VEGE	● ✓ ✓ ✓	BRAISED CHOI SAM	● ✓ ✓	MIXED VEGETABLE & MUSHROOM	● ✓ ✓ ✓			TURMERIC CABBAGE	● ✓ ✓ ✓ ✓
	VEGETARIAN	BEANCURD WITH PLUM SAUCE	● ✓ ✓	VEGGIE MUTTON RENDANG	● ✓ ✓	BRAISED SOFT BEANCURD	● ✓	VEGGIE CHICKEN SZECHUAN	● ✓	SWEET AND SOUR VEGE FISH	● ✓	VEGETARIAN CHICKEN FAJITA	● ✓ ✓ ✓	SAMBAL VEGGIE PRAWN	● ✓
	DESSERT	WATERMELON	● ✓ ✓ ✓ ✓	BUTTER CAKE	● ✓	ORANGE	● ✓ ✓ ✓ ✓	BREAD BUTTER PUDDING	● ✓	HONEYDEW	● ✓ ✓ ✓ ✓	APPLE	● ✓ ✓ ✓ ✓	BANANA CAKE	● ✓ ✓ ✓ ✓
DINNER	WESTERN	CHICKEN TERIYAKI	● ✓ ✓	THAI DUCK RED CURRY	●	AYAM MASSALA	● ✓ ✓	MUTTON CURRY WITH POTATO	●	HOME MADE CHICKEN BURGER	● ✓	STEAMED FISH IN THAI SAUCE	● ✓	BLACK PEPPER CHICKEN CHOP	● ✓
	ASIAN	JAPANESE RICE	● ✓ ✓	MILD CHILLI BRINJAL	● ✓ ✓	DHALL CURRY	● ✓ ✓ ✓	BOILED EGG	● ✓ ✓	FRENCH FRIES		PINEAPPLE FRIED RICE	● ✓ ✓ ✓	MASHED POTATO	● ✓ ✓
	VEGETARIAN	SAUTEED BEANSPROUT	● ✓ ✓ ✓	BRAISED JAPANESE BEANCURD	● ✓ ✓	BRIYANI RICE	● ✓ ✓ ✓	BRAISED BROCOLI	● ✓ ✓ ✓		● ✓	BRAISED LONG CABBAGE	● ✓ ✓ ✓	CEASER SALAD	● ✓ ✓ ✓ ✓
	DESSERT	SWEET CHILLI TOFU	● ✓ ✓ ✓	WHITE RICE	● ✓ ✓ ✓	PAPADOM	● ✓ ✓ ✓	WHITE RICE	● ✓ ✓	COBB SALAD	● ✓ ✓ ✓	EGG FOO YOUNG	● ✓ ✓	CREAMY MUSHROOM SOU	● ✓ ✓ ✓
	DESSERT	MUFFIN	● ✓ ✓ ✓ ✓	WATERMELON	● ✓ ✓ ✓ ✓	ORANGE	● ✓	BANANA	● ✓ ✓ ✓ ✓	FRUITS SALAD	● ✓ ✓ ✓ ✓	BITTER 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 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		● ✓ ✓ ✓ ✓	
DINNER	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	● ✓ ✓ ✓ ✓
DESSERT	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	● ✓
DINNER	ASIAN	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



**Delischool**