



3 TO 7 NOVEMBER 2025



	Monday	Food Traffic Light Guide	Tuesday	Food Traffic Light Guide	Wednesday	Food Traffic Light Guide	Thursday	Food Traffic Light Guide	Friday	Food Traffic Light Guide
STARTER	✓ Soup Of The Day	●	✓ Garden Salad	●	✓ Quiche Lorraine	●	✓ Caesar Salad	●	✓ Kurbiscremesuppe (Pumpkin soup)	●
WESTERN	✓ Baked Tilapia With Dill Cream Sauce ✓ Polenta ✓ Buttered Broccoli	● ● ●	✓ Beef Goulash ✓ Roasted Garlic&Thyme Rice ✓ Sauteed Green Peas	● ● ●	✓ Duck&Chicken Cottage Pie ✓ Buttered Corn Salad	● ● ●	✓ Chicken Schnitzel ✓ Jagersaus (brown sauce with mushroom onion and herb) ✓ Roasted Potato ✓ Steamed Carrot&Broccoli	● ● ●	✓ Fish Au Citron Et Persil ✓ Lemon Butter Sauce ✓ Herb CousCous ✓ Sauteed Mix Veges	● ● ●
ASIAN	✓ Ayam Masak Lemak (coconut & Turmeric Chicken Stew) ✓ Steamed Jasmine Rice ✓ Wok Fried Cabbages	● ● ●	✓ Teriyaki Chicken ✓ Fried Udon noodle ✓ Stir Fry Mushroom&Cabbage	● ● ●		● ● ●	✓ Black Bean Fish ✓ White Rice ✓ Braised Choy Sum	● ● ●	✓ Rosé Chicken (Ayam Masak Merah) ✓ Tomato Rice ✓ Acar Jelatah	● ●
VEGETARIAN (V)	✓ Vegan Protein Masak Lemak(V) ✓ Steamed jasmine Rice(V) ✓ Wok Fried Cabbage (V)	● ● ●	✓ Plant Based Beef Goulash (V) ✓ Creamy Mash Potato(V) ✓ Sautéed Green Peas(V)	● ● ●	✓ Vegetarian Chicken Popcorn (V) ✓ Vegetarian Fried Rice (V) ✓ Buttered Corn Salad (V)	● ● ●	✓ Vegetarian Schnitzel (V) ✓ Mushroom Sauce (V) ✓ Roasted Potato(V) ✓ Steamed Carrot&Broccoli (V)	● ● ●	✓ Vegetarian Chicken Rose (V) ✓ Tomato Rice (V) ✓ Acar Jelatah (V)	● ● ●
DAIRY	Camembert Cheese		Fruit Yoghurt	●	Strawberry Panna Cotta	●	Cheddar Cheese	●	Crème Caramel	●
FRUIT & DESSERT	Apple		Butter cake	●	Watermelon	●	Bread Butter Pudding	●	Honeydew	●



10 TO 14 NOVEMBER 2025



	Monday	Food Traffic Light Guide	Tuesday	Food Traffic Light Guide	Wednesday	Food Traffic Light Guide	Thursday	Food Traffic Light Guide	Friday	Food Traffic Light Guide
STARTER	✓ Soup Of The Day	●	✓ Caprese Salad	●	✓ Croque Monsieur	●	✓ Nicoise salad	●	✓ Soup Au Champignon (Mushroom Soup)	●
WESTERN	✓ Chicken Provençal ✓ Olive&Herb Rice ✓ Grilled Root Vegetable	● ● ●	✓ Fish à la Dijonnaise ✓ Dijon Cream Sauce ✓ Butter Fusilli ✓ Sautéed Broccoli	● ● ●	✓ Chicken Burger ✓ Potato wedges ✓ Coleslaw	● ● ●	✓ Lemon Rosemary Perch Fillets ✓ Garlic Butter Rice ✓ Roasted carrots	● ● ●	MUSHROOM DAY ✓ Lamb Aux Champignons ✓ Mashed Potatoes ✓ Baked Zucchini & mushroom	● ● ●
ASIAN	✓ Ginger&Soy Fish ✓ Stir Fried Lo Mein ✓ Stir Fried Bok Choy and Carrots	● ● ●	✓ Tamarind Coconut Curry Chicken ✓ Steamed Rice ✓ Sauteed Cabbage With Mustard Seed	● ● ●			✓ Chicken Pad Woon Sen(Thai style stir fried Chicken) ✓ Stir fried Glass Noodles ✓ Garlic Bok Choy& Carrots	● ● ●	✓ Malaysian Spiced Fried Chicken ✓ Nasi Lemak and condiments	● ● ●
VEGETARIAN (V)	✓ Tofu Provençal (V) ✓ Olive&Herb Rice(V) ✓ Grilled Root Vegetables(V)	● ● ●	✓ Mock Fish With Dijon Cream Sauce(V) ✓ Herb Butter Boiled Potatoes (V) ✓ Sautéed Broccoli (V)	● ● ●	✓ Vegetarian Moussaka(V) ✓ Steamed Rice(V) ✓ Mesclun Greens (V)	● ● ●	✓ Vegetarian Chicken(V) ✓ Stir Fried Glass Noodles(V) ✓ Garlic Bok Choy&Carrots (V)	● ● ●	✓ Spiced Fried Tempeh &Mushroom (V) ✓ Nasi Lemak And Condiments (V)	● ● ●
DAIRY	Brie Cheese	●	Fruit Yogurt	●	Cream Cheese	●	Chocolate Pudding	●	Vanilla Flan	●
FRUIT & DESSERT	Dragon Fruit	●	Chocolate Cake	●	Pineapple	●	Red Velvet Cake	●	Banana	●



17 TO 21 NOVEMBER 2025



	Monday	Food Traffic Light Guide	Tuesday	Food Traffic Light Guide	Wednesday	Food Traffic Light Guide	Thursday	Food Traffic Light Guide	Friday	Food Traffic Light Guide
STARTER	✓ Soup Of The Day	●	✓ Korean Chopped Salad		✓ Cucumber Maki	●	✓ Green Garden Salad	●	✓ Poached Chicken Soup	●
WESTERN	✓ Chicken Cacciatore ✓ Spaghetti ✓ Sauteed Zucchini	● ● ●	✓ Grilled Saba Fillets ✓ Miso Mustard Sauce ✓ Spring Onion Butter boiled Potatoes ✓ Kimchi Slaw		✓ Riesen Chicken Bratwurst (Jumbo Chicken Sausage) ✓ Mushroom Sauce ✓ Butter Rice ✓ Steamed Broccoli&Carrot	● ● ●	✓ Poulet Basquaise (Basque Chicken) ✓ Butter CousCous ✓ Carrot Vichy	● ● ●	✓ Pan Fried Perch Fillet with Thyme Sauce ✓ Roasted Herb Potato ✓ Grill Tri Color Capsicum	● ● ●
ASIAN	✓ Fish Tikka Masala ✓ Steam White Rice ✓ Vegetables Curry	● ● ●	<u>KOREAN DAY</u> ✓ Chicken Bulgogi ✓ Steamed Korean rice ✓ Bean Sprout with Chives				✓ Steamed Fish With ginger &Light soy sauce ✓ Steamed rice ✓ Stir Fry Cabbage with scallions	● ● ●	✓ Chicken Rice With Condiments	● ● ●
VEGETARIAN (V)	✓ Mushroom Bites Cacciatore(V) ✓ Spaghetti (V) ✓ Sauteed Zucchini(V)	● ● ●	✓ Bulgogi vegetarian Chicken(V) ✓ Steam Korean Rice(V) ✓ Bean sprout with Chives(V)		✓ Roasted Mock meat (V) ✓ Mushroom Sauce (V) ✓ Butter rice (V) ✓ Steamed Broccoli&Carrot(V)	● ● ●	✓ Tofu with light soy sauce (V) ✓ Steamed rice (V) ✓ Stir Fry Cabbage With Scallions (V)	● ● ●	✓ Roast Vegetarian Chicken (V) ✓ Butter Rice(V) ✓ Lettuce,Cucumber,Tomat oes (V)	● ● ●
DAIRY	Emmental Cheese	●	Vanilla Yogurt		Berry Panna Cotta	●	Camembert Cheese	●	Ice Cream Cup	●
FRUIT & DESSERT	Pineapple	●	Banana Cakes		Honey Dew	●	Carrot Cake	●	Watermelon	●



24 TO 28 NOVEMBER 2025



	Monday	Food Traffic Light Guide	Tuesday	Food Traffic Light Guide	Wednesday	Food Traffic Light Guide	Thursday	Food Traffic Light Guide	Friday	Food Traffic Light Guide
STARTER	✓ Soup Of The Day	●	✓ Potato, Ham & cheese Salad	●	✓ Quesadilla Bites	●	✓ Potato & Green Bean Salad	●	✓ Soupe à l'Oignon (French Onion Soup)	●
WESTERN	✓ Chicken Fricassee ✓ Pilaf Rice ✓ Sautéed Spinach	● ● ●	✓ Fish Provençal ✓ Butter Corn Cob ✓ Sautéed Capsicum & Courgettes	● ● ●	✓ Chicken Pop Corn ✓ Cheese Baked Macaroni ✓ Mix Salad	● ● ●	✓ Chicken Cordon Bleu ✓ Herbs Lemon Rice ✓ Creamy Spinach	● ● ●	✓ Creamy Citrus Dill Fish ✓ Herb Boiled Potatoes ✓ Sautéed French Bean	● ● ●
ASIAN	✓ Battered Sweet Sour Fish ✓ Fried Flat Rice Noodle (char kuey Teow) ✓ Stir Fry Baby Kailan	● ● ●	✓ Thai Green Curry Chicken ✓ Steamed Rice ✓ Sautéed Turmeric Cabbage	● ● ●			✓ Sweet Soy Beef ✓ Wokfried Rice Vermicelli ✓ Stir fried mixed Veges	● ● ●	✓ Chicken Roganjosh ✓ Ghee Basmati Rice ✓ Cucumber Raita	● ● ●
VEGETARIAN (V)	✓ Tofu and Tempeh Sweet Sour (V) ✓ Fried Flat Rice Noodle (V) ✓ Stir Fry Baby Kailan (V)	● ● ●	✓ Chickpea with Tomato Sauce (V) ✓ Butter Corn Cob (V) ✓ Sautéed French Beans (V)	● ● ●	✓ Deep Fried Vegetable Chicken (V) ✓ White Rice (V) ✓ Stir Fried Beansprout (V)	● ● ●	✓ Sweet Soy Mushroom Bites (V) ✓ Wokfried Rice Vermicelli ✓ Stir fry mixed Veges (V)	● ● ●	✓ Vegetarian Chicken Roganjosh (V) ✓ Ghee Rice ✓ Cucumber Raita (V)	● ● ●
DAIRY	Edam Cheese	●	Vanilla Yogurt	●	Cheddar Cheese	●	Fruit Pudding	●	Mango Panna Cotta	●
FRUIT & DESSERT	Orange	●	Carrot Cake	●	Papaya	●	Chocolate Cake	●	Watermelon	●

Information & Healthy guidelines

GO: Eat daily.

Whole grains



Fruits & vegetables



Healthy proteins



Milk, cheese, & yogurt



SLOW: Eat only once or twice a week.

Refined grains



Lean, ground meats



Low-sugar cookies, cakes



Jelly, mayo, honey



WHOA: Eat only once or twice a month.

Dessert, donuts, candy



Fried foods



Soda & chocolate milk



Processed meat



Information & Privilege

All of the food served is HALAL compliant.

Please note that our menu is subject to change based on the availability of seasonal ingredients

Delischool Healthy Food Guidelines:

Our meals consist of a starter, a main course featuring one protein, one carbohydrate, and one vegetable, bread, dairy, fruit, and a special dessert twice a week.

We mainly bake, grill, steam, lightly stir-fry or boil our foods. Deep frying is limited within our menu cycle.

We do not add MSG (Monosodium Glutamate) to our cooked foods.

We reduce saturated fat, sugar, salt & artificial coloring in our cooking

Guaranteed nut free and MSG free.

We provide a Traffic Light Eating guide to help students make healthy food choices. Vegetarian options are indicated with a **(V)** symbol.