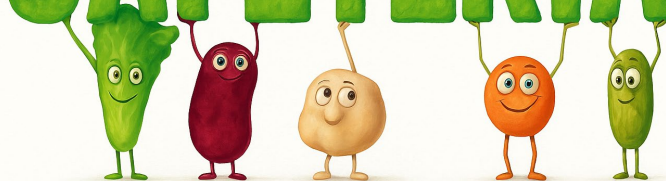


Delischool CAFETERIA




1 TO 3 OCTOBER 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					✓ Cucumber Maki	●	✓ Caesar Salad	●	✓ Broccoli Soup	●
WESTERN					✓ Roasted Chicken with cream Basil Sauce ✓ Butter Cous Cous ✓ Ratatouille	● ● ●	✓ Beef Stroganoff ✓ Mashed Potato ✓ Sautéed Broccoli	● ● ●	✓ Poisson Provençal (fish with tomato concasse, zucchini & olive) ✓ Pilaf Rice ✓ Roasted capsicum & zucchini	● ● ●
ASIAN						● ● ●	✓ Ginger Braised fish ✓ White Rice ✓ Stir fry Okra	● ● ●	✓ Fried Turmeric Chicken ✓ Fried noodle ✓ Stir fried julienne vegetables	● ● ●
VEGETARIAN (V)					✓ Roasted Vegan Protein (V) ✓ Butter CousCous (V) ✓ Rattatouille (V)	● ● ●	✓ Mushroom & mock meat Stroganoff (V) ✓ Mashed Potato (V) ✓ Sautéed Broccoli (V)	● ● ●	✓ Fried Turmeric Tofu (V) ✓ Fried noodle (V) ✓ Stir fried Julienne vegetables (V)	● ● ●
DAIRY					Emmental Cheese	●	Plain Yoghurt	●	Cheddar Cheese	●
FRUIT & DESSERT					Orange	●	Bread Butter Pudding	●	Honeydew	●



6 TO 10 OCTOBER 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	✓ Leek & Potato Soup		✓ Salad Bar / Spring Roll	●	✓ Mini Pizza	●	✓ Salad Bar / sweet potato balls	●	✓ Soup Au Champignon (Mushroom Soup)	●
WESTERN	✓ Creamy Tuscan Chicken ✓ Herb Roasted Potato ✓ Sautéed spinach		✓ Beef bourguignon ✓ Mashed Potatoes ✓ Honey roasted carrot	● ● ●	✓ Chicken bolognese ✓ Spaghetti ✓ Steamed broccoli	● ● ●	✓ Grill Cajun chicken ✓ Cajun brown sauce ✓ Roasted potato ✓ Sautéed French bean and onion	● ● ●	✓ Pan Fried Perch Fillet with Orange Butter Sauce ✓ Butter garlic steam potato ✓ Baked Carrot & green peas	● ● ●
ASIAN	✓ Battered Fried fish ✓ Coriander Thai sauce ✓ White rice ✓ Wok fried chives and beansprout		✓ Chicken Kam Heong ✓ Steam Rice ✓ Siew Pak Choy With Oyster Sauce	● ● ●		● ● ●	✓ Steam soy fish ✓ White Rice ✓ Braised Chinese spinach	● ● ●	✓ Chicken korma ✓ Ghee rice ✓ Acar jelatah	● ● ●
VEGETARIAN (V)	✓ Vegan protein Tuscan ✓ Herb roasted potato ✓ Sautéed spinach		✓ Mushroom and soy protein Bourguignon (V) ✓ Mashed Potatoes (V) ✓ Honey roasted carrot (V)	● ● ●	✓ Mushroom & Mock Chicken Bolognese (V) ✓ Steamed rice (V) ✓ Sautéed Broccoli (V)	● ● ●	✓ Steam tofu with soy Sauce ✓ White rice ✓ Braised Chinese spinach	● ● ●	✓ Vegan protein korma (V) ✓ Ghee rice (V) ✓ Acar jelatah (V)	● ● ●
DAIRY	Brie Cheese		Strawberry Yoghurt	●	Emmental Cheese	●	Plain Yoghurt	●	Cheddar Cheese	●
FRUIT & DESSERT	Watermelon		Butter cake	●	Watermelon	●	Butter orange cake	●	Honeydew	●

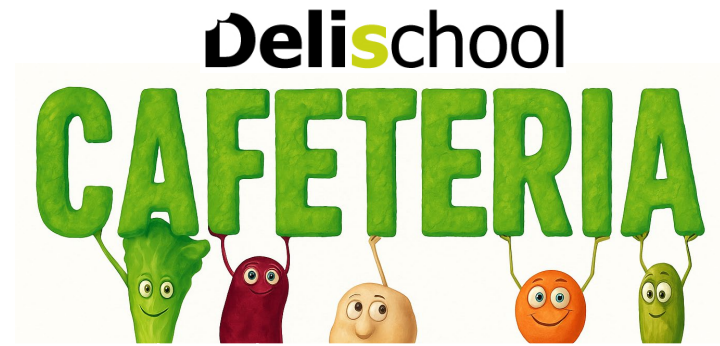


13 TO 17 OCTOBER 2025



	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	✓ French Onion		✓ Chicked Salad		✓ Carrot Soup	●	✓ Green Garden Salad	●	✓ Spring Roll	●
WESTERN	✓ Roasted Chicken ✓ Demi glace sauce ✓ Arroz con maiz (mexican corn rice) ✓ Roasted carrot and thyme	● ● ●	<u>DEEPAVALI SPECIAL</u> ✓ Parmesan Crusted baked perch ✓ Lyonnaise potato ✓ Sautee French Bean	● ● ●	✓ Chicken Maryland (breaded chicken cutlet) ✓ Loaded Mashed Potato with Brown Sauce ✓ Mix salad	● ● ●	✓ Baked Chicken Marinara ✓ Linguine ✓ Baked zucchini with onion	● ● ●	✓ Fish and chips ✓ Tartar sauce ✓ French fries ✓ Butter Green Peas and Carrot	● ● ●
ASIAN	✓ FishTandoori ✓ Fried Yee Mee ✓ Stir Fry vegetables	● ● ●	✓ Lamb Briyani ✓ Briyani Basmathi Rice ✓ Vegetable dalca (lentil and vege curry)	● ● ●			✓ Fish Curry ✓ White Rice ✓ Stir fried Turmeric Cabbage	● ● ●	✓ Spiced soy sauce Chicken ✓ Steamed Rice ✓ Stir fried Beansprout	● ● ●
VEGETARIAN (V)	✓ Roasted vegan protein (V) ✓ Mexican corn rice (V) ✓ Roasted carrot and thyme (V)	● ● ●	✓ Tempeh in Briyani sauce (V) ✓ Briyani Rice (V) ✓ Vegetable dalca (V)	● ● ●	✓ Breaded vegetable Cutlet (V) ✓ White Rice (V) ✓ Mix Vegetable	● ● ●	✓ Tofu Marinara (V) ✓ Linguine ✓ Baked zucchini with onion (V)	● ● ●	✓ Spiced Tofu and Tempeh Soy Sauce (V) ✓ Steamed Rice (V) ✓ Stir Fried Beansprout (V)	● ● ●
DAIRY	Edam Cheese	●	Mix Flavor Yogurt	●	Cheddar Cheese	●	Gouda Cheese	●	Strawberry Yogurt	●
FRUIT & DESSERT	Apple	●	Vanilla Cake	●	Honeydew	●	Watermelon	●	Carrot Cake	●

**27 to 31 OCTOBER 2025
(DSKL ONLY)**



	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	✓ Green pea soup	●	✓ Chickpea Salad	●	✓ Minestrone soup	●	✓ Nicoise Salad	●	✓ Witch's Brew Pumpkin Soup	●
WESTERN	✓ Meatball & gravy ✓ Mashed potatoes ✓ Butter broccoli	● ● ●	✓ Chicken Piccata ✓ Capers lemon sauce ✓ Butter Rice ✓ Roasted capsicum and onion	● ● ●	✓ American hotdog ✓ French Fries ✓ Mixed Salad	● ● ●	✓ Grilled Chicken with brown sauce ✓ Butter couscous ✓ Sautéed mediterranean vegetable	● ●	HALLOWEEN SPECIAL ✓ Spooky Fish in Monster tomato sauce ✓ Ghostly Spaghetti ✓ Charred Zombie Grill zucchini and onion	● ● ●
ASIAN	✓ Chicken padprik ✓ Steamed Rice ✓ Wokfried long bean & Carrot	● ● ●	✓ Crispy Fried Fish Fish ✓ Fried Noodle ✓ Stir fry vegetable	● ● ●			✓ Chicken Kung Pao ✓ Steamed Rice ✓ Braised Pak Choy	● ● ●	✓ Vampire Beef Bulgogi ✓ Skeleton white rice ✓ Frankenstein's Stir fry Mixed Vegetable	● ● ●
VEGETARIAN (V)	✓ Mock mea t&gravy (V) ✓ Mashed potatoes(V) ✓ Butter Broccoli (V)	● ● ●	✓ Plant Based chicken piccata (V) ✓ Butter Rice(V) ✓ Roasted capsicum and onion (V)	● ● ●	✓ Curry chickpea and potato(V) ✓ Steamed rice (V) ✓ Stir fried vegetables (V)	● ● ●	✓ Tofu Kung Pao(V) ✓ Steamed Rice(V) ✓ Braised Pak Choy (V)	● ● ●	✓ Vegetarian Fish in Monster tomato sauce (V) ✓ Ghostly Spaghetti (V) ✓ Charred Zombie Grill zucchini and onion (V)	● ● ●
DAIRY	Brie Cheese	●	Strawberry Yogurt	●	Cream Cheese	●	Mango Yogurt	●	Cheesy Ghost Camembert	●
FRUIT & DESSERT	Dragon Fruit	●	Chocolate Cake	●	Banana	●	Watermelon	●	Haunted Red Velvet Cake	●

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.