



	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	●	✓ Salad Bar/ Sweet Potato Balls	●●	✓ Quiche Lorraine	●	✓ Salad Bar/ Spring Rolls	●●	✓ Kurbiscremesuppe (Pumpkin soup)	●
SANDWICH	✓ Honey Roasted Chicken Ciabbata ✓ 3 choices Of Vegetables	● ●	✓ Tuna Mayo Panini ✓ 3 choices of Vegetables	● ●		● ●	✓ Roasted Beef Wrap ✓ 3 choices of Vegetables	● ●	✓ Chicken Slice Cheese Croissanwich ✓ 3 choices of Vegetables	● ●
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	●

Menu

10 TO 14 NOVEMBER
2025



Delischool



	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	●	✓ Salad Bar/Curry Puff	●	✓ Croque Monsieur	●	✓ Salad Bar/Maki Roll	●	✓ Soup Au Champignon (Mushroom Soup)	●
SANDWICH	✓ BBQ Meat Ball Ciabbata ✓ 3 choices of Vegetables	● ●	✓ Spicy Chicken Wrap ✓ 3 choices of Vegetables	● ●			✓ Honey Glazed Chicken Ham Panini ✓ 3 choices of Vegetables	● ●	✓ Smoke Duck&Mushroom Ciabatta ✓ 3 choices of Vegetables	● ●
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	●



	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	●	✓ Salad Bar/Cucumber Kimbap		✓ Samosa	●	✓ Salad Bar/Pesto Focaccia	●	✓ Poached Chicken Soup	●
SANDWICH	✓ Roast Chicken Pesto Ciabbata ✓ 3 Choices Of Vegetables	● ●	✓ Sweet Gochujang Beef Melt Panini ✓ 3 Choices Of Vegetables				✓ BBQ Chicken Wraps ✓ 3 choices of Vegetables	● ●	✓ Fish Goujon Baguette ✓ 3 choices of Vegetables	● ●
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, Tomatoes (V)	● ● ●
DAIRY	Emmental Cheese	●	Vanilla Yoghurt		Berry Panna Cotta	●	Camembert Cheese	●	Ice Cream	●
FRUIT & DESSERT	Pineapple	●	Banana Cakes		Honeydew	●	Carrot Cake	●	Watermelon	●

Menu

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	●	✓ Salad Bar/Curry Puffs	●	✓ Quesadilla Bites	●	✓ Salad Bar/ Sweet Potato Balls	●	✓ Soupe à l'Oignon (French Onion Soup)	●
SANDWICH	✓ Teriyaki Chicken Panini ✓ 3 choices of Vegetables	● ●	✓ Roasted Chicken Pesto Ciabbata ✓ 3 choices of Vegetables	● ●			✓ Roast Beef capsicum panini ✓ 3 choices of Vegetables	● ●	✓ Chicken & Cheese Croissant ✓ 3 choices of Vegetables	● ●
WESTERN	✓ Chicken Fricassee ✓ Pilaf Rice ✓ Sauteed Spinach	● ● ●	✓ Fish Provençal ✓ Butter Corn Cob ✓ Sauteed 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 ✓ Sauteed 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) ✓ Sauteed 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 Yogurt	●	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.