



	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	●	✓ Salad Bar/Spring Roll	●	✓ Broccoli Soup	●
SANDWICH				● ●		● ●	✓ Roasted Chicken Wrap ✓ 3 choices of Vegetables	● ●	✓ Chicken Slice Panini Sandwich ✓ 3 choices of Vegetables	● ●
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	●



	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
<b>STARTER</b>	✓ Soup Of The Day		✓ Salad Bar / Spring Roll	●	✓ Mini Pizza	●	✓ Salad Bar / sweet potato balls	●	✓ Soup Au Champignon (Mushroom Soup)	●
<b>SANDWICH</b>	✓ Fish goujon sandwich ✓ 3 choices of vegetable		✓ Sriracha Roast Chicken sandwich ✓ 3 choices of vegetables				✓ Beef capsicum melt panini ✓ 3 choices of vegetables		✓ Chicken Caesar wrap	
<b>WESTERN</b>	✓ 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	● ● ●
<b>ASIAN</b>	✓ 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	● ●
<b>VEGETARIAN (V)</b>	✓ 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)	● ● ●
<b>DAIRY</b>	Brie Cheese		Strawberry Yoghurt	●	Emmental Cheese	●	Plain Yoghurt	●	Cheddar Cheese	●
<b>FRUIT &amp; DESSERT</b>	Watermelon		Butter cake	●	Watermelon	●	Butter orange cake	●	Honeydew	●

# Menu

## 13 TO 17 OCTOBER 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
<b>STARTER</b>	✓ Soup Of The Day	●	✓ Vegetable Samosa	●	✓ Carrot Soup	●	✓ Salad Bar/Curry Puff	●	✓ Salad Bar/ Quiche	●
<b>SANDWICH</b>	✓ Teriyaki Chicken Panini ✓ 3 choices of Vegetables	● ●	✓ Chicken & Cheese Croissant ✓ 3 choices of Vegetables	● ●			✓ Roast Beef ciabbata ✓ 3 choices of Vegetables	● ●	✓ Roasted Chicken Focaccia ✓ 3 choices of Vegetables	● ●
<b>WESTERN</b>	✓ Roasted Chicken ✓ Demi glace sauce ✓ Arroz con maiz (mexican corn rice) ✓ Roasted carrot and thyme	● ● ●	<b>DEEPAVALI SPECIAL</b> ✓ 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	● ● ●
<b>ASIAN</b>	✓ FishTandoori ✓ Fried Yee Mee ✓ Stir Fry vegetables	● ● ●	✓ Beef Briyani ✓ Briyani Rice ✓ Vegetable dalca (lentil and vege curry)	● ● ●			✓ Fish Curry ✓ White Rice ✓ Stir fried Turmeric Cabbage	● ● ●	✓ Spiced soy sauce Chicken ✓ Steamed Rice ✓ Stir fried Beansprout	● ● ●
<b>VEGETARIAN (V)</b>	✓ 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 salad	● ● ●	✓ Tofu Curry (V) ✓ White Rice ✓ Stir fry Long Cabbage (V)	● ● ●	✓ Chickpea with Tomato Sauce (V) ✓ Sautee Fettuccine (V) ✓ Green Pea and Carrot (V)	● ● ●
<b>DAIRY</b>	Edam Cheese	●	Gouda Cheese	●	Cheddar Cheese	●	Blueberry Yogurt	●	Strawberry Yogurt	●
<b>FRUIT &amp; DESSERT</b>	Apple	●	Vanilla Cake	●	Honeydew	●	Watermelon	●	Carrot Cake	●



	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
<b>STARTER</b>	✓ Soup Of The Day	●	✓ Salad Bar / Pissaladiere	●	✓ Minestrone soup	●	✓ Salad bar / samosa	●	✓ Witch's brew Pumpkin Soup	●
<b>SANDWICH</b>	✓ Tuna mayo panini ✓ 3 choices of vegetables		✓ Meatball tomato sandwich ✓ 3 choices of vegetables				✓ Black pepper roast beef focaccia ✓ 3 types of veges		✓ Grilled Mummy Chicken Ciabbata ✓ 3 magic vegetables	
<b>WESTERN</b>	✓ Meatball & gravy ✓ Mashed potatoes ✓ Butter broccoli	● ● ●	✓ Chicken Piccata ✓ Capers lemon sauce ✓ Oven baked Potato ✓ Roasted capsicum and onion	● ● ●	✓ American hotdog ✓ French Fries ✓ Mixed Salad	● ● ●	✓ Grilled Chicken with brown sauce ✓ Butter couscous ✓ Sautéed mediterranean vegetable	● ●	<b>HALLOWEEN SPECIAL</b> ✓ Spooky Fish in Monster tomato sauce) ✓ Ghostly Butter steam potato ✓ Charred Zombie Grill zucchini and onion	● ● ●
<b>ASIAN</b>	✓ Chicken padprik ✓ Steamed Rice ✓ Wokfried long bean & Carrot	● ● ●	✓ Buttermilk Fish ✓ Steamed rice ✓ Stir fry vegetable	● ● ●			✓ Chicken Kung Pao ✓ Steamed Rice ✓ Braised Pak Choy	● ● ●	✓ Vampire Beef Bulgogi ✓ Skeleton white rice ✓ Frankenstein's Stir fry Mixed Vegetable	● ● ●
<b>VEGETARIAN (V)</b>	✓ Mock meat&gravy (V) ✓ Mashed potatoes(V) ✓ Butter Broccoli (V)	● ● ●	✓ Plant Based chicken piccata (V) ✓ Butter basted Potato(V) ✓ Roasted Capsicum(V)	● ● ●	✓ Curry chickpea and potato(V) ✓ Steamed rice (V) ✓ Stir fried vegetables (V)	● ● ●	✓ Tofu Kung Pao(V) ✓ Steamed Rice(V) ✓ Braised Pak Choy (V)	● ● ●	✓ Tempeh and Tofu Trick-O-Treat Bulgogi(V) ✓ Witch's Cauldron white rice(V) Stir fried Mixed Vegetable(V)	● ● ●
<b>DAIRY</b>	Brie Cheese	●	Strawberry Yogurt	●	Cream Cheese	●	Mango Yogurt	●	Cheesy Ghost Camembert	●
<b>FRUIT &amp; DESSERT</b>	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.