



	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	●

Menu

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	✓ Soup Of The Day		✓ Salad Bar / Spring Roll	●	✓ Mini Pizza	●	✓ Salad Bar / sweet potato balls	●	✓ Soup Au Champignon (Mushroom Soup)	●
SANDWICH	✓ 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	
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	●

Menu

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	✓ Soup Of The Day	●	✓ Salad Bar/Vegetable Samosa	●	✓ Carrot Soup	●	✓ Salad Bar/Curry Puff	●	✓ Spring Roll	●
SANDWICH	✓ 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	● ●
WESTERN	✓ Roasted Chicken ✓ Demi glace sauce ✓ Arroz con maiz (mexican corn rice) ✓ Roasted carrot and thyme	● ● ●	DEEPAVALI SPECIAL ✓ 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	●

Menu

**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	✓ Soup Of The Day	●	Salad Bar / Pissaladiere	●	✓ Minestrone soup	●	✓ Salad bar / samosa	●	✓ Witch's brew Pumpkin Soup	●
SANDWICH	✓ 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	
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 padrik ✓ Steamed Rice ✓ Wokfried long bean & Carrot	● ● ●	✓ Crispy Fried 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.