



3 TO 6 FEBRUARY 2026



	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	●	✓ Croque Monsieur	●	✓ Caesar Salad	●	✓ Potato Soup	●
WESTERN		● ● ●	✓ Pan Fried Perch Fillet ✓ Arabbiaata Sauce ✓ Pasta ✓ Steamed Cauliflower & Green Peas	● ● ●	✓ BBQ Chicken ✓ Cheese Baked Macaroni ✓ Chef Salad	● ● ●	✓ Beef Goulash ✓ Mashed Potato ✓ Butter Broccoli	● ● ●	✓ Perch Fillet with Salsa ✓ Pilaf Rice ✓ Roasted Zucchini & Capsicum	● ● ●
ASIAN		● ● ●	✓ Turmeric Fried Chicken ✓ Steamed Jasmine Rice ✓ Stir Fried Long Bean & Carrot	● ● ●		● ● ●	✓ Chicken Bulgogi ✓ Steamed Korean Rice ✓ Stir Fried Beansprout & Chives	● ● ●	✓ Pop Corn Chicken ✓ Fried Yellow Noodle ✓ Stir Fried Choy Sam	● ●
VEGETARIAN (V)		● ● ●	✓ Stir Fried Tempe, Long Bean & Carrot(V) ✓ Steamed jasmine Rice(V)	● ● ●	✓ Tofu & Corn Fried Rice(V) ✓ Choi Sam Soy Sauce(V)	● ● ●	✓ Chickpeas Goulash(V) ✓ Mashed Potato(V) ✓ Butter Broccoli (V)	● ● ●	✓ Vegetarian Chicken Pop Corn ✓ Fried Yellow Noodle ✓ Stir Fried Choy Sam(V)	● ● ●
DAIRY			Camembert Cheese	●	Edamer Cheese	●	Fruit Yoghurt	●	Cheddar Cheese	●
FRUIT & DESSERT			Watermelon	●	Butter Cake	●	Banana	●	Chocolate Cake	●

9 TO 13 FEBRUARY 2026



	Monday	Food Traffic Light Guide	Tuesday	Food Traffic Light Guide	Wednesday	Food Traffic Light Guide	Thursday	Light Guide	Friday	Light Guide
	✓ Soup Of The Day	●	✓ Mixed Salad	●	✓ Pumpkin Soup	●	✓ Chopped Salad	●	✓ Golden Carnival Sweet Corn & Chicken Soup	●
WESTERN	<ul style="list-style-type: none"> ✓ Grilled Chicken ✓ Brown Sauce ✓ Butter Couscous ✓ Toasted Spinach 	●	<ul style="list-style-type: none"> ✓ Oven Baked Fish ✓ Pomodoro e Erbe (Tomato and Herb Sauce) ✓ Potato Wedges ✓ Grilled Zucchini & Capsicum 	●	<ul style="list-style-type: none"> ✓ Chicken Alfredo ✓ Spaghetti ✓ Steamed Broccoli 	●	<ul style="list-style-type: none"> ✓ Pan Fried Fish ✓ Orange Butter Sauce ✓ Garlic Rice ✓ Steamed Cauliflower & Carrot 	●	CARNAVAL <ul style="list-style-type: none"> ✓ Sweet & Tangy Grilled Lamb ✓ Black Pepper Sauce ✓ Mashed Potatoes ✓ Carrot Vichy 	●
ASIAN	<ul style="list-style-type: none"> ✓ Fish Makhani ✓ Steamed rice ✓ Stir Fry Baby Kailan 	●	<ul style="list-style-type: none"> ✓ Crispy Chicken With Thai Sauce ✓ Fried Glass Noodle ✓ Thai Mango Salad 	●			<ul style="list-style-type: none"> ✓ Chicken Kurma ✓ Basmathi Rice ✓ Roasted Egg Plant 	●	<ul style="list-style-type: none"> ✓ Chicken Mandy ✓ Mandy Rice ✓ Tomato Salsa 	●
VEGETARIAN (V)	<ul style="list-style-type: none"> ✓ Brown Glaze Mushroom(V) ✓ Butter CousCous(V) ✓ Toasted Spinach(V) 	●	<ul style="list-style-type: none"> ✓ Tofu with Thai Sauce ✓ Fried Glass Noodle ✓ Thai Mango Salad 	●	<ul style="list-style-type: none"> ✓ Sweet Sour Vegetarian "Fish" ✓ Chinese style Fried Rice ✓ Pak Choy Oyster Sauce 	●	<ul style="list-style-type: none"> ✓ Tofu & Chickpeas Kurma ✓ Basmathi Rice ✓ Roasted Egg Plant 	●	<ul style="list-style-type: none"> ✓ Tofu and Brinjal (V) ✓ Mandy Rice(V) ✓ Tomato Salsa(V) 	●
DAIRY	Brie Cheese	●	Cammenbert Cheese	●	Cream Cheese	●	Cheddar Cheese	●	Fruit yoghurt	●
FRUIT & DESSERT	Watermelon	●	Red Velvet Cake	●	Papaya	●	Banana	●	Fruit Cocktail Pudding	●

**19 TO 20 FEBRUARY 2026
(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		●		●		●	✓ Chopped Salad	●	✓ Mushroom Soup	●
WESTERN		● ● ●		● ● ●		● ● ●	✓ Roasted Chicken Marinara ✓ Linguine ✓ Roasted Broccoli & Bell Peppers	● ● ●	✓ Honey Lemon Baked Fish Butter Rice ✓ Sauteed Mediterranean Vegetables	● ● ●
ASIAN		● ● ●		● ● ●			✓ Fish Tandoori ✓ Basmathi Rice ✓ Cucumber Raita	● ● ●	✓ Chicken Pad Kra Pao ✓ Steamed Rice ✓ Stir Fry Long Beans	● ● ●
VEGETARIAN (V)		● ● ●		● ● ●		● ● ●	✓ Beancurd & Chickpeas Tandoori(V) ✓ Basmathi Rice(V) ✓ Cucumber Raita(V)	● ● ●	✓ Honey Lemon Baked Tofu(V) ✓ Butter Rice(V) ✓ Sauteed Mediterranean Vegetables(V)	● ● ●
DAIRY		●		●		●	Brie Cheese	●	Strawberry Yoghurt	●
FRUIT & DESSERT		●		●		●	Rock Melon	●	Carrot Cakes	●

23 TO 27 FEBRUARY 2026
(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	●	✓ Chef Salad	●	✓ Mini Pizza	●	✓ Spring Roll	●	✓ Potato Leek Soup	●
WESTERN	<ul style="list-style-type: none"> ✓ Fish and Chips ✓ Tartare Sauce ✓ Garden Mix Salad 	● ● ●	<ul style="list-style-type: none"> ✓ Peri Peri Chicken ✓ Garlic Butter Rice ✓ Baked Broccoli 	● ● ●	<ul style="list-style-type: none"> ✓ Chicken Maryland ✓ Demi Glaze ✓ Loaded Mash Potatoes ✓ Chef Salad 	● ● ●	<ul style="list-style-type: none"> ✓ Poisson Basquaise ✓ Pasta ✓ Grilled Zucchini 		<ul style="list-style-type: none"> ✓ Roasted Chicken ✓ Espagnole Sauce ✓ Roasted Herb Potatoes ✓ Sauteed Zucchini and Capsicum 	● ● ●
ASIAN	<ul style="list-style-type: none"> ✓ Salted Egg Chicken ✓ Steamed jasmine Rice ✓ Stir Fry Mix vegetables 	● ● ●	<ul style="list-style-type: none"> ✓ Ginger Scallion Fish ✓ Fried Yee Mee ✓ Braised Kailan 	● ● ●			<ul style="list-style-type: none"> ✓ Chicken Rice ✓ Honey Roasted Chicken ✓ Condiments 		<ul style="list-style-type: none"> ✓ Fish karaage ✓ Steamed Japanese Rice ✓ Stir Fry Beansprout & Chives 	● ● ●
VEGETARIAN (V)	<ul style="list-style-type: none"> ✓ Salted Egg Beancurd & Tempe ✓ Steamed Jasmine Rice ✓ Stir Fry Mix Vegetables 	● ● ●	<ul style="list-style-type: none"> ✓ Vegetarian Peri Peri "Chicken" ✓ Garlic Butter Rice ✓ Baked Broccoli 	● ● ●	<ul style="list-style-type: none"> ✓ Egg Tofu Soy Sauce ✓ Steamed white Rice ✓ Braised cabbage With Egg 	● ● ●	<ul style="list-style-type: none"> ✓ Tofu Basquaise ✓ Pasta ✓ Grilled Zucchini 		<ul style="list-style-type: none"> ✓ Crispy Tofu ✓ Steamed Japanese Rice ✓ Stir Fry Beansprout & Chives 	● ● ●
DAIRY	Edamer Cheese	●	Camembert Cheese	●	Crème Caramel	●	Strawberry Yoghurt		Ice-Cream	●
FRUIT & DESSERT	Apple	●	Berry Cakes	●	Watermelon	●	Fruit Cake		Banana	●

Information & Healthy guidelines



Delischool

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.