



Delischool























































5 TO 9 JANUARY 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	●	✓ Garden Salad	●	✓ Pissaladiere (Olive, Caramelised Onion Puff Pastry)	●	✓ Caesar Salad	●	✓ Minestrone Soup	●
WESTERN	✓ Fritto di Pesce (Deep Fried Fish) ✓ Garlic & lemon aioli ✓ Oven Roasted Potato ✓ Buttered Carrot & Parsley	? ? ?	✓ Beef Stroganoff ✓ Garlic Butter Rice ✓ Butter Peas and Carrot	? ? ?	✓ Chicken Burger ✓ Sweet Potato Fries ✓ Coleslaw	? ? ?	✓ Grilled Chicken With Teriyaki Sauce ✓ Japanese Rice ✓ Mixed Salad With Kewpie dressing	? ? ?	✓ Pan Fried Perch ✓ Herb Cream Sauce ✓ Spaghetti ✓ Roasted Garlic Broccoli	● ● ●
ASIAN	✓ Chicken Masak Lemak (Coconut Milk & Turmeric Chicken) ✓ Steamed Jasmine Rice ✓ Stir Fry Long Cabbage	? ? ?	✓ Kung Pao Chicken ✓ Fried Yee Mee ✓ Stir Fry Carrot&Spinach	? ? ?		? ? ?	<b>JAPANESE DAY</b> ✓ Fish Tempura ✓ Fried Udon Noodle ✓ Bean Sprout Teppanyaki	? ? ?	✓ Chicken Rose ✓ Nasi Lemak ✓ Cucumber & Boiled Egg	● ●
VEGETARIAN (V)	✓ Bean curd Masak Lemak(V) ✓ Steamed Jasmine Rice(V) ✓ Stir Fry Long Cabbage(V)	? ? ?	✓ Vegetarian Protein Cream Sauce(V) ✓ Garlic Butter Rice(V) ✓ Butter Peas and Carrot(V)	? ? ?	✓ Stir Fried Mushroom(V) ✓ Mushroom Fried Rice(V) ✓ Braised Siew Pak Choy(V)	? ? ?	✓ Vegetarian Teriyaki Chicken(V) ✓ Fried Udon Noodle(V) ✓ Bean Sprout Teppanyaki(V)	? ? ?	✓ Deep Fried Vege Chicken (V) ✓ Nasi Lemak (V) ✓ Cucumber(V)	● ● ●
DAIRY	Camembert Cheese	?	Fruit Yoghurt	?	Edamer Cheese	?	Fruit Yoghurt	?	Crème Caramel	●
FRUIT & DESSERT	Orange	?	Swiss Roll	?	Watermelon	?	Japanese Cheesecake	?	Honeydew	●



12 TO 16 JANUARY 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
<b>STARTER</b>	✓ Soup Of The Day	●	✓ Mixed Salad	●	✓ Croque Monsieur	●	✓ Chopped Salad	●	✓ Soup Au Pistou	●
<b>WESTERN</b>	<ul style="list-style-type: none"> <li>✓ Lemon Butter Perch With Capers and Fresh Herbs</li> <li>✓ Roasted Potato</li> <li>✓ Grilled Zucchini</li> </ul>	  	<ul style="list-style-type: none"> <li>✓ Roasted Chicken</li> <li>✓ Carbonara Sauce</li> <li>✓ Spaghetti</li> <li>✓ Carrot Vichy</li> </ul>	  	<ul style="list-style-type: none"> <li>✓ Grilled Cajun Chicken</li> <li>✓ Tomato Basil sauce</li> <li>✓ Fusilli Pesto</li> <li>✓ Steamed Broccoli</li> </ul>	  	<ul style="list-style-type: none"> <li>✓ Roasted Chicken Whole Leg</li> <li>✓ Mushroom Gravy</li> <li>✓ Butter Herb Rice</li> <li>✓ Cauliflower au Gratin</li> </ul>	  	<ul style="list-style-type: none"> <li>✓ Beef Bourguignon</li> <li>✓ Butter Couscous</li> <li>✓ Ratatouille</li> </ul>	  
<b>ASIAN</b>	<ul style="list-style-type: none"> <li>✓ Chicken Curry</li> <li>✓ Steamed Jasmine Rice</li> <li>✓ Turmeric Cabbage Mustard Seed</li> </ul>	  	<ul style="list-style-type: none"> <li>✓ Ginger Soy Sauce Fish Fillet</li> <li>✓ Basmathi Rice</li> <li>✓ Spinach With garlic</li> </ul>	  				  		  
<b>VEGETARIAN (V)</b>	<ul style="list-style-type: none"> <li>✓ Vegetarian Fish</li> <li>✓ Lemon Butter Capers and Fresh Herbs (V)</li> <li>✓ Roasted Potato (V)</li> <li>✓ Grilled Zucchini (V)</li> </ul>	  	<ul style="list-style-type: none"> <li>✓ Soft Tofu Ginger Soy Sauce (V)</li> <li>✓ Basmathi Rice (V)</li> <li>✓ Spinach With Garlic (V)</li> </ul>	  	<ul style="list-style-type: none"> <li>✓ Mushroom &amp; Baked Bean (V)</li> <li>✓ Butter Herb Rice (V)</li> <li>✓ Toasted Cauliflower (V)</li> </ul>	  	<ul style="list-style-type: none"> <li>✓ Chickpeas &amp; Rattatouille (V)</li> <li>✓ Butter Couscous (V)</li> </ul>	  	<ul style="list-style-type: none"> <li>✓ Bean curd Pepes (V)</li> <li>✓ Steamed Rice (V)</li> <li>✓ Stir Fry Long Beans, Carrot (V)</li> </ul>	  
<b>DAIRY</b>	Brie Cheese		Fruit yoghurt		Cream Cheese		Cheddar Cheese		Strawberry Yoghurt	
<b>FRUIT &amp; DESSERT</b>	Apple		Marble Cake		Papaya		Banana		Butter Cakes	

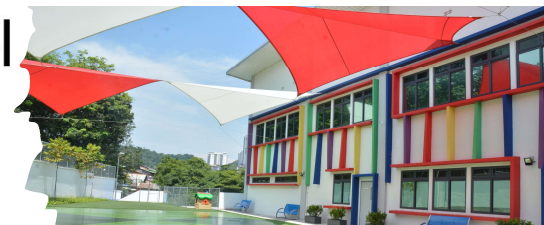


Delischool



19 TO 23 DECEMBER 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	?	✓ Chef Salad		✓ Quiche Lorraine	?	✓ Garden Salad	?	✓ Sup Sayur Lodeh (Indonesian Style Creamy Vege Soup)	●
WESTERN	✓ Pollo al Ajillo (Roasted Garlic Chicken) ✓ Penne Aglio Olio ✓ Steamed Winter Vegetable	? ? ?	✓ Meatball & Gravy ✓ Mashed Potatoes ✓ Butter Broccoli		✓ Lasagna ✓ Mix Salad & Vinaigrette	? ? ?	<b>GERMAN-FRENCH FRIENDS DAY</b> ✓ Chicken Schnitzel ✓ Jaegersauce (Mushroom Gravy) ✓ Riz Au Beurre ✓ Ratatouille	? ? ? ?	✓ Paprika Pan Seared Fish with Tomato Cream Sauce ✓ Roasted Potato ✓ Toasted Cauliflower & Carrot	● ● ●
ASIAN	✓ Sweet & Sour Fish ✓ Steam White Rice ✓ Stir Fry Baby Kailan	? ? ?	✓ Chicken Tandoori ✓ Steamed Basmathi Rice ✓ Cauliflower Dhall				✓ Fish Pop Corn ✓ Fried Flat Rice Noodle (Char Kway Teow) ✓ Stir Fry Mix Vegetables	? ? ?	✓ Soy Sauce Chicken ✓ Nasi Uduk ✓ Stir Fried Water Spinach	● ● ●
VEGETARIAN (V)	✓ Roasted Garlic Mushroom(V) ✓ Penne (V) ✓ Steamed Winter Vegetable(V)	? ? ?	✓ Chickpeas & Cauliflower Dhall(V) ✓ Steam Rice(V)		✓ Vegetarian Chicken Fried Rice(V) ✓ Stir Fry Mix Vegetables(V)	? ? ?	✓ Mushroom & Bean curd ✓ Mushroom Gravy(V) ✓ Butter rice (V) ✓ Ratatouille(V)	? ? ?	✓ Soy Sauce Egg Tofu(V) ✓ Nasi Uduk(V) ✓ Stir Fried Water Spinach(V)	● ● ●
DAIRY	Emmental Cheese	?	Fruit Yoghurt		Cheddar Cheese	?	Fruit Yoghurt	?	Ice Cream	●
FRUIT & DESSERT	Pineapple	?	Banana Cakes		Honeydew	?	Apple Tarte Tartin	?	Orange	●



26 TO 30 JANUARY 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	●	✓ Chef Salad	●	✓ Carrot Soup	●	✓ Nicoise Salad	●	✓ Potato Soup	●
WESTERN	✓ Lemon Herb Grilled Chicken with Tzatziki Sauce ✓ Raisin Couscous ✓ Grill Onion & Capsicum	?  ? ?	✓ Grilled Tilapia Fillets ✓ Mushroom Cream Sauce ✓ Spaghetti ✓ Sautéed Green Beans & Carrot		✓ Currywurst(Grilled Chicken Sausage With Curry sauce ✓ Potato Wedges ✓ Mixed Salad & Vinaigrette	?  ? ?	✓ Chicken Milanese ✓ Tomato Sauce ✓ Garlic Butter Rice ✓ Butter Broccoli	? ? ? ?	✓ Oven Baked Fish ✓ Creamy Mustard Sauce ✓ Roasted Potato ✓ Grilled Zucchini & Capsicum	● ● ●
ASIAN	✓ Fish Taucu (Black Bean Paste) ✓ Steamed Rice ✓ Stir Fry Spinach	? ? ?	✓ Honey Soy Chicken ✓ Korean Steamed Rice ✓ Kimchi				✓ Crispy Fish ✓ Fried Yellow Noodle ✓ braised Beansprout And Carrot	? ? ?	✓ Chicken Percik Sauce ✓ Ghee Flavoured Rice ✓ Acar Jelatah	● ● ●
VEGETARIAN (V)	✓ Soft Tofu with Taucu Sauce(V) ✓ Steamed Rice(V) ✓ Stir Fry Spinach(V)	? ? ?	✓ Roasted Mushroom(V) ✓ Mushroom Cream Sauce(V) ✓ Spaghetti(V) ✓ Sautéed Green Beans & Carrot (V)		✓ Vegetarian Chicken Curry(V) ✓ Steamed Rice(V) ✓ Sautéed Mix Veges(V)	? ? ?	✓ Chickpeas Tomato Sauce(V) ✓ Herb CousCous ✓ Butter Broccoli(V)	? ? ?	✓ Bean curd Percik Sauce(V) ✓ Ghee Rice(V) ✓ Acar Jelatah(V)	● ● ●
DAIRY	Cream Cheese	?	Fruit Yoghurt		Chocolate Pudding	?	Edamer Cheese	?	Yoghurt	●
FRUIT & DESSERT	Rock Melon	?	Fruit Cake		Apple	?	Bread Butter Pudding	?	Watermelon	●

## 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.