



5 TO 9 JANUARY 2026



CAFETERIA

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	●	✓ 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	🟡 🟢 🟡		🟡 🟢	JAPANESE DAY ✓ 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

CAFETERIA

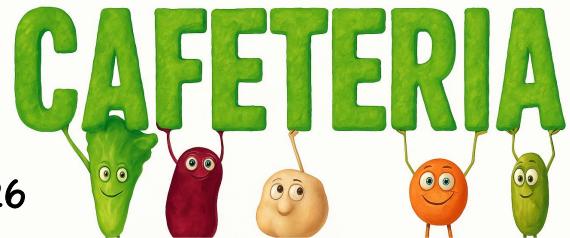
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	Monday	Food Traffic Light Guide	Tuesday	Food Traffic Light Guide	Wednesday	Food Traffic Light Guide	Thursday	Food Traffic Light Guide	Friday	Food Traffic Light Guide
STARTER	✓ Soup Of The Day	●	✓ Mixed Salad	●	✓ Croque Monsieur	●	✓ Chopped Salad	●	✓ Soup Au Pistou	●
WESTERN	✓ Lemon Butter Perch With Capers and Fresh Herbs ✓ Roasted Potato ✓ Grilled Zucchini	🟡 🟢 🟩	✓ Roasted Chicken ✓ Carbonara Sauce ✓ Spaghetti ✓ Carrot Vichy	🟡 🟢 🟩	✓ Grilled Cajun Chicken ✓ Tomato Basil sauce ✓ Fusilli Pesto ✓ Steamed Broccoli	🟡 🟢 🟩	✓ Roasted Chicken Whole Leg ✓ Mushroom Gravy ✓ Butter Herb Rice ✓ Cauliflower au Gratin	🟡 🟢 🟩	✓ Beef Bourguignon ✓ Butter Couscous ✓ Ratatouille	🟡 🟢
ASIAN	✓ Chicken Curry ✓ Steamed Jasmine Rice ✓ Turmeric Cabbage Mustard Seed	🟡 🟢 🟩	✓ Ginger Soy Sauce Fish Fillet ✓ Basmathi Rice ✓ Spinach With garlic	🟡 🟢 🟩				🟡 🟢 🟩		🟡 🟢 🟩
VEGETARIAN (V)	✓ Vegetarian Fish ✓ Lemon Butter Capers and Fresh Herbs (V) ✓ Roasted Potato (V) ✓ Grilled Zucchini (V)	🟡 🟢 🟩	✓ Soft Tofu Ginger Soy Sauce (V) ✓ Basmathi Rice (V) ✓ Spinach With Garlic (V)	🟡 🟢 🟩	✓ Mushroom & Baked Bean (V) ✓ Butter Herb Rice (V) ✓ Toasted Cauliflower (V)	🟡 🟢 🟩	✓ Chickpeas & Rattatouille (V) ✓ Butter Couscous (V)	🟡 🟢 🟩	✓ Bean curd Pepes (V) ✓ Steamed Rice (V) ✓ Stir Fry Long Beans,Carrot (V)	🟡 🟢 🟩
DAIRY	Brie Cheese	🟡	Fruit yoghurt	🟡	Cream Cheese	🟡	Cheddar Cheese	🟡	Strawberry Yoghurt	●
FRUIT & DESSERT	Apple	🟩	Marble Cake	🟩	Papaya	🟩	Banana	🟩	Butter Cakes	●



19 TO 23 DECEMBER 2026



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	■	✓ 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	■ ■	GERMAN-FRENCH FRIENDS DAY ✓ Chicken Schnitzel ✓ Jaegersause (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

CAFETERIA 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	●	✓ 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 Veggies(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



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.

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