

# Menu

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
<b>STARTER</b>	✓ Soup Of The Day	?	✓ Salad Bar/ Samosa	??	✓ Pissaladiere (Olive, Caramelised Onion Puff Pastry)	?	✓ Salad Bar/Assorted Maki	??	✓ Minestrone Soup	●
<b>SANDWICH</b>	✓ Fish Goujon Sandwich ✓ 3 choices Of Vegetables	??	✓ BBQ Chicken Panini ✓ 3 choices of Vegetables	??		??	✓ Butter Shoyu Beef Ciabbata ✓ 3 choices of Vegetables	??	✓ Chicken Mayo Croissant ✓ 3 choices of Vegetables	●
<b>WESTERN</b>	✓ 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	●
<b>ASIAN</b>	✓ 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	●
<b>VEGETARIAN (V)</b>	✓ Bean curd Masak Lemak(V) ✓ Steamed Jasmine Rice(V) ✓ Stir Fry Long Cabbage(V)	??	✓ Vegetarian Beef 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)	●
<b>DAIRY</b>	Camembert Cheese	?	Fruit Yoghurt	?	Edamer Cheese	?	Fruit Yoghurt	?	Crème Caramel	●
<b>FRUIT &amp; DESSERT</b>	Orange	?	Swiss Roll	?	Watermelon	?	Japanese Cheesecake	?	Honeydew	●

# Menu

12 TO 16 JANUARY 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
<b>STARTER</b>	✓ Soup Of The Day	?	✓ Salad Bar/Spring Roll	?	✓ Croque Monsieur	?	✓ Salad Bar/Siew Mai	?	✓ Soup Au Pistou	●
<b>SANDWICH</b>	✓ Honey Sriracha Chicken Panini ✓ 3 choices of Vegetables	?, ?	✓ Crispy Chicken Panini ✓ 3 Choices Of Vegetables	?, ?			✓ BBQ Beef Ciabbata ✓ 3 Choices Of Vegetables	?, ?	✓ Chicken Mayo Wrap	●
<b>WESTERN</b>	✓ 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	●, ●
<b>ASIAN</b>	✓ Chicken Curry ✓ Steamed Jasmine Rice ✓ Turmeric Cabbage Mustard Seed	?, ?, ?	✓ Ginger Soy Sauce Fish Fillet ✓ Basmathi Rice ✓ Spinach With garlic	?, ?, ?				?, ?, ?		●, ●, ●
<b>VEGETARIAN (V)</b>	✓ 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)	●, ●, ●
<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	●

# Menu

19 TO 23 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	🟡	✓ Salad Bar/Maki Roll		✓ Quiche Lorraine	🟡	✓ Salad Bar/Sweet Potato Balls	🟡	✓ Sup Sayur Lodeh (Indonesian Style Creamy Vege Soup)	🟨
<b>SANDWICH</b>	✓ Roast Chicken Pesto Ciabbata ✓ 3 Choices Of Vegetables	🟡 🟢	✓ Beef Melt Panini ✓ 3 Choices Of Vegetables				✓ Beef Meatball Sandwich ✓ 3 choices of Vegetables	🟡 🟢	✓ Tuna mayo Sambal Sandwich ✓ 3 choices of Vegetables	🟨 🟩
<b>WESTERN</b>	✓ 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	🟨 🟩 🟩
<b>ASIAN</b>	✓ 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	🟨 🟩 🟩
<b>VEGETARIAN (V)</b>	✓ 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)	🟩 🟩 🟩
<b>DAIRY</b>	Emmental Cheese	🟡	Fruit Yoghurt		Cheddar Cheese	🟡	Fruit Yoghurt	🟡	Ice Cream	🟨
<b>FRUIT &amp; DESSERT</b>	Pineapple	🟢	Banana Cakes		Honeydew	🟢	Apple Tarte Tartin	🟡	Orange	🟩

# Menu

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
<b>STARTER</b>	✓ Soup Of The Day	🟡	✓ Salad Bar/Curry Puff		✓ Carrot Soup	🟡	✓ Salad Bar/ Spring Rolls	🟡	✓ Potato Soup	●
<b>SANDWICH</b>	✓ Tuna Corn Mayo Sandwich ✓ 3 choices of Vegetables	🟡 🟢	✓ Cajun Chicken Wrap ✓ 3 choices of Vegetables				✓ Beef Teriyaki Ciabbata ✓ 3 choices of Vegetables	🟡 🟢	✓ Tuna Corn Mayo Sandwich ✓ 3 choices of Vegetables	● ●
<b>WESTERN</b>	✓ 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	● ●
<b>ASIAN</b>	✓ 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	● ●
<b>VEGETARIAN (V)</b>	✓ 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)	● ●
<b>DAIRY</b>	Cream Cheese	🟡	Fruit Yoghurt		Chocolate Pudding	🟡	Edamer Cheese	🟡	Yoghurt	●
<b>FRUIT &amp; DESSERT</b>	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.

**Delischool**