

Delischool



2 TO 6 MARCH 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	🟡🟢	✓ Mushroom Soup	🟡	✓ Salad Bar/Mochi	🟡🟢	✓ Minestrone Soup	●
<b>WESTERN</b>	<ul style="list-style-type: none"> <li>✓ Poulet Basquaise</li> <li>✓ Butter CousCous</li> <li>✓ Steamed Broccoli</li> </ul>	🟡 🟢 🟢	<ul style="list-style-type: none"> <li>✓ Pan Fried Perch with Cream Sauce</li> <li>✓ Spaghetti</li> <li>✓ Butter Peas and Carrot</li> </ul>	🟡 🟢 🟢	<ul style="list-style-type: none"> <li>✓ Chicken Burger</li> <li>✓ Sweet Potato Fries</li> <li>✓ Coleslaw</li> </ul>	🟡 🟢 🟢	<ul style="list-style-type: none"> <li>✓ Stir Fried Chinese Beef</li> <li>✓ Fried Flat Noodle</li> <li>✓ Bok Choy Oyster &amp; Garlic Sauce</li> </ul>	🟡 🟢 🟢	<ul style="list-style-type: none"> <li>✓ Grilled Dory with Pomodoro Sauce</li> <li>✓ Fusilli</li> <li>✓ Summer Vegetable</li> </ul>	● ● ●
<b>ASIAN</b>	<ul style="list-style-type: none"> <li>✓ Fish Kung Pao</li> <li>✓ Steamed Jasmine Rice</li> <li>✓ Bok Choy Garlic Sauce</li> </ul>	🟡 🟢 🟢	<ul style="list-style-type: none"> <li>✓ Char Siew Chicken</li> <li>✓ Chicken Rice</li> <li>✓ Stir Fry Cauliflower</li> </ul>	🟡 🟢 🟢		🟡 🟡 🟢	<p><b>CHINESE NEW YEAR MENU</b></p> <ul style="list-style-type: none"> <li>✓ Salted Egg Chicken</li> <li>✓ Fragrant Rice</li> <li>✓ Chinese Stir Fry Vegetable</li> </ul>	🟡 🟢 🟢	<ul style="list-style-type: none"> <li>✓ Crispy Chicken</li> <li>✓ Steamed Rice</li> <li>✓ Stir Fry Cabbage</li> </ul>	● ●
<b>VEGETARIAN (V)</b>	<ul style="list-style-type: none"> <li>✓ Soft Tofu Soy Sauce(V)</li> <li>✓ Steamed Jasmine Rice(V)</li> <li>✓ Steamed Broccoli(V)</li> </ul>	🟡 🟢 🟢	<ul style="list-style-type: none"> <li>✓ Mushroom &amp; Vegetarian Chicken Sweet Sour(V)</li> <li>✓ Fried Noodle(V)</li> <li>✓ Butter Peas and Carrot(V)</li> </ul>	🟢 🟢 🟢	<ul style="list-style-type: none"> <li>✓ Fried Vegetarian Chicken with Thai Sauce(V)</li> <li>✓ Mix Vegetable Fried Rice(V)</li> <li>✓ Braised Siew Pak Choy(V)</li> </ul>	🟢 🟡 🟡	<ul style="list-style-type: none"> <li>✓ Garlic &amp; Oyster Egg Tofu (V)</li> <li>✓ Fragrance Rice(V)</li> <li>✓ Chinese Stir Fried Vegetable(V)</li> </ul>	🟢 🟢 🟢	<ul style="list-style-type: none"> <li>✓ Egg Tofu with Tomato Sauce(V)</li> <li>✓ Fried Noodle(V)</li> <li>✓ Summer Vegetable (V)</li> </ul>	● ● ●
<b>DAIRY</b>	Camembert Cheese	🟢	Fruit Yoghurt	🟢	Edamer Cheese	🟢	Ice-Cream	🟢	Crème Caramel	●
<b>FRUIT &amp; DESSERT</b>	Watermelon	🟢	Chocolate Cake	🟡	Orange	🟢	Chinese Mango Pudding	🟡	Honeydew	●



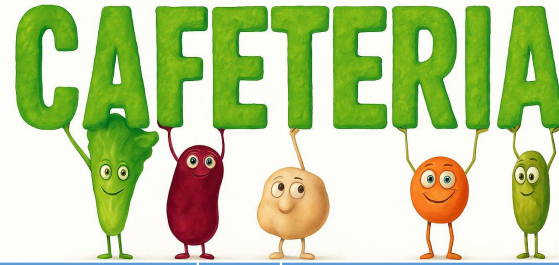
Delischool



9 TO 13 MARCH 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/Spring Roll	🟡	✓ Pumpkin Soup	🟢	✓ Salad Bar/Potato Ball	🟡	✓ Corn Soup	●
<b>WESTERN</b>	<ul style="list-style-type: none"> <li>✓ Periperi Chicken</li> <li>✓ Butter CousCous</li> <li>✓ Steamed Broccoli</li> </ul>	🟡 🟢 🟢	<ul style="list-style-type: none"> <li>✓ Oven Baked Perch with Green Pea Cream Sauce</li> <li>✓ Macaroni</li> <li>✓ Carrot Vichy</li> </ul>	🟡 🟢 🟢	<ul style="list-style-type: none"> <li>✓ Breaded Chicken Chop with Mushroom Sauce</li> <li>✓ Mash Potato</li> <li>✓ Butter Peas and Carrot</li> </ul>	🟡 🟢 🟢	<ul style="list-style-type: none"> <li>✓ Tempura Fish with Tartar Sauce</li> <li>✓ French Fries</li> <li>✓ Coleslaw</li> </ul>	🟡 🟢 🟢	<ul style="list-style-type: none"> <li>✓ Roasted Chicken with Green Pea Brown Sauce</li> <li>✓ Pilaf Rice</li> <li>✓ Steamed Mix Vegetable</li> </ul>	● ● ●
<b>ASIAN</b>	<ul style="list-style-type: none"> <li>✓ Sweet &amp; Sour Dory</li> <li>✓ Steamed Jasmine Rice</li> <li>✓ Stir Fried Long Bean &amp; Carrot</li> </ul>	🟡 🟢 🟢	<ul style="list-style-type: none"> <li>✓ Chicken 65</li> <li>✓ Steamed Rice</li> <li>✓ Indian Fried Vegetable</li> </ul>	🟡 🟢 🟢			<ul style="list-style-type: none"> <li>✓ Teriyaki Chicken</li> <li>✓ Japanese Rice</li> <li>✓ Stir Fried Spinach</li> </ul>	🟡 🟢 🟢	<ul style="list-style-type: none"> <li>✓ Steamed Spring Onion Fish</li> <li>✓ Fried Yee Mee</li> <li>✓ Garlic &amp; Oyster Bok Choy</li> </ul>	● ● ●
<b>VEGETARIAN (V)</b>	<ul style="list-style-type: none"> <li>✓ Egg Tofu &amp; Chick Pea with Chinese Sauce (V)</li> <li>✓ Steamed Rice (V)</li> <li>✓ Steamed Broccoli (V)</li> </ul>	🟢 🟢 🟢	<ul style="list-style-type: none"> <li>✓ Mushroom &amp; Green Pea Carbonara (V)</li> <li>✓ Macaroni (V)</li> <li>✓ Steamed Mix Vegetable (V)</li> </ul>	🟢 🟡 🟢	<ul style="list-style-type: none"> <li>✓ Soft Tofu and Eggplant Curry (V)</li> <li>✓ Butter Herb Rice (V)</li> <li>✓ Toasted Cauliflower (V)</li> </ul>	🟡 🟢 🟡	<ul style="list-style-type: none"> <li>✓ Vegetarian Fish &amp; Hard Tofu Sweet Soy Sauce (V)</li> <li>✓ Japanese Rice (V)</li> <li>✓ Stir Fried Spinach (V)</li> </ul>	🟡 🟢 🟢	<ul style="list-style-type: none"> <li>✓ Green Pea &amp; Soft Tofu Chinese Sauce (V)</li> <li>✓ Steamed Rice (V)</li> <li>✓ Garlic &amp; Oyster Bok Choy (V)</li> </ul>	● ● ●
<b>DAIRY</b>	Brie Cheese	🟡	Fruit yoghurt	🟡	Edam Cheese	🟡	Cheddar Cheese	🟡	Fuit Yoghurt	●
<b>FRUIT &amp; DESSERT</b>	Pineapple	🟢	Red Velvet Cake	🟡	Apple	🟢	Bread Butter Pudding	🟡	Papaya	●



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16 TO 19 MARCH 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		✓ Potato Soup	🟡	✓ Salad Bar/ Spring Rolls	🟡		●
<b>WESTERN</b>	<ul style="list-style-type: none"> <li>✓ Pollo Asado(Mexican Roasted Chicken)</li> <li>✓ Mexican rice</li> <li>✓ Toast Carrot &amp; Peas</li> </ul>	🟡 🟡 🟡	<ul style="list-style-type: none"> <li>✓ Pan Fried Perch Fillet with Thyme Sauce</li> <li>✓ Penne Arabiata</li> <li>✓ Green Salad</li> </ul>	🟡 🟡 🟡	<ul style="list-style-type: none"> <li>✓ Chicken Pop Corn</li> <li>✓ Macaroni &amp; Cheese</li> <li>✓ Steamed Broccoli</li> </ul>	🟡 🟡 🟡	<ul style="list-style-type: none"> <li>✓ Fish Provençal</li> <li>✓ Fettuccine</li> <li>✓ Oven Baked Ratatouille</li> </ul>	🟡 🟡 🟡		●●●
<b>ASIAN</b>	<ul style="list-style-type: none"> <li>✓ Chinese Pan Fried Fish</li> <li>✓ Fried Yellow Noddle</li> <li>✓ Garlic Choy Sam</li> </ul>	🟡 🟡 🟡	<ul style="list-style-type: none"> <li>✓ Garlic &amp; Soy Fried</li> <li>✓ Chicken</li> <li>✓ Steamed Rice</li> <li>✓ Mix Vegetable</li> </ul>	🟡 🟡 🟡			<ul style="list-style-type: none"> <li>✓ Chicken Dhall Curry</li> <li>✓ Steamed Rice</li> <li>✓ Stir Fry Cabbage</li> </ul>	🟡 🟡 🟡		●●●
<b>VEGETARIAN (V)</b>	<ul style="list-style-type: none"> <li>✓ Egg Tofu Chickpea Dhall(V)</li> <li>✓ Steamed Rice (V)</li> <li>✓ Garlic Choy Sam(V)</li> </ul>	🟡 🟡 🟡	<ul style="list-style-type: none"> <li>✓ Tofu &amp; Green Pea Light Soy Sauce(V)</li> <li>✓ Steam Rice(V)</li> <li>✓ Mix Vegetable(V)</li> </ul>		<ul style="list-style-type: none"> <li>✓ Vegetarian Chicken Fried Rice(V)</li> <li>✓ Stir Fry Yau Mak Tam(V)</li> </ul>	🟡 🟡 🟡	<ul style="list-style-type: none"> <li>✓ Chickpea &amp; Vegetarian Chicken Dhall (V)</li> <li>✓ Steamed Rice(V)</li> <li>✓ Stir Fried Cabbage(V)</li> </ul>	🟡 🟡 🟡		●●●
<b>DAIRY</b>	Emmental Cheese	🟡	Fruit Yoghurt		Cheddar Cheese	🟡	Edamer Cheese	🟡		●
<b>FRUIT &amp; DESSERT</b>	Watermelon	🟡	Victoria Cake	🟡	Banana	🟡	Chocolate Pudding	🟡		●



# CAFETERIA **Delischool**



23 TO 27 MARCH 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/Malay Kuih	🟡	✓ Chickpea Soup	●
<b>WESTERN</b>	<ul style="list-style-type: none"> <li>✓ Grilled Chicken with Brown Sauce</li> <li>✓ Roasted Potato</li> <li>✓ Steamed Carrot &amp; Broccoli</li> </ul>	🟡 🟢 🟢	<ul style="list-style-type: none"> <li>✓ Creamy Citrus Dill Fish</li> <li>✓ Fusilli</li> <li>✓ Roasted Summer Vegetable</li> </ul>	🟡 🟢 🟢	<ul style="list-style-type: none"> <li>✓ Chicken Lasagna</li> <li>✓ Fresh Garden Salad</li> </ul>	🟡 🟢 🟢	<b>AIDILFITRI MENU</b> <ul style="list-style-type: none"> <li>✓ Chicken Satay</li> <li>✓ Compressed Rice</li> <li>✓ Cucumber &amp; Onion</li> </ul>	🟡 🟢 🟢	<ul style="list-style-type: none"> <li>✓ Chicken Fricassee</li> <li>✓ Butter Rice</li> <li>✓ Sautee Green Pea &amp; Carrot</li> </ul>	● ● ●
<b>ASIAN</b>	<ul style="list-style-type: none"> <li>✓ Fish Karaage</li> <li>✓ Fried Udon</li> <li>✓ Stir Fry Mix Vegetable</li> </ul>	🟡 🟢 🟢	<ul style="list-style-type: none"> <li>✓ Chicken Bulgogi</li> <li>✓ Steamed Rice</li> <li>✓ Steamed Bean Sprout</li> </ul>	🟡 🟢 🟢			<ul style="list-style-type: none"> <li>✓ Beef Rendang</li> <li>✓ Coconut Rice</li> <li>✓ Malay Stir Fry Vegetable</li> </ul>	🟡 🟢 🟢	<ul style="list-style-type: none"> <li>✓ Crispy Thai Fish</li> <li>✓ Fried Glass Noodle</li> <li>✓ Garlic &amp; Oyster Bok Choy</li> </ul>	● ● ●
<b>VEGETARIAN (V)</b>	<ul style="list-style-type: none"> <li>✓ Egg Tofu Japanese Sauce (V)</li> <li>✓ Fried Udon (V)</li> <li>✓ Steamed Carrot &amp; Broccoli (V)</li> </ul>	🟢 🟢 🟢	<ul style="list-style-type: none"> <li>✓ Chickpea &amp; Green Pea Cream Sauce (V)</li> <li>✓ Fusilli (V)</li> <li>✓ Roasted Summer Vegetable (V)</li> </ul>	🟢 🟡 🟢	<ul style="list-style-type: none"> <li>✓ Eggplant &amp; Tofu with Turmeric &amp; Coconut Sauce (V)</li> <li>✓ Steamed Rice (V)</li> <li>✓ Stir Fried Mix Vegetable (V)</li> </ul>	🟡 🟢 🟡	<ul style="list-style-type: none"> <li>✓ Bean Curd Rendang (V)</li> <li>✓ Coconut Rice (V)</li> <li>✓ Malay Stir Fried Vegetable (V)</li> </ul>	🟡 🟢 🟢	<ul style="list-style-type: none"> <li>✓ Creamy Mushroom, Green Pea &amp; Carrot (V)</li> <li>✓ Butter Rice (V)</li> <li>✓ Garlic &amp; Oyster Bok Choy (V)</li> </ul>	● ● ●
<b>DAIRY</b>	Cream Cheese	🟡	Fruit Yoghurt		Chocolate Pudding	🟡	Ice-Cream	🟡	Yoghurt	●
<b>FRUIT &amp; DESSERT</b>	Rock Melon	🟢	Butter Cake	🟡	Orange	🟢	Sago Gula Melaka	🟡	Pineapple	●



# CAFETERIA **Delischool**



30 TO 31 MARCH 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			?		?		●
<b>WESTERN</b>	<ul style="list-style-type: none"> <li>✓ Lemon Grilled Chicken with Tzatziki Sauce</li> <li>✓ Raisin Couscous</li> <li>✓ Grill Onion &amp; Capsicum</li> </ul>	? ? ?	<ul style="list-style-type: none"> <li>✓ Grilled Tilapia Fillets with Mushroom Cream Sauce</li> <li>✓ Spaghetti</li> <li>✓ Sautéed Green Beans &amp; Carrot</li> </ul>	? ? ?		? ? ?		? ? ?		● ● ●
<b>ASIAN</b>	<ul style="list-style-type: none"> <li>✓ Fish Taucu (Black Bean Paste)</li> <li>✓ Steamed Rice</li> <li>✓ Stir Fry Spinach</li> </ul>	? ? ?	<ul style="list-style-type: none"> <li>✓ Honey Soy Chicken</li> <li>✓ Korean Steamed Rice</li> <li>✓ Kimchi</li> </ul>	? ? ?				? ? ?		● ● ●
<b>VEGETARIAN (V)</b>	<ul style="list-style-type: none"> <li>✓ Soft Tofu with Black Soy Sauce(V)</li> <li>✓ Steamed Rice(V)</li> <li>✓ Stir Fry Spinach(V)</li> </ul>	? ? ?	<ul style="list-style-type: none"> <li>✓ Tempura Mushroom with Korean Sauce(V)</li> <li>✓ Steamed Rice(V)</li> <li>✓ Sautéed Green Beans &amp; Carrot (V)</li> </ul>	? ? ?		? ? ?		? ? ?		● ● ●
<b>DAIRY</b>	Cream Cheese	?	Fruit Yoghurt			?		?		●
<b>FRUIT &amp; DESSERT</b>	Pineapple	?	Fruit Cake	?		?		?		●

## Information & Healthy guidelines

**GO: Eat daily.**

Whole grains	Fruits & vegetables	Healthy proteins	Milk, cheese, & yogurt
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**SLOW: Eat only once or twice a week.**

Refined grains	Lean, ground meats	Low-sugar cookies, cakes	Jelly, mayo, honey
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**WHOA: Eat only once or twice a month.**

Dessert, donuts, candy	Fried foods	Soda & chocolate milk	Processed meat
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### 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**