



# CAFETERIA Delischool



1 TO 3 APRIL 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>					✓ Minestrone Soup	●	✓ Chef Salad	●	✓ Mushroom Soup	●
<b>WESTERN</b>					<ul style="list-style-type: none"> <li>✓ BBQ Chicken</li> <li>✓ Cheese Baked Macaroni</li> <li>✓ Chef Salad</li> </ul>	● ● ●	<ul style="list-style-type: none"> <li>✓ Roasted Chicken with Espagnole Sauce</li> <li>✓ Roasted Herb Potatoes</li> <li>✓ Garlic Butter Broccoli</li> </ul>	● ● ●	<ul style="list-style-type: none"> <li>✓ Perch Fillet with Bechamel</li> <li>✓ Tagliatelle</li> <li>✓ Roasted Zucchini &amp; Capsicum</li> </ul>	● ● ●
<b>ASIAN</b>							<ul style="list-style-type: none"> <li>✓ Fish karaage</li> <li>✓ Steamed Japanese Rice</li> <li>✓ Stir Fry Beansprout &amp; Chives</li> </ul>	● ● ●	<ul style="list-style-type: none"> <li>✓ Pop Corn Chicken</li> <li>✓ Fried Yellow Noodle</li> <li>✓ Stir Fried Pak Choy</li> </ul>	● ● ●
<b>VEGETARIAN (V)</b>					<ul style="list-style-type: none"> <li>✓ Tofu &amp; Corn Fried Rice(V)</li> <li>✓ Choi Sam Soy Sauce(V)</li> </ul>	● ● ●	<ul style="list-style-type: none"> <li>✓ Chickpeas &amp; Carrot Stew(V)</li> <li>✓ Mashed Potato(V)</li> <li>✓ Butter Broccoli (V)</li> </ul>	● ● ●	<ul style="list-style-type: none"> <li>✓ Vegetarian Chicken Pop Corn</li> <li>✓ Fried Rice</li> <li>✓ Stir Fried Pak Choy(V)</li> </ul>	● ● ●
<b>DAIRY</b>					Low Fat Milk	●	Cheddar Cheese	●	Fruit Yogurt	●
<b>FRUIT &amp; DESSERT</b>					Orange	●	Mango Pudding	●	Papaya	●



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6 TO 10 APRIL 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	●	✓ Chef Salad	●	✓ Pumpkin Soup	●	✓ Chef Salad	●	✓ Corn Soup	●
<b>WESTERN</b>	<ul style="list-style-type: none"> <li>✓ Grilled Chicken with Green Pea Brown Sauce</li> <li>✓ Butter Couscous</li> <li>✓ Toasted Spinach</li> </ul>	● ● ●	<ul style="list-style-type: none"> <li>✓ Oven Baked Fish</li> <li>✓ Pomodoro e Erbe (Tomato and Herb Sauce)</li> <li>✓ Spaghetti</li> <li>✓ Grilled Zucchini &amp; Capsicum</li> </ul>	● ● ●	<ul style="list-style-type: none"> <li>✓ Chicken Burger</li> <li>✓ Sweet Potato Fries</li> <li>✓ Chef Salad</li> </ul>	● ● ●	<ul style="list-style-type: none"> <li>✓ Beef Bourguignon</li> <li>✓ Mashed Potato</li> <li>✓ Grilled Zucchini</li> </ul>	● ● ●	<ul style="list-style-type: none"> <li>✓ Roasted Chicken with Butter Herb Cream Sauce</li> <li>✓ Pilaf Rice</li> <li>✓ Carrot Vichy</li> </ul>	● ● ●
<b>ASIAN</b>	<ul style="list-style-type: none"> <li>✓ Fish Makhani</li> <li>✓ Steamed rice</li> <li>✓ Stir Fry Baby Kailan</li> </ul>	● ● ●	<ul style="list-style-type: none"> <li>✓ Crispy Chicken With Thai Sauce</li> <li>✓ Fried Rice</li> <li>✓ Thai Mango Salad</li> </ul>	● ● ●			<ul style="list-style-type: none"> <li>✓ Chicken Kurma</li> <li>✓ Basmathi Rice</li> <li>✓ Roasted Egg Plant &amp; Carrot</li> </ul>	● ● ●	<ul style="list-style-type: none"> <li>✓ Tempura Fish</li> <li>✓ Fried Yee Mee</li> <li>✓ Braised Siew Pak Choy</li> </ul>	● ● ●
<b>VEGETARIAN (V)</b>	<ul style="list-style-type: none"> <li>✓ Brown Glaze Mushroom(V)</li> <li>✓ Mix Vegetable Couscous(V)</li> <li>✓ Toasted Spinach(V)</li> </ul>	● ● ●	<ul style="list-style-type: none"> <li>✓ Thai Fried Tofu</li> <li>✓ Fried Noodle</li> <li>✓ Thai Mango Salad</li> </ul>	● ● ●	<ul style="list-style-type: none"> <li>✓ Sweet Sour Vegetarian "Fish"</li> <li>✓ Steamed Rice</li> <li>✓ Pak Choy Oyster Sauce</li> </ul>	● ● ●	<ul style="list-style-type: none"> <li>✓ Roasted Chickpea, Carrot &amp; Egg Plant Kurma</li> <li>✓ Basmathi Rice</li> <li>✓ Steamed Cauliflower</li> </ul>	● ● ●	<ul style="list-style-type: none"> <li>✓ Green pea &amp; Mushroom Carbonara(V)</li> <li>✓ Spaghetti(V)</li> <li>✓ Carrot Vichy(V)</li> </ul>	● ● ●
<b>DAIRY</b>	Fruit yoghurt	●	Brie Cheese	●	Chocolate Milk	●	Edam Cheese	●	Fruit Yogurt	●
<b>FRUIT &amp; DESSERT</b>	Honey Dew	●	Red Velvet Cake	●	Apple	●	Bread Butter Pudding	●	Pineapple	●



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13 TO 17 APRIL 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	●	✓ Chef Salad	●	✓ Potato Soup	●	✓ Chef Salad	●	✓ Carrot Soup	●
<b>WESTERN</b>	<ul style="list-style-type: none"> <li>✓ Fish and Chips</li> <li>✓ Tartare Sauce</li> <li>✓ Garden Mix Salad</li> </ul>	● ● ●	<ul style="list-style-type: none"> <li>✓ Peri Peri Chicken</li> <li>✓ Garlic Butter Rice</li> <li>✓ Baked Broccoli</li> </ul>	● ● ●	<ul style="list-style-type: none"> <li>✓ Chicken Maryland With Mushroom White Sauce</li> <li>✓ Raisin Couscous</li> <li>✓ Coleslaw</li> </ul>	● ● ●	<ul style="list-style-type: none"> <li>✓ Perch Fillet with Salsa</li> <li>✓ Tagliatelle</li> <li>✓ Roasted Zucchini &amp; Capsicum</li> </ul>	● ● ●	<ul style="list-style-type: none"> <li>✓ Mexican Chicken with Mushroom Sauce</li> <li>✓ Roasted Herb Potatoes</li> <li>✓ Sauteed Carrot and Capsicum</li> </ul>	● ● ●
<b>ASIAN</b>	<ul style="list-style-type: none"> <li>✓ Coconut &amp; Turmeric Chicken</li> <li>✓ Steamed Rice</li> <li>✓ Stir Fry Mix vegetables</li> </ul>	● ● ●	<ul style="list-style-type: none"> <li>✓ Ginger Scallion Fish</li> <li>✓ Fried Yee Mee</li> <li>✓ Braised Kailan</li> </ul>	● ● ●			<ul style="list-style-type: none"> <li>✓ Chicken Mandy Rice</li> <li>✓ Roasted Mediterranean Vegetable</li> </ul>	● ● ●	<ul style="list-style-type: none"> <li>✓ Fish Karaage with Garlic Aioli</li> <li>✓ Steamed Japanese Rice</li> <li>✓ Stir Fry Beansprout &amp; Chives</li> </ul>	● ● ●
<b>VEGETARIAN (V)</b>	<ul style="list-style-type: none"> <li>✓ Bean curd &amp; Tempe in Coconut Gravy</li> <li>✓ Steamed Jasmine Rice</li> <li>✓ Stir Fry Mix Vegetables</li> </ul>	● ● ●	<ul style="list-style-type: none"> <li>✓ Vegetarian Peri Peri "Chicken"</li> <li>✓ Garlic Butter Rice</li> <li>✓ Baked Broccoli</li> </ul>	● ● ●	<ul style="list-style-type: none"> <li>✓ Egg Tofu Soy Sauce</li> <li>✓ Fried Rice</li> <li>✓ Stir Fried Cabbage</li> </ul>	● ● ●	<ul style="list-style-type: none"> <li>✓ Green pea &amp; Chick pea Pomodoro</li> <li>✓ Butter Rice</li> <li>✓ Grilled Zucchini</li> </ul>	● ● ●	<ul style="list-style-type: none"> <li>✓ Crispy Egg Tofu</li> <li>✓ Steamed Japanese Rice</li> <li>✓ Stir Fry Beansprout &amp; Chives</li> </ul>	● ● ●
<b>DAIRY</b>	Fruit Yoghurt	●	Cheddar Cheese	●	Strawberry Milk	●	Emmental Cheese	●	Fruit Yoghurt	●
<b>FRUIT &amp; DESSERT</b>	Watermelon	●	Victoria Cake	●	Banana	●	Chocolate Pudding	●	Papaya	●



# CAFETERIA **Delischool**



20 TO 24 APRIL 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	●	✓ Chef Salad	●	✓ Chicken Soup	●	✓ Salad Bar / Egg Maki Roll	●	✓ Chickpea Soup	●
<b>WESTERN</b>	<ul style="list-style-type: none"> <li>✓ Deep Fried Fish with Piccata Sauce</li> <li>✓ Potato Lyonnaise</li> <li>✓ Sauteed Spinach</li> </ul>	● ● ●	<ul style="list-style-type: none"> <li>✓ Chicken Fricassee</li> <li>✓ Pilaf Rice</li> <li>✓ Ratatouille</li> </ul>	● ● ●	<ul style="list-style-type: none"> <li>✓ Grilled Chicken</li> <li>✓ Mashed Potato</li> <li>✓ Steamed Broccoli</li> </ul>	● ● ●	<ul style="list-style-type: none"> <li>✓ <b>ROCK &amp; ROLL DAY</b></li> <li>✓ Guitar Hero Jumbo Hotdog</li> <li>✓ Rockstar Pomme Puree</li> <li>✓ Rock 'n' Grill Zucchini &amp; Capsicum</li> </ul>	● ● ●	<ul style="list-style-type: none"> <li>✓ Pesce alla Panna (Fish with Classic Cream Sauce)</li> <li>✓ Penne</li> <li>✓ Steamed Broccoli</li> </ul>	● ● ●
<b>ASIAN</b>	<ul style="list-style-type: none"> <li>✓ Chicken Tom Kha Gai(Thai Coconut Milk Curry)</li> <li>✓ Steamed Rice</li> <li>✓ Thai Cucumber Salad</li> </ul>	● ● ●	<ul style="list-style-type: none"> <li>✓ Deep Fried Honey Soy Fish</li> <li>✓ Fried Noodle</li> <li>✓ Stir Fry Carrot &amp; Cabbage</li> </ul>	● ● ●			<ul style="list-style-type: none"> <li>✓ Stage Roast Lamb</li> <li>✓ Stage Side Couscous</li> <li>✓ Backstage Sautee Carrot &amp; Green Pea</li> </ul>	● ● ●	<ul style="list-style-type: none"> <li>✓ Honey Roasted Chicken Rice</li> <li>✓ Condiments</li> </ul>	● ● ●
<b>VEGETARIAN (V)</b>	<ul style="list-style-type: none"> <li>✓ Vegetarian Chicken Tom Kha Gai(V)</li> <li>✓ Steamed Rice(V)</li> <li>✓ Thai Cucumber Salad(V)</li> </ul>	● ● ●	<ul style="list-style-type: none"> <li>✓ Mushroom &amp; Chick pea Alfredo (V)</li> <li>✓ Fusilli (V)</li> <li>✓ Ratatouille(V)</li> </ul>	● ● ●	<ul style="list-style-type: none"> <li>✓ Deep Fried Mushroom (V)</li> <li>✓ Pineapple Fried Rice(V)</li> <li>✓ Steamed Broccoli(V)</li> </ul>	● ● ●	<ul style="list-style-type: none"> <li>✓ Veggie Rock Marinara (Brinjal &amp; Green Pea)(V)</li> <li>✓ Spaghetti(V)</li> <li>✓ Rock 'n' Grill Zucchini &amp; Capsicum(V)</li> </ul>	● ● ●	<ul style="list-style-type: none"> <li>✓ Steamed Soft Tofu</li> <li>✓ Chicken Rice With Condiments(V)</li> </ul>	● ● ●
<b>DAIRY</b>	Fruit Yoghurt	●	Camembert Cheese	●	Full Cream Milk	●	Edam Cheese	●	Fruit Yogurt	●
<b>FRUIT &amp; DESSERT</b>	Rock Melon	●	Butter Cake	●	Orange	●	Rock & Roll Quisello	●	Pineapple	●



# CAFETERIA **Delischool**



27 TO 30 APRIL 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	●	✓ Chef Salad	●	✓ Cauliflower Soup	●	✓ Chef Salad	●		
<b>WESTERN</b>	<ul style="list-style-type: none"> <li>✓ Classic Dutch Braised Chicken</li> <li>✓ Butter &amp; Raisin Rice</li> <li>✓ Toast Carrot &amp; Peas</li> </ul>	● ● ●	<ul style="list-style-type: none"> <li>✓ Grilled Fish Fillets</li> <li>✓ Capers Sauce</li> <li>✓ Roasted Sweet Potato</li> <li>✓ Sautéed Green Beans</li> </ul>	● ● ●	<ul style="list-style-type: none"> <li>✓ Chicken Lasagna</li> <li>✓ Chef Salad</li> </ul>	● ● ●	<ul style="list-style-type: none"> <li>✓ Battered Fish with Creamy Lemon Sauce</li> <li>✓ Spaghetti</li> <li>✓ Roasted Paprika Cauliflower</li> </ul>	● ● ●		
<b>ASIAN</b>	<ul style="list-style-type: none"> <li>✓ Crispy Fish With Soy and Garlic</li> <li>✓ Fried Yellow Noodle</li> <li>✓ Stir Fried Long Cabbage</li> </ul>	● ● ●	<ul style="list-style-type: none"> <li>✓ Chicken Katsu</li> <li>✓ Japanese Steamed Rice</li> <li>✓ Japanese Vegetable Curry</li> </ul>	● ● ●			<ul style="list-style-type: none"> <li>✓ Soy Braised Chicken</li> <li>✓ Steamed Rice</li> <li>✓ Siew Pak Choy with Oyster Sauce</li> </ul>	● ● ●		
<b>VEGETARIAN (V)</b>	<ul style="list-style-type: none"> <li>✓ Braised Bean curd &amp; Chick pea(V)</li> <li>✓ Butter &amp; Raisin Rice(V)</li> <li>✓ Toast Carrot &amp; Peas(V)</li> </ul>	● ● ●	<ul style="list-style-type: none"> <li>✓ Tempe &amp; Mushroom Breaded (V)</li> <li>✓ Japanese Rice(V)</li> <li>✓ Japanese Vegetable Curry(V)</li> </ul>	● ● ●	<ul style="list-style-type: none"> <li>✓ Chickpea and Vegetable Dhall Curry(V)</li> <li>✓ Steamed Rice(V)</li> </ul>	● ● ●	<ul style="list-style-type: none"> <li>✓ Braised Tofu(V)</li> <li>✓ Tempe Fried Rice(V)</li> <li>✓ Siew Pak Choy With Oyster Sauce(V)</li> </ul>	● ● ●		
<b>DAIRY</b>	Fruit Yoghurt	●	Emmental Cheese	●	Strawberry Milk	●	Cheddar Cheese	●		
<b>FRUIT &amp; DESSERT</b>	Honey Dew	●	Fruit Cake	●	Apple	●	Strawberry Pudding	●		

## 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.