



Delischool



4 TO 8 MAY 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	●	✓ Pumpkin Soup	●	✓ Chef Salad	●	✓ Corn Soup	●
WESTERN	✓ Chicken Bolognese ✓ Spaghetti ✓ Garlic Broccoli	● ● ●	✓ Baked Fish Tomato ✓ Butter Rice ✓ Grilled Zucchini & Capsicum	● ● ●	✓ Chicken Burger ✓ Sweet Potato Fries ✓ Chef Salad	● ● ●	✓ Rindergulasch (German Beef Stew) ✓ Mashed Potato ✓ Roasted Zucchini & Carrot	● ● ●	✓ Creamy Tuscan Chicken ✓ Couscous ✓ Steamed Cauliflower & Green Pea	● ● ●
ASIAN	✓ Fish Karaage ✓ Japanese Rice ✓ Stir Fry Mix Vegetable	● ● ●	✓ Crispy Honey Chicken ✓ Fried Noodle ✓ Stir Fry Carrot & Cabbage	● ● ●			✓ Chicken Katsu ✓ Japanese Rice ✓ Japanese Vegetable Curry	● ● ●	✓ Sweet & Sour Fish ✓ Steam White Rice ✓ Stir Fry Baby Kailan	● ● ●
VEGETARIAN (V)	✓ Chick Pea & Green Pea Bolognese(V) ✓ Mix Vegetable Couscous(V) ✓ Steamed Broccoli(V)	● ● ●	✓ Thai Fried Tofu(V) ✓ Steamed Rice(V) ✓ Stir Fry Carrot & Cabbage(V)	● ● ●	✓ Sweet Sour Vegetarian Chicken (V) ✓ Mix Vegetable Fried Rice(V) ✓ Pak Choy Oyster Sauce(V)	● ● ●	✓ Mushroom & Mix Vegetable Cream Sauce(V) ✓ Penne Pasta(V) ✓ Roasted Zucchini & Carrot(V)	● ● ●	✓ Green Pea & Egg Tofu Garlic Sauce(V) ✓ Fried Noodle(V) ✓ Stir Fry Baby Kailan(V)	● ● ●
DAIRY	Fruit yoghurt	●	Cheddar Cheese	●	Brie Cheese	●	Edam Cheese	●	Fruit Yogurt	●
FRUIT & DESSERT	Honey Dew	●	Banana Cake	●	Apple	●	Strawberry Pudding	●	Pineapple	●



Delischool



11 TO 15 MAY 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	●	✓ Potato Soup	●	✓ Chef Salad	●	✓ Carrot Soup	●
WESTERN	<ul style="list-style-type: none"> ✓ Fish and Chips ✓ Tartar Sauce ✓ Garden Mix Salad 	● ● ●	<ul style="list-style-type: none"> ✓ Chicken Fricassee ✓ Garlic Butter Rice ✓ Baked Broccoli 	● ● ●	<ul style="list-style-type: none"> ✓ Chicken Macaroni & Cheese ✓ Caesar Salad 	● ● ●	<ul style="list-style-type: none"> ✓ Garlic Butter Fish ✓ Tagliatelle ✓ Roasted Zucchini & Capsicum 	● ● ●	<ul style="list-style-type: none"> ✓ Chicken Schnitzel ✓ Roasted Herb Potatoes ✓ Sauteed Carrot and Capsicum 	● ● ●
ASIAN	<ul style="list-style-type: none"> ✓ Salted Egg Chicken ✓ Steamed Rice ✓ Stir Fry Mix vegetables 	● ● ●	<ul style="list-style-type: none"> ✓ Fish Pop Corn ✓ Fried Flat Rice Noodle (Char Kway Teow) ✓ Stir Fry Mix Vegetables 	● ● ●			<ul style="list-style-type: none"> ✓ Roasted Honey Chicken ✓ Chicken Rice and Condiment 	● ● ●	<ul style="list-style-type: none"> ✓ Crispy Thai Fish ✓ Fried Glass Noodle ✓ Garlic & Oyster Bok Choy 	● ● ●
VEGETARIAN (V)	<ul style="list-style-type: none"> ✓ Bean curd & Tempe in Coconut Gravy(V) ✓ Fried Rice(V) ✓ Stir Fry Mix Vegetables(V) 	● ● ●	<ul style="list-style-type: none"> ✓ Duo Bean curd Periperi (V) ✓ Raisin Couscous(V) ✓ Baked Broccoli(V) 	● ● ●	<ul style="list-style-type: none"> ✓ Vegetarian Fish & Green Pea Soy Sauce(V) ✓ Fried Rice(V) ✓ Stir Fried Cabbage(V) 	● ● ●	<ul style="list-style-type: none"> ✓ Green pea & Chick pea Pomodoro(V) ✓ Spaghetti(V) ✓ Roasted Zucchini & Capsicum(V) 	● ● ●	<ul style="list-style-type: none"> ✓ Crispy Egg Tofu & Chick Pea Soy Sauce(V) ✓ Steamed Rice(V) ✓ Garlic & Oyster Bok Choy 	● ● ●
DAIRY	Fruit Yoghurt	●	Edam Cheese	●	Camembert Cheese	●	Emmental Cheese	●	Fruit Yoghurt	●
FRUIT & DESSERT	Watermelon	●	Blueberry Cake	●	Banana	●	Dark Chocolate Mousse	●	Papaya	●



CAFETERIA Delischool



18 TO 22 MAY 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	●	✓ Chicken Soup	●	✓ Salad Bar / Egg Maki Roll	●	✓ Chickpea Soup	●
WESTERN	<ul style="list-style-type: none"> ✓ Mediterranean Baked Fish ✓ Mediterranean Rice ✓ Roasted Mediterranean Vegetable 	● ● ●	<ul style="list-style-type: none"> ✓ Chicken Stroganoff ✓ Roasted Potato ✓ Ratatouille 	● ● ●	<ul style="list-style-type: none"> ✓ Jumbo Sausage with Bun ✓ Potato Wedges ✓ Chef Salad 	● ● ●	<p>CARROT DAY</p> <ul style="list-style-type: none"> ✓ Roasted Tenderloin with Au Jus ✓ Carrot Pomme Puree ✓ Roasted Carrot & Green Pea 	● ● ●	<ul style="list-style-type: none"> ✓ Deep Fried Fish Piccata ✓ Penne Pasta ✓ Sauteed Spinach 	● ● ●
ASIAN	<ul style="list-style-type: none"> ✓ Kung Pao Chicken ✓ Fried Yee Mee ✓ Stir Fry Carrot & Spinach 	● ● ●	<ul style="list-style-type: none"> ✓ Crispy Honey Soy Fish ✓ Fried Noodle ✓ Stir Fry Carrot & Cabbage 	● ● ●			<ul style="list-style-type: none"> ✓ Chicken Kurma ✓ Ghee Basmathi Rice ✓ Carrot & Eggplant Kuma 	● ● ●	<ul style="list-style-type: none"> ✓ Chicken Rose ✓ Nasi Lemak ✓ Cucumber & Boiled Egg 	● ● ●
VEGETARIAN (V)	<ul style="list-style-type: none"> ✓ Soft Tofu & Green Pea Tom Kha Gai(V) ✓ Steamed Rice(V) ✓ Stir Fry Carrot & Spinach(V) 	● ● ●	<ul style="list-style-type: none"> ✓ Mushroom & Chick pea Alfredo (V) ✓ Fusilli (V) ✓ Ratatouille(V) 	● ● ●	<ul style="list-style-type: none"> ✓ Salted Egg Vegetarian Chicken (V) ✓ Pineapple Fried Rice(V) ✓ Steamed Broccoli(V) 	● ● ●	<ul style="list-style-type: none"> ✓ Mushroom & Carrot Cream Sauce(V) ✓ Spaghetti(V) ✓ Roasted Carrot & Green Pea(V) 	● ● ●	<ul style="list-style-type: none"> ✓ Steamed Soft Tofu Garlic Oyster Sauce(V) ✓ Fried Noodle(V) ✓ Sauteed Spinach(V) 	● ● ●
DAIRY	Fruit Yoghurt	●	Emmental Cheese	●	Brie Cheese	●	Cheddar Cheese	●	Fruit Yogurt	●
FRUIT & DESSERT	Rock Melon	●	Panna Cotta	●	Orange	●	Carrot Cake	●	Pineapple	●



CAFETERIA Delischool



25 TO 29 MAY 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	●	✓ Mushroom Soup	●	✓ Chef Salad	●	✓ Cauliflower Soup	
WESTERN	<ul style="list-style-type: none"> ✓ Blackened Chicken With Tomato Concasse ✓ Spaghetti ✓ Sauteed Zucchini 	● ● ●	<ul style="list-style-type: none"> ✓ Grilled Fish Fillets ✓ Capers Sauce ✓ Roasted Sweet Potato ✓ Sautéed Green Beans 	● ● ●	<ul style="list-style-type: none"> ✓ Chicken Lasagna ✓ Nicoise Salad 	● ● ●	<ul style="list-style-type: none"> ✓ Battered Fish with Creamy Lemon Sauce ✓ Spaghetti ✓ Roasted Paprika Cauliflower 	● ● ●	<ul style="list-style-type: none"> ✓ Chicken Milanese with Tomato Sauce ✓ Garlic Butter Rice ✓ Butter Broccoli 	● ● ●
ASIAN	<ul style="list-style-type: none"> ✓ Fish 65 ✓ Fried Yellow Noodle ✓ Stir Fried Long Cabbage 	● ● ●	<ul style="list-style-type: none"> ✓ Chicken Tandoori ✓ Steamed Basmathi Rice ✓ Cauliflower Dhall 	● ● ●			<ul style="list-style-type: none"> ✓ Honey Soy Chicken ✓ Korean Steamed Rice ✓ Kimchi 	● ● ●	<ul style="list-style-type: none"> ✓ Ginger Soy Sauce Fish Fillet ✓ Basmathi Rice ✓ Spinach With garlic 	
VEGETARIAN (V)	<ul style="list-style-type: none"> ✓ Mushroom & Chick Pea with Espagnole Sauce(V) ✓ Butter Couscous(V) ✓ Sauteed Zucchini(V) 	● ● ●	<ul style="list-style-type: none"> ✓ Tempe & Hard Bean Thai Sauce(V) ✓ Fried Kue Teow(V) ✓ Sautéed Green Beans(V) 	● ● ●	<ul style="list-style-type: none"> ✓ Vegetarian Fish Sweet & Sour(V) ✓ Mix Vegetable Fried Rice(V) ✓ Stir Fried Choy Sam(V) 	● ● ●	<ul style="list-style-type: none"> ✓ Braised Ginger Tofu & Chick Pea(V) ✓ Fried Yee Mee(V) ✓ Siew Pak Choy With Oyster Sauce(V) 	● ● ●	<ul style="list-style-type: none"> ✓ Chick Pea & Green Pea Concasse(V) ✓ Raisin Couscous(V) ✓ Butter Broccoli(V) 	
DAIRY	Fruit Yoghurt	●	Cheddar Cheese	●	Camembert Cheese	●	Edam Cheese	●	Fruit Yoghurt	●
FRUIT & DESSERT	Honey Dew	●	Pandan Gula Melaka Cake	●	Pear	●	Chocolate Pudding	●	Papaya	●

Information & Healthy guidelines

GO: Eat daily.

- Whole grains
- Fruits & vegetables
- Healthy proteins
- Milk, cheese, & yogurt

SLOW: Eat only once or twice a week.

- Refined grains
- Lean, ground meats
- Low-sugar cookies, cakes
- Jelly, mayo, honey

WHOA: Eat only once or twice a month.

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



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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