



Delischool



1 TO 5 JUNE 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	●	✓ Pumpkin Soup	●	✓ Chef Salad	●	✓ Corn Soup	●
WESTERN		● ● ●	✓ Peri peri Chicken ✓ Herb Couscous ✓ Garlic Broccoli & Carrot	● ● ●	✓ Jumbo Sausage with Bun ✓ Chef Salad	● ● ●	ITALY DAY ✓ Spaghetti Beef Bolognese ✓ Steamed Carrot & Green Pea	● ● ●	✓ Poulet Rôti (Roast Chicken) ✓ Espagnole sauce ✓ Butter Rice ✓ Steamed Cauliflower & Carrot	● ● ● ●
ASIAN		● ● ●	✓ Crispy Fish With Soy and Garlic ✓ Steamed Rice ✓ Stir Fry Mix Vegetable	● ● ●			✓ Chicken Lasagna ✓ Caponata	● ● ●	✓ Sweet & Sour Fish ✓ Fried Yellow Noodle ✓ Stir Fry Baby Kailan	● ● ●
VEGETARIAN (V)		● ● ●	✓ Chick Pea & Green Pea Concasse(V) ✓ Spaghetti(V) ✓ Steamed Broccoli & Carrot(V)	● ● ●	✓ Summer Vegetable Shepherd Pie(V) ✓ Chef Salad(V)	● ● ●	✓ Mushroom, Green & Chic Peas Carbonara (V) ✓ Penne(V) ✓ Steamed Carrot & Green Pea(V)	● ● ●	✓ Egg Tofu & Green Pea Soy Sauce(V) ✓ Steamed Rice(V) ✓ Stir Fry Baby Kailan(V)	● ● ●
DAIRY		●	Fruit yoghurt	●	Brie Cheese	●	Edam Cheese	●	Fruit Yogurt	●
FRUIT & DESSERT		●	Honey Dew	●	Apple	●	Panna Cotta	●	Pineapple	●



Delischool



8 TO 12 JUNE 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"> ✓ Paprika Pan Seared Fish with Tomato Cream Sauce ✓ Tagliatelle ✓ Steamed Cauliflower & Carrot 	● ● ●	<ul style="list-style-type: none"> ✓ Pollo al Ajillo (Roasted Garlic Chicken) ✓ Butter Rice ✓ Roasted Broccoli & Carrot 	● ● ●	<ul style="list-style-type: none"> ✓ Chicken Macaroni & Cheese ✓ Caesar Salad 	● ● ●	<ul style="list-style-type: none"> ✓ Lemon Butter Perch With Capers and Fresh Herbs ✓ Couscous ✓ Roasted Zucchini & Capsicum 	● ● ●	<ul style="list-style-type: none"> ✓ Roasted Tomato Chicken ✓ Herb Potatoes ✓ Sauteed Carrot and Capsicum 	● ● ●
ASIAN	<ul style="list-style-type: none"> ✓ Chicken Bulgogi ✓ Japanese Rice ✓ Stir Fry Mix vegetables 	● ● ●	<ul style="list-style-type: none"> ✓ Fish Pop Corn ✓ Fried Flat Rice Noodle ✓ Stir Fry Cabbage & Carrot 	● ● ●			<ul style="list-style-type: none"> ✓ Roasted BBQ Chicken ✓ Chicken Rice and Condiment 	● ● ●	<ul style="list-style-type: none"> ✓ Crispy Thai Fish ✓ Steamed Rice ✓ Garlic & Oyster Bok Choy 	● ● ●
VEGETARIAN (V)	<ul style="list-style-type: none"> ✓ Bean curd & Tempe in Turmeric & Coconut Gravy(V) ✓ Steamed Rice(V) ✓ Stir Fry Mix Vegetables(V) 	● ● ●	<ul style="list-style-type: none"> ✓ Duo Bean Curd Pomodoro(V) ✓ Raisin Couscous(V) ✓ Roasted Broccoli & Carrot(V) 	● ● ●	<ul style="list-style-type: none"> ✓ Grilled Eggplant, Zucchini & Mushroom ✓ Burrito(V) ✓ Chef Salad(V) 	● ● ●	<ul style="list-style-type: none"> ✓ Crispy Egg Tofu & Chick Pea ✓ Teriyaki Sauce(V) ✓ Fried Yee Mee(V) ✓ Garlic & Oyster Bok Choy(V) 	● ● ●	<ul style="list-style-type: none"> ✓ Mushroom, Green pea & Chick pea ✓ Carbonara(V) ✓ Spaghetti(V) ✓ Roasted Zucchini & Capsicum(V) 	● ● ●
DAIRY	Fruit Yoghurt	●	Edam Cheese	●	Camembert Cheese	●	Emmental Cheese	●	Fruit Yoghurt	●
FRUIT &	Watermelon	●	Victoria Cake	●	Banana	●	Chocolate Pudding	●	Banana	●



CAFETERIA **Delischool**



15 TO 19 JUNE 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"> ✓ Fish Fillet with Salsa ✓ Mediterranean Rice ✓ Roasted Zucchini & Capcicum 	● ● ●	<ul style="list-style-type: none"> ✓ Pollo Asado (Mexican Roasted Chicken) ✓ Roasted Potato ✓ Mexican Roast Vegetable 	● ● ●	<ul style="list-style-type: none"> ✓ Chicken Burger ✓ Sweet Potato Fries ✓ Chef Salad 	● ● ●	<p>BEACH DAY</p> <ul style="list-style-type: none"> ✓ Grill BBQ Beef Sausage ✓ Potato Wedges ✓ Coleslaw 	● ● ●	<ul style="list-style-type: none"> ✓ Pan Fried Perch with Cream Sauce ✓ Couscous ✓ Sauteed Garlic Spinach & Mushroom 	● ● ●
ASIAN	<ul style="list-style-type: none"> ✓ Chicken 65 ✓ Fried Mee Mamak ✓ Stir Fry Choy Sam 	● ● ●	<ul style="list-style-type: none"> ✓ Ginger Scallion Fish ✓ Steamed Rice ✓ Stir Fry Cabbage & Carrot 	● ● ●			<ul style="list-style-type: none"> ✓ Chicken Wings (Sate Marination) ✓ Nasi Goreng Kampung 	● ● ●	<ul style="list-style-type: none"> ✓ Spiced Fried Chicken ✓ Nasi Lemak ✓ Cucumber & Boiled Egg 	● ● ●
VEGETARIAN (V)	<ul style="list-style-type: none"> ✓ Soft Tofu & Green Pea Kurma(V) ✓ Steamed Rice(V) ✓ Stir Fry Choy Sam(V) 	● ● ●	<ul style="list-style-type: none"> ✓ Green & Chick Pea Bolognese(V) ✓ Fusilli (V) ✓ Roast Vegetable(V) 	● ● ●	<ul style="list-style-type: none"> ✓ Croissant with Creamy Sweet Corn & Green Peas (V) ✓ Chef Salad(V) 	● ● ●	<ul style="list-style-type: none"> ✓ Mushroom & Green Pea Carbonara(V) ✓ Spaghetti(V) ✓ Steamed Broccoli & Carrot(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	●	Marble Cake	●	Orange	●	Cream Caramel	●	Pineapple	●



CAFETERIA **Delischool**



22 TO 26 JUNE 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"> ✓ Lemon Grilled Chicken with Tzatziki Sauce ✓ Raisin Couscous ✓ Sautéed Zucchini 	●●●	<ul style="list-style-type: none"> ✓ Grilled Dory with Pomodoro 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 Mushroom Sauce ✓ Spaghetti ✓ Roasted Paprika Cauliflower 	●●●	<ul style="list-style-type: none"> ✓ Grilled Chicken with Green Pea Brown Sauce ✓ Garlic Butter Rice ✓ Butter Broccoli 	●●●
ASIAN	<ul style="list-style-type: none"> ✓ Crispy Thai Fish ✓ Steamed Rice ✓ Stir Fry Pok Choy 	●●●	<ul style="list-style-type: none"> ✓ Chicken Percik Sauce ✓ Corn Rice ✓ Turmeric Cabbage & Carrot 	●●●			<ul style="list-style-type: none"> ✓ Honey Soy Chicken ✓ Korean Steamed Rice ✓ Kimchi 	●●●	<ul style="list-style-type: none"> ✓ Tandoori Fish Fillet ✓ Fried Noodle ✓ Spinach With garlic 	●●●
VEGETARIAN (V)	<ul style="list-style-type: none"> ✓ Mushroom & Chick Pea with Espagnole Sauce(V) ✓ Roasted Potato(V) ✓ Sautéed Zucchini(V) 	●●●	<ul style="list-style-type: none"> ✓ Tempe & Hard Bean Thai Sauce(V) ✓ Fried Kue Teow(V) ✓ Turmeric Cabbage & Carrot(V) 	●●●	<ul style="list-style-type: none"> ✓ Black Olive, Mushroom & Capsicum Pizza(V) ✓ Chef Salad(V) 	●●●	<ul style="list-style-type: none"> ✓ Thai Tofu & Chick Pea(V) ✓ Fried Yee Mee(V) ✓ Siew Pak Choy With Oyster Sauce(V) 	●●●	<ul style="list-style-type: none"> ✓ Mushroom & Green Pea Napoli Sauce(V) ✓ Raisin Couscous(V) ✓ Butter Broccoli(V) 	●●●
DAIRY	Fruit Yoghurt	●	Cheddar Cheese	●	Camembert Cheese	●	Edam Cheese	●	Fruit Yoghurt	●
FRUIT & DESSERT	Honey Dew	●	Blueberry Cake	●	Pear	●	Strawberry Pudding	●	Papaya	●



CAFETERIA Delischool



23 TO 30 JUNE 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	●		●		●		
WESTERN	<ul style="list-style-type: none"> ✓ BBQ Chicken ✓ Spaghetti Aglio Olio ✓ Sautéed Zucchini 	<ul style="list-style-type: none"> ● ● ● 	<ul style="list-style-type: none"> ✓ Fish Provençal ✓ Roasted Sweet Potato ✓ Sautéed Green Beans 	<ul style="list-style-type: none"> ● ● ● 		<ul style="list-style-type: none"> ● ● ● 		<ul style="list-style-type: none"> ● ● ● 		<ul style="list-style-type: none"> ● ● ●
ASIAN	<ul style="list-style-type: none"> ✓ Fish Curry ✓ Steamed Rice ✓ Stir Fried Long Cabbage 	<ul style="list-style-type: none"> ● ● ● 	<ul style="list-style-type: none"> ✓ Chicken Vindaloo ✓ Steamed Basmathi Rice ✓ Roasted Cauliflower Paprika 	<ul style="list-style-type: none"> ● ● ● 				<ul style="list-style-type: none"> ● ● ● 		
VEGETARIAN (V)	<ul style="list-style-type: none"> ✓ Mushroom & Chick Pea Brown Sauce(V) ✓ Butter Couscous(V) ✓ Sautéed Zucchini(V) 	<ul style="list-style-type: none"> ● ● ● 	<ul style="list-style-type: none"> ✓ Tempe & Hard Bean Honey Soy Sauce(V) ✓ Fried Kue Teow(V) ✓ Sautéed Green Beans(V) 	<ul style="list-style-type: none"> ● ● ● 		<ul style="list-style-type: none"> ● ● ● 		<ul style="list-style-type: none"> ● ● ● 		
DAIRY	Fruit Yoghurt	●	Cheddar Cheese	●		●		●		●
FRUIT & DESSERT	Honey Dew	●	Chocolate Mousse Cake	●		●		●		●

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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