



17 TO 21 AUGUST 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		●		●		●	✓ Chef Salad	●	✓ Carrot Soup	●
WESTERN		● ● ●		● ● ●		● ● ●	✓ Lemon Butter Perch With Capers and Fresh Herbs ✓ Corn & Carrot Rice ✓ Roasted Zucchini & Capsicum	● ● ●	✓ Baked Fish Tomato Green Pea ✓ Roasted Potato ✓ Grilled Herb Capsicum	● ● ●
ASIAN		● ● ●		● ● ●			✓ Roasted BBQ Chicken ✓ Yee Mee ✓ Garlic Poh Choy	● ● ●	✓ Spiced Fried Chicken ✓ Nasi Lemak ✓ Cucumber & Boiled Egg	● ● ●
VEGETARIAN (V)		● ● ●		● ● ●		● ● ●	✓ Crispy Egg Tofu & Chick Pea Teriyaki Sauce(V) ✓ Steamed Rice(V) ✓ Garlic Poh Choy(V)	● ● ●	✓ Mushroom, Green pea & Chick pea Carbonara(V) ✓ Spaghetti(V) ✓ Roasted Zucchini & Capsicum(V)	● ● ●
DAIRY		●		●		●	Emmental Cheese	●	Fruit Yoghurt	●
FRUIT & DESSERT		●		●		●	Chocolate Pudding	●	Papaya	●



24 TO 28 AUGUST 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		●		●	✓ Mushroom Soup	●	✓ Chef Salad	●	✓ Cauliflower Soup	
WESTERN		● ● ●		● ● ●	✓ Chicken Lasagna ✓ Nicoise Salad	● ● ●	✓ Battered Fish with Creamy Mushroom Sauce ✓ Spaghetti ✓ Roasted Paprika Cauliflower	● ● ●	✓ Grilled Chicken with Green Pea Brown Sauce ✓ Garlic Butter Rice ✓ Butter Broccoli	● ● ●
ASIAN		● ● ●		● ● ●			✓ Fish Pop Corn ✓ Steamed Rice ✓ Egg & Condiments	● ● ●	✓ Tandoori Fish Fillet ✓ Fried Noodle ✓ Spinach With garlic	● ● ●
VEGETARIAN (V)		● ● ●		● ● ●	✓ Black Olive, Mushroom & Capsicum Pizza(V) ✓ Chef Salad(V)	● ● ●	✓ Thai Tofu & Chick Pea(V) ✓ Fried Yee Mee(V) ✓ Siew Pak Choy With Oyster Sauce(V)	● ● ●	✓ Mushroom & Green Pea Napoli Sauce(V) ✓ Raisin Couscous(V) ✓ Butter Broccoli(V)	● ● ●
DAIRY		●		●	Camembert Cheese	●	Edam Cheese	●	Fruit Yoghurt	●
FRUIT & DESSERT		●		●	Pear	●	Strawberry Pudding	●	Papaya	●

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.