



Delischool



1 TO 4 SEPTEMBER 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					✓ Minestrone Soup	●	✓ Chef Salad	●	✓ Mushroom Soup	●
WESTERN			✓ Battered Fish with Creamy Lemon Sauce ✓ Spaghetti ✓ Roasted Paprika Cauliflower	● ● ●	✓ BBQ Chicken ✓ Cheese Baked Macaroni ✓ Chef Salad	● ● ●	✓ Roasted Chicken with Espagnole Sauce ✓ Roasted Herb Potatoes ✓ Garlic Butter Broccoli	● ● ●	✓ Perch Fillet with Bechamel ✓ Tagliatelle ✓ Roasted Zucchini & Capsicum	● ● ●
ASIAN			✓ Soy Braised Chicken ✓ Steamed Rice ✓ Siew Pak Choy with Oyster Sauce	● ● ●			✓ Fish karaage ✓ Steamed Japanese Rice ✓ Stir Fry Beansprout & Chives	● ● ●	✓ Pop Corn Chicken ✓ Fried Yellow Noodle ✓ Stir Fried Pak Choy	● ● ●
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	●



7 TO 11 SEPTEMBER 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	●	✓ Salad Bar	●	✓ Corn Soup	●	✓ ABC Soup	●	✓ Salad Bar	●
WESTERN	✓ Grilled Chicken with Green Pea Brown Sauce ✓ Butter Couscous ✓ Toasted Spinach	● ● ●	✓ Oven Baked Fish ✓ Pomodoro e Erbe (Tomato and Herb Sauce) ✓ Spaghetti ✓ Grilled Zucchini & Capsicum	● ● ●	✓ Chicken Burger ✓ Sweet Potato Fries ✓ Chef Salad	● ● ●	MALAYSIA DAY ✓ Beef Rendang ✓ Nasi Lemak with Condiments	● ● ●	✓ Roasted Chicken with Butter Herb Cream Sauce ✓ Pilaf Rice ✓ Carrot Vichy	● ● ●
ASIAN	✓ Fish Makhani ✓ Steamed rice ✓ Stir Fry Baby Kailan	● ● ●	✓ Crispy Chicken With Thai Sauce ✓ Fried Rice ✓ Thai Mango Salad	● ● ●			✓ Chicken 65 ✓ Mamak Fried Noodle ✓ Stir Fried Tumeric Cabbage	● ● ●	✓ Tempura Fish ✓ Fried Yee Mee ✓ Braised Siew Pak Choy	● ● ●
VEGETARIAN (V)	✓ Bean curd & Tempe in Turmeric & Coconut Gravy(V) ✓ Steamed Rice(V) ✓ Stir Fry Mix Vegetables(V)	● ● ●	✓ Duo Bean Curd Pomodoro(V) ✓ Raisin Couscous(V) ✓ Roasted Broccoli & Carrot(V)	● ● ●	✓ Grilled Eggplant, Zucchini & Mushroom Burrito(V) ✓ Chef Salad(V)	● ● ●	✓ Crispy Egg Tofu & Chick Pea ✓ Kungpao Sauce(V) ✓ Nasi Lemak(V) ✓ Stir Fried Tumeric Cabbage(V)	● ● ●	✓ Mushroom, Green pea & Chick pea Carbonara(V) ✓ Spaghetti(V) ✓ Roasted Zucchini & Capsicum(V)	● ● ●
DAIRY	Fruit yoghurt	●	Brie Cheese	●	Camembert Cheese	●	Edam Cheese	●	Fruit Yogurt	●
FRUIT & DESSERT	Watermelon	●	Victoria Cake	●	Banana	●	Sago Gula Melaka	●	Papaya	●



14 TO 18 SEPTEMBER 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	✓ Fish and Chips ✓ Tartare Sauce ✓ Garden Mix Salad	● ● ●	✓ Peri Peri Chicken ✓ Garlic Butter Rice ✓ Baked Broccoli	● ● ●	✓ Chicken Maryland With Mushroom White Sauce ✓ Raisin Couscous ✓ Coleslaw	● ● ●	✓ Perch Fillet with Salsa ✓ Tagliatelle ✓ Roasted Zucchini & Capsicum	● ● ●	✓ Mexican Chicken with Mushroom Sauce ✓ Roasted Herb Potatoes ✓ Sautéed Carrot and Capsicum	● ● ●
ASIAN	✓ Coconut & Turmeric Chicken ✓ Steamed Rice ✓ Stir Fry Mix vegetables	● ● ●	✓ Ginger Scallion Fish ✓ Fried Yee Mee ✓ Braised Kailan	● ● ●			✓ Chicken Mandy Rice ✓ Roasted Mediterranean Vegetable	● ● ●	✓ Fish Karaage with Garlic Aioli ✓ Steamed Japanese Rice ✓ Stir Fry Beansprout & Chives	● ● ●
VEGETARIAN (V)	✓ Soft Tofu & Green Pea Kurma(V) ✓ Steamed Rice(V) ✓ Stir Fry Choy Sam(V)	● ● ●	✓ Green & Chick Pea Bolognese(V) ✓ Fusilli (V) ✓ Roast Vegetable(V)	● ● ●	✓ Croissant with Creamy Sweet Corn & Green Peas (V) ✓ Chef Salad(V)	● ● ●	✓ Mushroom & Green Pea Carbonara(V) ✓ Spaghetti(V) ✓ Steamed Broccoli & Carrot(V)	● ● ●	✓ Steamed Soft Tofu Garlic Oyster Sauce(V) ✓ Fried Noodle(V) ✓ Sautéed Spinach(V)	● ● ●
DAIRY	Fruit Yoghurt	●	Cheddar Cheese	●	Strawberry Milk	●	Emmental Cheese	●	Fruit Yoghurt	●
FRUIT & DESSERT	Rock Melon	●	Marble Cake	●	Orange	●	Cream Caramel	●	Pineapple	●



21 TO 25 SEPTEMBER 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	●	✓ Salad Bar	●	✓ Chickpea Soup	●	✓ Potato Soup	●	✓ Salad Bar	●
WESTERN	✓ Deep Fried Fish with Piccata Sauce ✓ Potato Lyonnaise ✓ Sauteed Spinach	●	✓ Chicken Fricassee ✓ Pilaf Rice ✓ Ratatouille	●	✓ Grilled Chicken ✓ Mashed Potato ✓ Steamed Broccoli	●	✓ POTATO DAY ✓ Beef Sausage ✓ Pomme Puree with Gravy ✓ Grill Zucchini & Capsicum	●	✓ Pesce alla Panna (Fish with Classic Cream Sauce) ✓ Penne ✓ Steamed Broccoli	●
ASIAN	✓ Chicken Tom Kha Gai(Thai Coconut Milk Curry) ✓ Steamed Rice ✓ Thai Cucumber Salad	●	✓ Deep Fried Honey Soy Fish ✓ Fried Noodle ✓ Stir Fry Carrot & Cabbage	●			✓ Malaysian Style Roasted Chicken ✓ Roasted Potato ✓ Grill Eggplant & Carrot	●	✓ Honey Roasted Chicken Rice ✓ Condiments	●
VEGETARIAN (V)	✓ Mushroom & Chick Pea with Espagnole Sauce(V) ✓ Roasted Potato(V) ✓ Sauteed Zucchini(V)	●	✓ Tempe & Hard Bean Thai Sauce(V) ✓ Fried Kue Teow(V) ✓ Turmeric Cabbage & Carrot(V)	●	✓ Black Olive, Mushroom & Capsicum Pizza(V) ✓ Chef Salad(V)	●	✓ Thai Potato, 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	Fruit Yoghurt	●	Camembert Cheese	●	Full Cream Milk	●	Edam Cheese	●	Fruit Yogurt	●
FRUIT & DESSERT	Honey Dew	●	Blueberry Cake	●	Pear	●	Potato Sweet Bun	●	Papaya	●



28 TO 30 SEPTEMBER 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	●	✓ Cauliflower Soup	●				
WESTERN	✓ Classic Dutch Braised Chicken ✓ Butter & Raisin Rice ✓ Toast Carrot & Peas	● ● ●	✓ Grilled Fish Fillets ✓ Capers Sauce ✓ Roasted Sweet Potato ✓ Sautéed Green Beans	● ● ●	✓ Chicken Lasagna ✓ Chef Salad	● ● ●				
ASIAN	✓ Crispy Fish With Soy and Garlic ✓ Fried Yellow Noodle ✓ Stir Fried Long Cabbage	● ● ●	✓ Chicken Katsu ✓ Japanese Steamed Rice ✓ Japanese Vegetable Curry	● ● ●						
VEGETARIAN (V)	✓ Mushroom & Chick Pea Brown Sauce(V) ✓ Butter Couscous(V) ✓ Sautéed Zucchini(V)	● ● ●	✓ Tempe & Hard Bean Honey Soy Sauce (V) ✓ Fried Kue Teow(V) ✓ Sautéed Green Beans(V)	● ● ●	✓ Grilled Summer Vegetables Panini(V) ✓ Chef Salad(V)	● ● ●				
DAIRY	Fruit Yoghurt	●	Emmental Cheese	●	Strawberry Milk	●				
FRUIT & DESSERT	Honey Dew	●	Banana Cake	●	Apple	●				

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.