



Delischool



1 TO 2 OCTOBER 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	●	✓ Mushroom Soup	●
WESTERN							✓ Beef Bolognese ✓ Spaghetti ✓ Steamed Cauliflower & Carrot	● ● ●	✓ Pan Fried Fish w Orange Butter Sauce ✓ Butter Rice ✓ Garlic Butter Broccoli	● ● ●
ASIAN							✓ Crispy Fish With Thai Sauce ✓ Fried Glass Noodle ✓ Thai Mango Salad	● ● ●	✓ Soy Roasted Chicken ✓ Fried Yellow Noodle ✓ Stir Fried Pak Choy	● ● ●
VEGETARIAN (V)							✓ Mushroom, Green & Chic Peas Carbonara (V) ✓ Spaghetti (V) ✓ Steamed Carrot & Green Pea (V)	● ● ●	✓ Egg Tofu & Green Pea Soy Sauce (V) ✓ Steamed Rice (V) ✓ Stir Fried Pak Choy (V)	● ● ●
DAIRY							Edam Cheese	●	Fruit Yogurt	●
FRUIT & DESSERT							Ice Cream	●	Pineapple	●



5 TO 9 OCTOBER 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	●	✓ Corn Soup	●	✓ Bloody Minesrtone Soup / Mochi	●	✓ Chef Salad	●
WESTERN	✓ Pollo al Ajillo (Roasted Garlic Chicken) ✓ Raisin & Capsicum Couscous ✓ Steamed Winter Vegetable	● ● ●	✓ Grilled Tilapia Fillets ✓ Mushroom Cream Sauce ✓ Fussili ✓ Sautéed Green Beans & Carrot	● ● ●	✓ Chicken Hot Dog ✓ Sweet Potato Fries ✓ Chef Salad	● ● ●	SPOOKY HALLOWEEN ✓ Vampire Roasted Beef w Tomato Brown Sauce ✓ Mashed Potato ✓ Halloween Roasted Pumpkin	● ● ●	✓ Lemon Butter Perch With Capers and Fresh Herbs ✓ Roasted Potato ✓ Grilled Zucchini	● ● ●
ASIAN	✓ Sweet & Sour Fish ✓ Steam White Rice ✓ Stir Fry Kailan	● ● ●	✓ Crispy Chicken With Thai Sauce ✓ Fried Flat Noodle ✓ Thai Mango Salad	● ● ●			✓ Dracula BBQ Chicken ✓ Raisin Butter Rice ✓ Witch Corn on Cob	● ● ●	✓ Chicken 65 ✓ Steamed Rice ✓ Vegetable Dhalca	● ● ●
VEGETARIAN (V)	✓ Bean curd & Tempe in Turmeric & Coconut Gravy(V) ✓ Steamed Rice(V) ✓ Stir Fry Kailan(V)	● ● ●	✓ Duo Bean Curd Pomodoro(V) ✓ Raisin Couscous(V) ✓ Sautéed Green Beans & Carrot(V)	● ● ●	✓ Vegetarian Sherperd Pie(V) ✓ Chef Salad(V)	● ● ●	✓ Monster Mushroom Carbonara(V) ✓ Witch Hair Spaghetti(V) ✓ Halloween Roasted Pumpkin(V)	● ● ●	✓ Tempe & Vegetable Dhalca(V) ✓ Steamed Rice(V)	● ● ●
DAIRY	Fruit yoghurt	●	Edam Cheese	●	Camembert Cheese	●	Emmental Cheese	●	Fruit Yogurt	●
FRUIT & DESSERT	Watermelon	●	Chocolate Muffin	●	Banana	●	Ice Cream	●	Papaya	●



12 TO 16 OCTOBER 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	✓ Roasted Chicken w Mushroom Gravy ✓ Butter Herb Rice ✓ Cauliflower au Gratin	● ● ●	✓ Fritto di Pesce (Deep Fried Fish) ✓ Garlic & Lemon Aioli ✓ Oven Roasted Potato ✓ Buttered Carrot & Parsley	● ● ●	✓ Chicken Mac & Cheese ✓ Caesar Salad	● ● ●	✓ Beef Bourguignon ✓ Butter Couscous ✓ Ratatouille	● ● ●	✓ Paprika Pan Seared Fish with Tomato Cream Sauce ✓ Tagliatelle ✓ Toasted Cauliflower & Carrot	● ● ●
ASIAN	✓ Fish Curry ✓ Steamed Rice ✓ Stir Fry Turmeric Cabbage	● ● ●	✓ Kung Pao Chicken ✓ Fried Yee Mee ✓ Stir Fry Spinach	● ● ●			✓ Ginger Soy Sauce Fish Fillet ✓ Steamed Rice ✓ Stir Fry Choy Sam	● ● ●	✓ Chicken Percik Sauce ✓ Ghee Rice ✓ Acar Jelatah	● ● ●
VEGETARIAN (V)	✓ Soft Tofu & Green Pea Kurma(V) ✓ Steamed Rice(V) ✓ Stir Fried Turmeric Cabbage(V)	● ● ●	✓ Mushroom & Chick Pea Bolognese(V) ✓ Fusilli (V) ✓ Buttered Carrot & Parsley(V)	● ● ●	✓ Croissant with Sautéed Creamy Mushroom & Green Peas (V) ✓ Caesar Salad(V)	● ● ●	✓ Mushroom Carbonara(V) ✓ Penne(V) ✓ Ratatouille(V)	● ● ●	✓ Tempe & Bean Curd Kurma(V) ✓ Ghee Rice(V) ✓ Acar Jelatah(V)	● ● ●
DAIRY	Fruit Yoghurt	●	Emmental Cheese	●	Brie Cheese	●	Cheddar Cheese	●	Fruit Yoghurt	●
FRUIT & DESSERT	Rock Melon	●	Banana Cake	●	Orange	●	Ice Cream	●	Pineapple	●



19 TO 23 OCTOBER 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	●	✓ Chickpea Soup	●	✓ Kimci Soup / Mochi	●	✓ Chef Salad	●
WESTERN	✓ Pollo Asado ✓ (Mexican Roasted Chicken) ✓ Mexican rice ✓ Toast Carrot & Peas	● ● ●	✓ Honey Lemon Baked Fish ✓ Roasted Potato ✓ Sautéed Mediterranean Vegetables	● ● ●	✓ Grilled Chicken ✓ Mashed Potato ✓ Nicoise Salad	● ● ●	KOREAN DAY ✓ Beef Bulgogi ✓ Korean Rice ✓ Kimci	● ● ●	✓ Pesce alla Panna (Fish with Classic Cream Sauce) ✓ Penne ✓ Steamed Broccoli	● ● ●
ASIAN	✓ Fish Makhani ✓ Fried Yee Mee ✓ Braised Pak Choy	● ● ●	✓ Chicken Tandoori ✓ Steamed Basmathi Rice ✓ Cauliflower Dhall	● ● ●			✓ Soy & Honey Chicken ✓ Sweet Potato Fries ✓ Korean Mix Vegetable	● ● ●	✓ Honey Roasted ✓ Chicken Rice ✓ Condiments	● ● ●
VEGETARIAN (V)	✓ Tempe & Hard Bean Thai Sauce (V) ✓ Fried Yee Mee (V) ✓ Braised Pak Choy (V)	● ● ●	✓ Mushroom & Chick Pea with Espagnole Sauce (V) ✓ Roasted Potato (V) ✓ Sautéed Mediterranean Vegetables (V)	● ● ●	✓ Black Olive, Mushroom & Capsicum Quesadilla (V) ✓ Chef Salad (V)	● ● ●	✓ Duo Mushroom Bulgogi (V) ✓ Sweet Potato Fries (V) ✓ Korean Mix Vegetable (V)	● ● ●	✓ Soft Tofu & Green Peas Soy Sauce (V) ✓ Steamed Rice (V) ✓ Cucumber & Tomato (V)	● ● ●
DAIRY	Fruit Yoghurt	●	Cheddar Cheese	●	Camembert Cheese	●	Edam Cheese	●	Fruit Yogurt	●
FRUIT & DESSERT	Honey Dew	●	Chocolate Chip Cookies	●	Pear	●	Ice Cream	●	Papaya	●



26 TO 30 OCTOBER 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	●	✓ Chef Salad	●	✓ Potato Soup	●
WESTERN	✓ Chicken Fricassee ✓ Butter Rice ✓ Sautee Green Pea & Carrot	● ● ●	✓ Fish Provençal ✓ Fettuccine ✓ Oven Baked Ratatouille	● ● ●	✓ Chicken Lasagna ✓ Mix Garden Salad	● ● ●	✓ Beef Sherperd Pie ✓ Roasted Summer Vegetable	● ●	✓ Grilled Dory with Pomodoro Sauce ✓ Fusilli ✓ Summer Vegetable	●
ASIAN	✓ Crispy Fish With Soy and Garlic ✓ Fried Yellow Noodle ✓ Stir Fried Long Cabbage	● ● ●	✓ Chicken Teriyaki ✓ Japanese Steamed Rice ✓ Japanese Vegetable Curry	● ● ●			✓ Fish Taucu (Black Bean Paste) ✓ Steamed Rice ✓ Stir Fry Yau Mak Tham	● ● ●	✓ Soy Braised Chicken ✓ Steamed Rice ✓ Siew Pak Choy with Oyster Sauce	●
VEGETARIAN (V)	✓ Tempe & Hard Bean Thai Sauce (V) ✓ Fried Yellow Noodle (V) ✓ Stir Fried Long Cabbage (V)	● ● ●	✓ Mushroom & Chick Pea Brown Sauce (V) ✓ Butter Couscous (V) ✓ Sauteed Zucchini (V)	● ● ●	✓ Grilled Summer Vegetables Panini (V) ✓ Mix Garden Salad (V)	● ● ●	✓ Chick Pea & Green Pea Concasse (V) ✓ Spaghetti (V) ✓ Steamed Broccoli & Carrot (V)	● ● ●	✓ Egg Tofu Teriyaki Sauce (V) ✓ Steamed Rice (V) ✓ Siew Pak Choy with Oyster Sauce (V)	●
DAIRY	Fruit Yoghurt	●	Edam Cheese	●	Brie Cheese	●	Emmental Cheese	●	Fruit Yoghurt	●
FRUIT & DESSERT	Honey Dew	●	Vanilla Muffin	●	Apple	●	Ice Cream	●	Pineapple	●

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.