DSKL DEUTSCHE SCHULE KUALA LUMPUR GERMAN SCHOOL KUALA LUMPUR

HEVEA

CAFETERIA

Delischool



2 TO 6 NOVEMBER 2026

DIETITIAN APPROVED

	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	🟢	✓ Minestrone Soup	🟢	✓ Chef Salad	🟢	✓ Mushroom Soup	🟢
WESTERN	✓ Lemon Grilled Chicken with Tzatziki Sauce ✓ Raisin Couscous ✓ Sauteed Zucchini	🟢 🟢 🟢	✓ Grilled Dory with Pomodoro Sauce ✓ Roasted Sweet Potato ✓ Sautéed Green Beans	🟢 🟢 🟢	✓ Chicken Burger ✓ Sweet Potato Fries ✓ Chef Salad	🟡 🟢 🟢	✓ Beef Bolognese ✓ Spaghetti ✓ Steamed Broccoli	🟢 🟡 🟢	✓ Grilled Chicken with Green Pea Brown Sauce ✓ Garlic Butter Rice ✓ Butter Broccoli	🟢 🟡 🟢
ASIAN	✓ Crispy Thai Fish ✓ Steamed Rice ✓ Stir Fry Pok Choy	🔴 🟡 🟢	✓ Chicken Percik Sauce ✓ Corn Rice ✓ Turmeric Cabbage & Carrot	🟢 🟢 🟢			✓ Honey Soy Chicken ✓ Korean Steamed Rice ✓ Kimchi	🟡 🟢 🟢	✓ Tandoori Fish Fillet ✓ Fried Noodle ✓ Spinach With garlic	🟡 🟢 🟢
VEGETARIAN (V)	✓ Egg Tofu & Green Pea Soy Sauce(V) ✓ Steamed Rice(V) ✓ Stir Fried Pak Choy(V)	🟢 🟡 🟢	✓ Chick Pea & Green Pea Concasse(V) ✓ Roasted Sweet Potato(V) ✓ Sautéed Green Beans(V)	🟢 🟡 🟢	✓ Ratatouille Lasagna(V) ✓ Chef Salad(V)	🟡 🟢 🟢	✓ Mushroom, Green & Chic Peas Carbonara (V) ✓ Penne(V) ✓ Steamed Broccoli(V)	🟡 🟢 🟢	✓ Egg Tofu & Green Pea Soy Sauce(V) ✓ Steamed Rice(V) ✓ Spinach With garlic(V)	🟢 🟡 🟢
DAIRY	Fruit yoghurt	🟢	Edam Cheese	🟢	Camembert Cheese	🟢	Emmental Cheese	🟢	Fruit Yogurt	🟡
FRUIT &	Watermelon	🟢	Marble Cake	🔴	Banana	🟢	Ice Cream	🔴	Papaya	🟢

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9 TO 13 NOVEMBER 2026

DIETITIAN APPROVED

	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	🟢	✓ Lentil Soup	🟢	✓ Chef Salad	🟢
WESTERN	✓ Peri peri Chicken ✓ Herb Couscous ✓ Garlic Broccoli & Carrot	🟢 🟡 🟢	✓ Oven Baked Fish ✓ Pomodoro e Erbe (Tomato and Herb Sauce) ✓ Spaghetti ✓ Roasted Broccoli & Carrot	🟢 🟡 🟢	✓ Chicken Lasagna ✓ Chef Salad	🟡 🟡 🟢	**DEEPAVALI** ✓ Lamb Curry ✓ Ghee Rice ✓ Stir Fried Turmeric Cabbage	🟢 🟡 🟢	✓ Roasted Chicken with Butter Herb Cream Sauce ✓ Pilaf Rice ✓ Carrot Vichy	🟢 🟡 🟢
ASIAN	✓ Crispy Fish With Soy and Garlic ✓ Steamed Rice ✓ Stir Fry Mix Vegetable	🔴 🟢 🟢	✓ Crispy Chicken With Thai Sauce ✓ Fried Rice ✓ Thai Mango Salad	🟡 🟢 🟢			✓ Chicken 65 ✓ Mamak Fried Noodle ✓ Indian Stir Fry Vegetable	🟡 🟢 🟢	✓ 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)	🟢 🟡 🟢	✓ Tauhu Pok & Chick Pea Curry(V) ✓ Ghee Rice(V) ✓ Stir Fried Tumeric Cabbage(V)	🟡 🟢 🟢	✓ Mushroom, Green pea & Chick pea Carbonara(V) ✓ Spaghetti(V) ✓ Carrot Vichy(V)	🟡 🟢 🟢
DAIRY	Fruit Yoghurt	🟢	Emmental Cheese	🟢	Brie Cheese	🟢	Cheddar Cheese	🟢	Fruit Yoghurt	🟡
FRUIT & DESSERT	Rock Melon	🟢	Chocolate Chip Cookies	🔴	Orange	🟢	Ice Cream	🔴	Pineapple	🟢

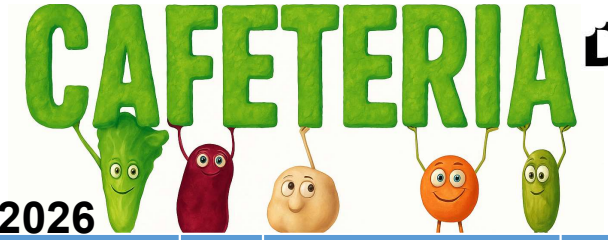


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16 TO 20 NOVEMBER 2026

	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	✓ Poulet Rôti (Roast Chicken) ✓ Espagnole sauce ✓ Butter Rice ✓ Steamed Cauliflower & Carrot	● ● ●	✓ Fish Provençal ✓ Fusilli ✓ Sautéed Green Beans	● ● ●	✓ Jumbo Sausage w Caramelized Onion Brown Sauce ✓ Mashed Potato ✓ Steamed Broccoli	● ● ●	✓ Grilled Chicken with Salsa ✓ Tagliatelle ✓ Roasted Zucchini & Capsicum	● ● ●	✓ Mexican Chicken with Mushroom Sauce ✓ Roasted Herb Potatoes ✓ Sauteed Carrot and Cauliflower	● ● ●
ASIAN	✓ Sweet & Sour Fish ✓ Fried Yellow Noodle ✓ Stir Fry Baby Kailan	● ● ●	✓ Chicken Vindaloo ✓ Steamed Basmathi Rice ✓ Roasted Cauliflower Paprika	● ● ●			✓ Lamb 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 Baby Kailan**(V)**	● ● ●	✓ Green & Chick Pea Bolognese**(V)** ✓ Fusilli **(V)** ✓ Sautéed Green Beans**(V)**	● ● ●	✓ Croissant with Creamy Sweet Corn & Green Peas **(V)** ✓ Chef Salad**(V)**	● ● ●	✓ Mushroom & Green Pea Carbonara**(V)** ✓ Spaghetti(V) ✓ Roasted Zucchini & Capsicum(V)	● ● ●	✓ Steamed Soft Tofu Garlic Oyster Sauce**(V)** ✓ Fried Noodle**(V)** ✓ Sauteed Carrot and Cauliflower**(V)**	● ● ●
DAIRY	Fruit Yoghurt	●	Cheddar Cheese	●	Camembert Cheese	●	Edam Cheese	●	Fruit Yogurt	●
FRUIT &										



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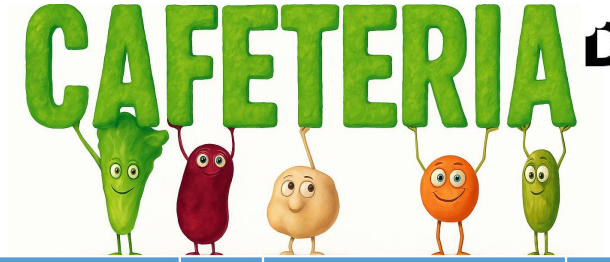


23 TO 27 NOVEMBER 2026

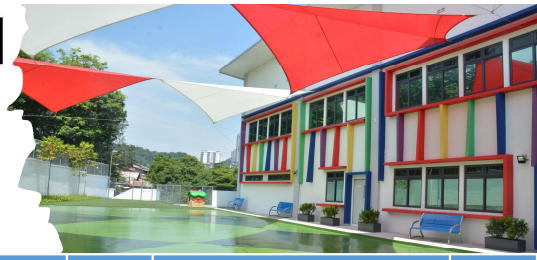
	Monday	Food Traffic Light Guide	Tuesday	Food Traffic Light Guide	Wednesday	Food Traffic Light Guide	Thursday	Food Traffic Light Guide	Friday	Food Traffic Light Guide
STARTER	✓ Soup Of The Day	●	✓ Chef Salad	●	✓ Chickpea Soup	●	✓ Mushroom Soup	●	✓ Chef Salad	●
WESTERN	✓ BBQ Chicken ✓ Spaghetti Aglio Olio ✓ Sauteed Zucchini	● ● ●	✓ Chicken Fricassee ✓ Pilaf Rice ✓ Ratatouille	● ● ●	✓ Chicken Maryland With Sweet Tomato Brown Sauce ✓ Raisin Couscous ✓ Coleslaw	● ● ●	✓ **MUSHROOM DAY** ✓ Beef Sausage w Mushroom Sauce ✓ Pomme Puree with Gravy ✓ Grill Zucchini & Enoki	● ● ●	✓ Pesce alla Panna (Fish with Classic Cream Sauce) ✓ Penne ✓ Steamed Broccoli	● ● ●
ASIAN	✓ Fish Curry ✓ Steamed Rice ✓ Stir Fried Long Cabbage	● ● ●	✓ Deep Fried Honey Soy Fish ✓ Fried Noodle ✓ Stir Fry Carrot & Cabbage	● ● ●			✓ Chinese Soy & Mushroom Chicken ✓ Steamed Rice ✓ Sauteed Carrot & Oyster Mushroom	● ● ●	✓ 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) ✓ Stir Fry Carrot & Cabbage(V)	● ● ●	✓ Black Olive, Mushroom & Capsicum Pizza(V) ✓ Chef Salad(V)	● ● ●	✓ Thai Tofu & Mushroom(V) ✓ Fried Yee Mee(V) ✓ Sauteed Carrot & Oyster Mushroom(V)	● ● ●	✓ Mushroom & Green Pea Napoli Sauce(V) ✓ Raisin Couscous(V) ✓ Steamed Broccoli(V)	● ● ●
DAIRY	Fruit Yoghurt	●	Edam Cheese	●	Brie Cheese	●	Emmental Cheese	●	Fruit Yoghurt	●
FRUIT & DESSERT	Honey Dew	●	Fruit Cake	●	Apple	●	Ice Cream	●	Pineapple	●

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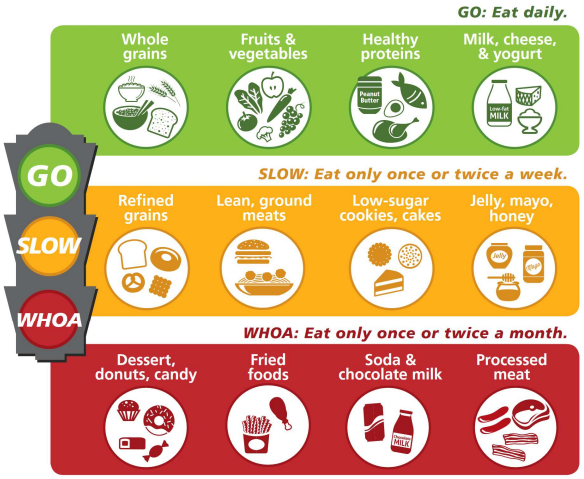


DIETITIAN APPROVED

30 NOVEMBER 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	🟢								
WESTERN	✓ Grilled Chicken with Green Pea Brown Sauce ✓ Garlic Butter Rice ✓ Butter Broccoli	🔴 🟢 🟢								
ASIAN	✓ Fish Pop Corn ✓ Fried Flat Rice Noodle ✓ Stir Fry Green Bean & Carrot	🔴 🟡 🟢								
VEGETARIAN (V)	✓ Mushroom & Chick Pea Brown Sauce(V) ✓ Butter Couscous(V) ✓ Butter Broccoli(V)	🟢 🟢 🟢								
DAIRY	Fruit Yoghurt	🟢								
FRUIT & DESSERT	Honey Dew	🟢								

Information & Healthy guidelines





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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DSKL DEUTSCHE SCHULE KUALA LUMPUR GERMAN SCHOOL KUALA LUMPUR

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2 TO 6 NOVEMBER 2026

DIETITIAN APPROVED

	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	●	✓ Minestrone Soup	●	✓ Chef Salad	●	✓ Mushroom Soup	●
WESTERN	✓ Lemon Grilled Chicken with Tzatziki Sauce ✓ Raisin Couscous ✓ Sauteed Zucchini	● ● ●	✓ Grilled Dory with Pomodoro Sauce ✓ Roasted Sweet Potato ✓ Sautéed Green Beans	● ● ●	✓ Chicken Burger ✓ Sweet Potato Fries ✓ Chef Salad	● ● ●	✓ Beef Bolognese ✓ Spaghetti ✓ Steamed Broccoli	● ● ●	✓ Grilled Chicken with Green Pea Brown Sauce ✓ Garlic Butter Rice ✓ Butter Broccoli	● ● ●
ASIAN	✓ Crispy Thai Fish ✓ Steamed Rice ✓ Stir Fry Pok Choy	● ● ●	✓ Chicken Percik Sauce ✓ Corn Rice ✓ Turmeric Cabbage & Carrot	● ● ●			✓ Honey Soy Chicken ✓ Korean Steamed Rice ✓ Kimchi	● ● ●	✓ Tandoori Fish Fillet ✓ Fried Noodle ✓ Spinach With garlic	● ● ●
VEGETARIAN (V)	✓ Egg Tofu & Green Pea Soy Sauce(V) ✓ Steamed Rice(V) ✓ Stir Fried Pak Choy(V)	● ● ●	✓ Chick Pea & Green Pea Concasse(V) ✓ Roasted Sweet Potato(V) ✓ Sautéed Green Beans(V)	● ● ●	✓ Ratatouille Lasagna(V) ✓ Chef Salad(V)	● ● ●	✓ Mushroom, Green & Chic Peas Carbonara (V) ✓ Penne(V) ✓ Steamed Broccoli(V)	● ● ●	✓ Egg Tofu & Green Pea Soy Sauce(V) ✓ Steamed Rice(V) ✓ Spinach With garlic(V)	● ● ●
DAIRY	Fruit yoghurt	●	Edam Cheese	●	Camembert Cheese	●	Emmental Cheese	●	Fruit Yogurt	●
FRUIT &	Watermelon	●	Marble Cake	●	Banana	●	Ice Cream	●	Papaya	●

DSKL DEUTSCHE SCHULE KUALA LUMPUR GERMAN SCHOOL KUALA LUMPUR

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9 TO 13 NOVEMBER 2026

DIETITIAN APPROVED

	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	🟢	✓ Lentil Soup	🟢	✓ Chef Salad	🟢
WESTERN	✓ Peri peri Chicken ✓ Herb Couscous ✓ Garlic Broccoli & Carrot	🟢 🟡 🟢	✓ Oven Baked Fish ✓ Pomodoro e Erbe (Tomato and Herb Sauce) ✓ Spaghetti ✓ Roasted Broccoli & Carrot	🟢 🟡 🟢	✓ Chicken Lasagna ✓ Chef Salad	🟡 🟡 🟢	**DEEPAVALI** ✓ Lamb Curry ✓ Ghee Rice ✓ Stir Fried Turmeric Cabbage	🟢 🟡 🟢	✓ Roasted Chicken with Butter Herb Cream Sauce ✓ Pilaf Rice ✓ Carrot Vichy	🟢 🟡 🟢
ASIAN	✓ Crispy Fish With Soy and Garlic ✓ Steamed Rice ✓ Stir Fry Mix Vegetable	🔴 🟢 🟢	✓ Crispy Chicken With Thai Sauce ✓ Fried Rice ✓ Thai Mango Salad	🟡 🟢 🟢			✓ Chicken 65 ✓ Mamak Fried Noodle ✓ Indian Stir Fry Vegetable	🟡 🟢 🟢	✓ 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)	🟢 🟡 🟢	✓ Tauhu Pok & Chick Pea Curry(V) ✓ Ghee Rice(V) ✓ Stir Fried Tumeric Cabbage(V)	🟡 🟢 🟢	✓ Mushroom, Green pea & Chick pea Carbonara(V) ✓ Spaghetti(V) ✓ Carrot Vichy(V)	🟡 🟢 🟢
DAIRY	Fruit Yoghurt	🟢	Emmental Cheese	🟢	Brie Cheese	🟢	Cheddar Cheese	🟢	Fruit Yoghurt	🟡
FRUIT & DESSERT	Rock Melon	🟢	Chocolate Chip Cookies	🔴	Orange	🟢	Ice Cream	🔴	Pineapple	🟢



Delischool



16 TO 20 NOVEMBER 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	✓ Poulet Rôti (Roast Chicken) ✓ Espagnole sauce ✓ Butter Rice ✓ Steamed Cauliflower & Carrot	● ● ●	✓ Fish Provençal ✓ Fusilli ✓ Sautéed Green Beans	● ● ●	✓ Jumbo Sausage w Caramelized Onion Brown Sauce ✓ Mashed Potato ✓ Steamed Broccoli	● ● ●	✓ Grilled Chicken with Salsa ✓ Tagliatelle ✓ Roasted Zucchini & Capsicum	● ● ●	✓ Mexican Chicken with Mushroom Sauce ✓ Roasted Herb Potatoes ✓ Sauteed Carrot and Cauliflower	● ● ●
ASIAN	✓ Sweet & Sour Fish ✓ Fried Yellow Noodle ✓ Stir Fry Baby Kailan	● ● ●	✓ Chicken Vindaloo ✓ Steamed Basmathi Rice ✓ Roasted Cauliflower Paprika	● ● ●			✓ Lamb 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 Baby Kailan**(V)**	● ● ●	✓ Green & Chick Pea Bolognese**(V)** ✓ Fusilli **(V)** ✓ Sautéed Green Beans**(V)**	● ● ●	✓ Croissant with Creamy Sweet Corn & Green Peas **(V)** ✓ Chef Salad**(V)**	● ● ●	✓ Mushroom & Green Pea Carbonara**(V)** ✓ Spaghetti(V) ✓ Roasted Zucchini & Capsicum(V)	● ● ●	✓ Steamed Soft Tofu Garlic Oyster Sauce**(V)** ✓ Fried Noodle**(V)** ✓ Sauteed Carrot and Cauliflower**(V)**	● ● ●
DAIRY	Fruit Yoghurt	●	Cheddar Cheese	●	Camembert Cheese	●	Edam Cheese	●	Fruit Yogurt	●
FRUIT &										

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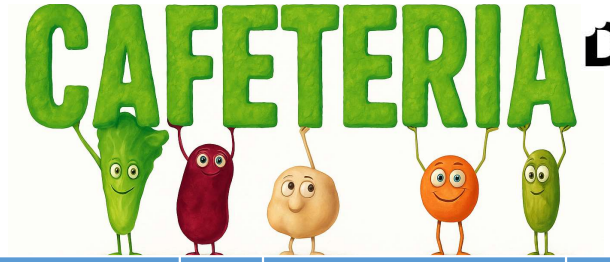


23 TO 27 NOVEMBER 2026

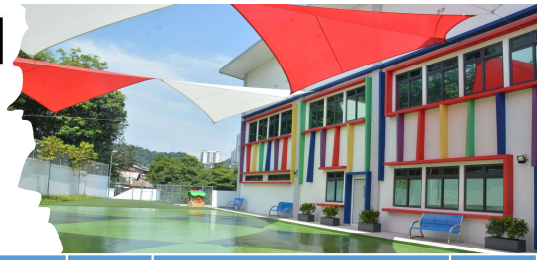
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WESTERN	✓ BBQ Chicken ✓ Spaghetti Aglio Olio ✓ Sauteed Zucchini	🟡 🟢 🟢	✓ Chicken Fricassee ✓ Pilaf Rice ✓ Ratatouille	🔴 🟢 🟢	✓ Chicken Maryland With Sweet Tomato Brown Sauce ✓ Raisin Couscous ✓ Coleslaw	🟡 🟢 🟢	✓ **MUSHROOM DAY** ✓ Beef Sausage w Mushroom Sauce ✓ Pomme Puree with Gravy ✓ Grill Zucchini & Enoki	🔴 🟡 🟢	✓ Pesce alla Panna (Fish with Classic Cream Sauce) ✓ Penne ✓ Steamed Broccoli	🟡 🟡 🟢
ASIAN	✓ Fish Curry ✓ Steamed Rice ✓ Stir Fried Long Cabbage	🟡 🟢 🟢	✓ Deep Fried Honey Soy Fish ✓ Fried Noodle ✓ Stir Fry Carrot & Cabbage	🔴 🟡 🟢			✓ Chinese Soy & Mushroom Chicken ✓ Steamed Rice ✓ Sauteed Carrot & Oyster Mushroom	🟢 🟡 🟢	✓ 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) ✓ Stir Fry Carrot & Cabbage(V)	🔴 🟢 🟢	✓ Black Olive, Mushroom & Capsicum Pizza(V) ✓ Chef Salad(V)	🟡 🟢 🟢	✓ Thai Tofu & Mushroom(V) ✓ Fried Yee Mee(V) ✓ Sauteed Carrot & Oyster Mushroom(V)	🟢 🟢 🟢	✓ Mushroom & Green Pea Napoli Sauce(V) ✓ Raisin Couscous(V) ✓ Steamed Broccoli(V)	🟢 🟢 🟢
DAIRY	Fruit Yoghurt	🟢	Edam Cheese	🟢	Brie Cheese	🟢	Emmental Cheese	🟢	Fruit Yoghurt	🟢
FRUIT & DESSERT	Honey Dew	🟢	Fruit Cake	🔴	Apple	🟢	Ice Cream	🔴	Pineapple	🟢

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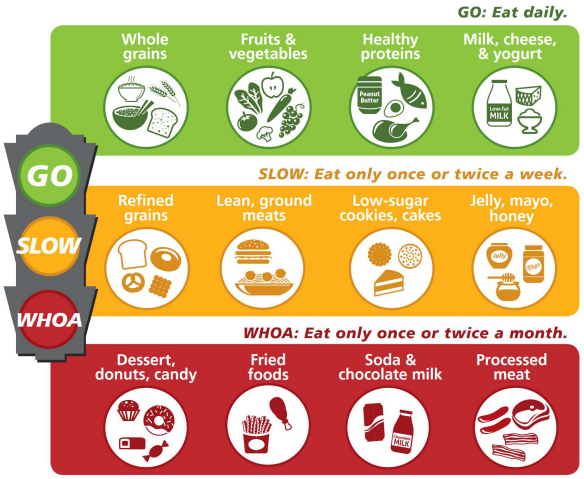


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ASIAN	✓ Fish Pop Corn ✓ Fried Flat Rice Noodle ✓ Stir Fry Green Bean & Carrot	🔴 🟡 🟢								
VEGETARIAN (V)	✓ Mushroom & Chick Pea Brown Sauce(V) ✓ Butter Couscous(V) ✓ Butter Broccoli(V)	🟢 🟢 🟢								
DAIRY	Fruit Yoghurt	🟢								
FRUIT & DESSERT	Honey Dew	🟢								

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