



NOVEMBER MENU



		MONDAY 31-Oct-22	T	V	D	E	G	TUESDAY 1-Nov-22	T	V	D	E	G	WEDNESDAY 2-Nov-22	T	V	D	E	G	THURSDAY 3-Nov-22	T	V	D	E	G	FRIDAY 4-Nov-22	T	V	D	E	G
BREAKFAST	WESTERN	SLICED POUDE CAKE	●		✓			SPRING ROLL	●		✓	✓		PANCAKE	●	✓		✓		MINI MUFFINS	●	✓		✓		ASSORTED CEREAL WITH FRESH MILK	●	✓		✓	
		SCRAMBLED EGGS	●		✓	✓		CHEESE OMELETTE	●		✓	✓		MALAYSIAN OMELETTE	●		✓	✓		SUNNY SIDE UP EGGS	●		✓	✓		SCRAMBLED EGGS	●		✓	✓	
	ASIAN	FRIED CHAR KWAY TEOW	●	●			✓	CHICKEN PORRIDGE	●		✓			CHINESE FRIED RICE	●		✓			FRIED NOODLES MAMAK STYLE	●		✓	✓		CHAPATI WITH VEGETABLE CURRY	●		✓	✓	
	FRUIT	WATER MELON	●	✓	✓	✓	✓	HONEYDEW	●	✓	✓	✓	✓	ASSORTED FRUITS	●	✓	✓	✓	✓	WATERMELON	●	✓	✓	✓	✓	ROCK MELON	●	✓	✓	✓	✓
	SANDWICH STATION	SANDWICH BREAD	●	✓		✓		PANINI BREAD	●	✓		✓		CIABATTA BREAD	●	✓		✓		TORTILA	●	✓		✓		CREAM OF MUSHROOM SOUP	●			✓	✓
		SLICED CHEESE	●			✓	✓	SLICED CHEESE	●			✓	✓	SLICED CHEESE	●			✓	✓	SLICED CHEESE	●	●		✓	✓	GARLIC BREAD	●	✓		✓	
		CHICKEN HAM	●		✓	✓	✓	CHICKEN HAM	●		✓	✓	✓	CHICKEN HAM	●		✓	✓	✓	CHICKEN HAM	●	●		✓	✓						
		SALAD	●	✓	✓	✓	✓	SALAD	●	✓	✓	✓	✓	SALAD	●	✓	✓	✓	✓	SALAD	●	●	✓	✓	✓						
LUNCH	WESTERN	SPAGHETTI WITH GARLIC OIL	●	✓	✓	✓	✓	MACARONI	●		✓	✓	✓	BUTTERED HERB PASTA	●	✓	✓	✓	✓	AGLIO OLIO	●	✓	✓	✓	✓	TRICOLOR PASTA	●	✓	✓	✓	
		ROASTED CHICKEN WITH ROSEMARY SAUCE	●	✓	✓	✓	✓	BAKED FISH WITH TOMATO SAUCE	●		✓	✓	✓	CRISPY CHICKEN WITH CREAMY CHEESE SAUCE	●		✓	✓	✓	PAN SEARED FISH WITH HOLLANDAISE SAUCE	●		✓	✓	✓	FISH BOLOGNESE	●		✓	✓	✓
		OLIVER SALAD	●	✓	✓	✓	✓	STEAMED BROCCOLI AND CARROTS	●		✓	✓	✓	COLESLAW	●		✓	✓	✓	STEAMED MIXED VEGETABLES	●	✓	✓	✓	✓	SAUTEED BROCCOLI, CARROT AND MUSHROOM	●	✓	✓	✓	✓
	ASIAN	PLAIN RICE	●	✓	✓	✓		PILLAF RICE	●	✓	✓	✓		ORIENTAL RICE	●	✓	✓	✓		PLAIN RICE	●	✓	✓	✓		BIRYANI RICE	●	✓		✓	
		STEAMED CREAM DORY IN LIGHT SOY SAUCE	●		✓		✓	SWEET & SPICE KOREAN CHICKEN	●		✓	✓	✓	STEAMED FISH WITH SOUR PLUM	●		✓	✓	✓	CHICKEN SOUP WITH POTATOES	●		✓	✓	✓	LAMB WITH POTATOES CURRY	●		✓	✓	✓
		SAUTEED CABBAGE	●	✓	✓	✓	✓	BOK CHOY WITH GARLIC & OYSTER SAUCE	●	✓	✓	✓	✓	STIR FRY CHINESE CABBAGE AND MUSHROOMS	●	✓	✓	✓	✓	SAUTEED SOFT TOFU & SIEW PAK CHOY	●	✓	✓	✓	✓	VEGETABLES DALCHA	●	✓	✓	✓	✓
VEGETARIAN	PLAIN RICE	●	✓	✓	✓		BUTTER RICE	●	✓	✓	✓		RICE	●	✓	✓	✓		PLAIN RICE	●	✓	✓	✓		BIRYANI RICE	●	✓	✓	✓		
	VEGETARIAN CHICKEN LIGHT SOY SAUCE	●	✓	✓	✓	✓	SWEET & SPICE VEGAN CHICKEN	●	✓	✓	✓	✓	TOFU CURRY	●	✓	✓	✓		VEGAN CRISPY FISH	●	✓	✓	✓	✓	POTATOES CURRY	●	✓	✓	✓	✓	
	VEGETABLES OF THE DAY	●	✓	✓	✓	✓	BOK CHOY STIR FRY	●	✓	✓	✓	✓	STIR FRY CHINESE CABBAGE AND MUSHROOMS	●	✓	✓	✓	✓	TOFU WITH CABBAGE	●	✓	✓	✓	✓	MIXED VEGETABLES DALCHA	●	✓	✓	✓	✓	

Information & Privilege:

All the food served are Halal

Menu may change according to food supply seasons

Delischool Healthy Food Guidelines

No added salt in cooking. All our food is MSG (monosodium glutamate) free

We reduce saturated fat, the sugar content and artificial coloring in our production

We bake, grill and steam rather than fry

Guaranteed nut-free, Beef free, Seafood free (except fish)

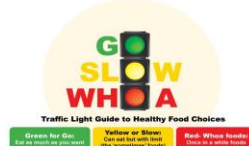
T: TRAFFIC LIGHT SYSTEM

V: VEGETARIAN

D: DAIRY FREE

E: EGG FREE

G: GLUTEN FREE





NOVEMBER MENU



		MONDAY 7-Nov-22	T	V	D	E	G	TUESDAY 8-Nov-22	T	V	D	E	G	WEDNESDAY 9-Nov-22	T	V	D	E	G	THURSDAY 10-Nov-22	T	V	D	E	G	FRIDAY 11-Nov-22	T	V	D	E	G
BREAKFAST	WESTERN	STEAMED BUNS	●		✓	✓		MINI DONUT KNOB	●	✓		✓		MALAYSIAN PANCAKES	●		✓			TOAST WITH BAKED BEANS	●	✓				CHICKEN NUGGET	●		✓	✓	
	ASIAN	SUNNY SIDE UP EGGS	●		✓	✓		OMELETTE	●		✓	✓		BOILED SALTED EGGS	●		✓	✓		BOILED EGGS	●		✓	✓		SCRAMBLED EGGS	●		✓	✓	
	FRUIT	SINGAPORE STYLE FRIED NOODLES	●		✓			INDONESIAN FRIED RICE	●		✓			THAI CONGEE	●		✓			NASI LEMAK PANDAN WITH CONDIMENT	●		✓			FRIED KWAY TEOW	●		✓		
LUNCH	SANDWICH STATION	PANINI BREAD	●		✓	✓		SANDWICH BREAD	●		✓	✓		PANINI BREAD	●		✓	✓		TORTILA	●		✓	✓		BAKER'S CROISSANTS	●		✓	✓	
	WESTERN	SLICED CHEESE	●		✓	✓		SLICED CHEESE	●		✓	✓		SLICED CHEESE	●		✓	✓		SLICED CHEESE	●		✓	✓		SLICED CHEESE	●		✓	✓	
	ASIAN	CHICKEN HAM	●		✓	✓	✓	CHICKEN HAM	●		✓	✓	✓	CHICKEN HAM	●		✓	✓	✓	CHICKEN HAM	●		✓	✓	✓	CHICKEN HAM	●		✓	✓	
	VEGETARIAN	SALAD	●		✓	✓	✓	SALAD	●		✓	✓	✓	SALAD	●		✓	✓	✓	SALAD	●		✓	✓	✓	SALAD	●		✓	✓	
WESTERN	PILAF RICE	●		✓	✓	✓	PASTA POMODORO	●		✓	✓	✓	BUTTER PASTA	●		✓	✓	✓	BUTTER RICE	●		✓	✓	✓	PENNE PASTA	●		✓	✓		
ASIAN	GREEK CHICKEN STEW	●		✓	✓		BREADED FISH WITH BUTTERMILK SAUCE	●		✓	✓		BOLOGNESE CHICKEN BALL	●		✓	✓		ROASTED FISH WITH MOUSSELINE SAUCE	●		✓	✓		FISH FILLET IN CILANTRO SAUCE	●		✓	✓		
VEGETARIAN	SAUTEED FRENCH BEANS & CARROT	●		✓	✓	✓	BOILED MIXED VEGETABLES	●		✓	✓	✓	BUTTER MIXED VEGETABLES TOMATO CONCASE	●		✓	✓	✓	STEAMED PUMPKIN WITH BROCCOLI	●		✓	✓	✓	SAUTEED BROCCOLI AND BELL PEPPERS	●		✓	✓		
ASIAN	SAUTEED NOODLES	●		✓	✓	✓	PLANTA RICE	●		✓	✓	✓	PLAIN RICE	●		✓	✓	✓	FRIED NOODLES	●		✓	✓	✓	BIRYANI RICE	●		✓	✓		
VEGETARIAN	FISHBALL SOUP	●		✓	✓		GRILLED CHICKEN WITH THAI GARVY	●		✓	✓		KOREAN STYLE FISH DONBURI	●		✓	✓	✓	CRISPY CHICKEN WITH ORIENTAL BLACK PEPPER SAUCE	●		✓	✓		CHICKEN KORMA	●		✓	✓		
VEGETARIAN	BOILED BROCCOLI & CAULIFLOWER	●		✓	✓	✓	VEGETABLES OF THE DAY	●		✓	✓	✓	SAUTEED SOFT TOFU & SIEW PAK CHOY	●		✓	✓	✓	VEGETABLES OF THE DAY	●		✓	✓	✓	STEAMED MIXED VEGETABLES	●		✓	✓		
VEGETARIAN	VEGETARIAN FRIED NOODLE	●		✓	✓	✓	TORTILLA WRAP	●		✓	✓	✓	SPAGHETTI	●		✓	✓	✓	FRIED NOODLES	●		✓	✓	✓	BIRYANI RICE	●		✓	✓		
VEGETARIAN	VEGAN SEAWEED FISH	●		✓	✓	✓	VEGETARIAN LEMONGRASS CHICKEN	●		✓	✓	✓	VEGETARIAN BOLOGNESE	●		✓	✓	✓	STEAMED CARROT & TOFU	●		✓	✓	✓	VEGETARIAN CHICKEN KORMA	●		✓	✓		
VEGETARIAN	STEAMED MIXED VEGETABLES	●		✓	✓	✓	MIXED SALAD WITH DRESSING	●		✓	✓	✓	STEAMED MIXED VEGETABLES	●		✓	✓	✓	VEGETABLES OF THE DAY	●		✓	✓	✓	MIXED VEGETABLES	●		✓	✓		

Information & Privilege:

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Delischool Healthy Food Guidelines

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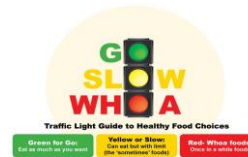
T: TRAFFIC LIGHT SYSTEM

V: VEGETARIAN

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NOVEMBER MENU



		MONDAY 14-Nov-22	T	V	D	E	G	TUESDAY 15-Nov-22	T	V	D	E	G	WEDNESDAY 16-Nov-22	T	V	D	E	G	THURSDAY 17-Nov-22	T	V	D	E	G	FRIDAY 18-Nov-22	T	V	D	E	G	
BREAKFAST	WESTERN	POUND CAKE CHOCOLATE	●	✓	✓			COCKTAIL CHICKEN SAUSAGE	●	✓	✓	✓		FRENCH TOAST	●	✓	✓			HEALTHY BREAKFAST CEREAL	●	✓				BREAKFAST MAC & PEPPERONI BAKED	●	✓	✓			
		CHEESE OMELETTE	●		✓	✓	✓		SUNNY SIDE UP EGGS	●		✓	✓		SCRAMBLED EGGS	●		✓	✓		HAM OMELETTE	●		✓	✓		SCRAMBLED EGGS	●		✓	✓	
	ASIAN	HAINAN BREAKFAST NOODLES	●		✓			CHICKEN FRIED RICE	●		✓			VEGAN CONGEE	●	✓	✓	✓		FRIED VERMICELLI	●		✓			PRATA WITH DALCHA	●		✓	✓		
	FRUIT	HONEYDEW	●	✓	✓	✓	✓	WATER MELON	●	✓	✓	✓	✓	ROCK MELON	●	✓	✓	✓	✓	BANANA	●	✓	✓	✓	✓	PAPAYA	●	✓	✓	✓	✓	
LUNCH	SANDWICH STATION	PANINI BREAD	●	✓		✓		SANDWICH BREAD	●	✓		✓		CIABATTA BREAD	●	✓		✓		CREAM OF CHICKEN SOUP	●			✓	✓	BAKER'S CROISSANTS	●	✓		✓		
		SLICED CHEESE	●			✓	✓	SLICED CHEESE	●			✓	✓	SLICED CHEESE	●			✓	✓	GARLIC BREAD	●	✓		✓	✓	SLICED CHEESE	●		✓	✓		
		CHICKEN HAM	●		✓	✓	✓	CHICKEN HAM	●		✓	✓	✓	CHICKEN HAM	●		✓	✓	✓	GARLIC BREAD	●	✓		✓	✓	CHICKEN HAM	●		✓	✓	✓	
		SALAD	●	✓	✓	✓	✓	SALAD	●	✓	✓	✓	✓	SALAD	●	✓	✓	✓	✓	SALAD	●	✓	✓	✓	✓	SALAD	●	✓	✓	✓	✓	
	WESTERN	FRENCH FRIES	●	✓	✓	✓	✓		FETTUCINE	●	✓	✓	✓	✓	GARLIC BUTTER RICE	●	✓	✓	✓	✓	SPAGHETTI WITH OLIVE OIL	●		✓	✓	✓	MASHED POTATOES	●	✓	✓	✓	✓
		FISH AND CHIPS	●		✓	✓	✓		SLOW COOKED ITALIAN CHICKEN	●		✓	✓	✓	CHICKEN CHOP WITH BROWN SAUCE	●		✓	✓	✓	SALMON CARBONARA	●		✓	✓	✓	PRETZEL-CRUSTED FISH	●		✓	✓	✓
		BUTTER MIXED VEGETABLES TOMATO CONCASE	●	✓	✓	✓	✓	MIXED SALAD	●	✓	✓	✓	✓	HARVEST COBB SALAD	●	✓		✓	✓	SAUTEED MUSHROOMS AND BELL PEPPERS	●	✓	✓	✓	✓	ROASTED MIXED VEGETABLES	●	✓	✓	✓	✓	
	ASIAN	PLAIN RICE	●	✓	✓	✓	✓	CARROT RICE	●	✓	✓	✓	✓	FLAT NOODLES	●	✓	✓	✓	✓	PLAIN RICE	●	✓	✓	✓	✓	CHICKEN RICE	●	✓		✓	✓	
		NYONYA CHICKEN CURRY	●		✓	✓	✓	DEEP-FRIED FISH WITH GINGER AND LIME FISH SAUCE	●		✓	✓	✓	LADNA SOUP	●	✓	✓	✓	✓	KOREAN BBQ CHICKEN	●		✓	✓	✓	HAINANESE CHICKEN	●	✓	✓	✓	✓	
		SAUTEED SOFT TOFU & SIEW PAK CHOY	●	✓	✓	✓	✓	MIXED VEGETABLES PORIYAL	●	✓	✓	✓	✓	VEGETABLES OF THE DAY	●	✓	✓	✓	✓	CHINESE VEGETABLES STIR FRY	●	✓	✓	✓	✓	MIXED SALAD	●	✓	✓	✓	✓	
	VEGETARIAN	FRIED SPAGHETTI	●	✓	✓	✓	✓	CARROT RICE	●	✓	✓	✓	✓	PARATHA	●	✓	✓	✓	✓	SPAGHETTI	●	✓	✓	✓	✓	MASHED POTATOES	●	✓	✓	✓	✓	
		VEGETARIAN CHICKEN	●	✓	✓	✓	✓	STEAMED CARROT & PUMPKIN	●	✓	✓	✓	✓	TOFU MASALA CURRY	●	✓	✓	✓	✓	VEGETARIAN CARBONARA	●	✓	✓	✓	✓	PAN SEARED VEGETARIAN FISH	●	✓	✓	✓	✓	
STEAMED MIXED VEGETABLES		●	✓	✓	✓	✓	VEGETABLES PORIYAL	●	✓	✓	✓	✓	VEGETABLES OF THE DAY	●	✓	✓	✓	✓	BOILED BABY CORN & BROCCOLI	●	✓	✓	✓	✓	MIXED SALAD	●	✓	✓	✓	✓		

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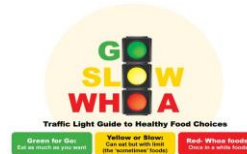
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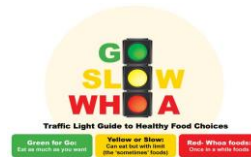


		21-Nov-22	T	V	D	E	G	22-Nov-22	T	V	D	E	G	23-Nov-22	T	V	D	E	G	24-Nov-22	T	V	D	E	G	25-Nov-22	T	V	D	E	G
BREAKFAST	WESTERN	SLICE OF POUND CAKE	●	✓		✓		TUNA SANDWICH	●	✓		✓		HASH BROWN	●	✓		✓		TOAST WITH JAM	●	✓		✓		MINI CROISSANT	●	✓	✓	✓	
		ROLL OMELETTE	●		✓		✓		SUNNY SIDE UP EGGS	●		✓		✓	SCRAMBLED EGG	●		✓		✓	HAM OMELETTE	●		✓	✓		SCRAMBLED EGG	●		✓	
	ASIAN	FRIED YELLOW NOODLES	●		✓			PINEAPPLE FRIED RICE	●		✓			SIAMESE NOODLES	●		✓			STIR FRIED CHAR KWAY TEOW	●		✓	✓		MUSHROOM FRIED RICE	●	✓	✓	✓	✓
	FRUIT	ORANGE	●	✓	✓	✓	✓	MIXED FRUITS	●	✓	✓	✓	✓	HONEYDEW	●	✓	✓	✓	✓	GRAPES	●	✓	✓	✓	✓	WATER MELON	●	✓	✓	✓	✓
	SANDWICH STATION	CIABATTA BREAD	●	✓		✓		SANDWICH BREAD	●	✓		✓		TORTILA WRAP	●	✓		✓		PANINI	●	✓		✓		BAKER'S CROISSANTS	●	✓		✓	
SLICED CHEESE		●		✓		✓		SLICED CHEESE	●		✓		✓	SLICED CHEESE	●		✓		✓	SLICED CHEESE	●		✓	✓		SLICED CHEESE	●		✓	✓	
CHICKEN HAM		●		✓		✓		CHICKEN HAM	●		✓		✓	CHICKEN HAM	●		✓		✓	CHICKEN HAM	●		✓	✓		CHICKEN HAM	●		✓	✓	✓
SALAD		●	✓	✓	✓	✓	✓	SALAD	●	✓	✓	✓	✓	SALAD	●	✓	✓	✓	✓	SALAD	●	✓	✓	✓	✓	SALAD	●	✓	✓	✓	✓
LUNCH	WESTERN	CREAMY MASHED POTATOES	●	✓		✓		BUTTER RICE	●	✓	✓	✓		BUTTER AND HERB PASTA	●	✓		✓		FRENCH FRIES	●	✓	✓	✓		BUTTER RICE	●	✓	✓	✓	
		GRILLED FISH WITH LEMON SAUCE	●		✓		✓	BREADED CHICKEN WITH BLACK PEPPER SAUCE	●		✓	✓	✓	TUNA PIES	●		✓		✓	LASAGNA	●		✓		✓	GRILLED FISH WITH MUSTARD SAUCE	●		✓		✓
		BROCCOLI WITH GARLIC SAUCE	●	✓	✓	✓	✓	BUTTERED MIXED VEGETABLES	●		✓	✓	✓	GRILLED TOMATOES WITH PARMESAN CHEESE	●		✓		✓	MIXED SALAD	●	✓	✓	✓		DUTCH POTATO SALAD	●	✓		✓	
	ASIAN	PLAIN RICE	●	✓	✓	✓		LAKSA NOODLE	●	✓	✓	✓		PLAIN RICE	●	✓	✓	✓		CARROT RICE	●	✓	✓	✓		YELLOW NOODLES	●	✓		✓	✓
SESAME CHICKEN WITH STICKY ASIAN SAUCE	●		✓		✓		PENANG ASAM LAKSA	●		✓	✓		KUNG PAO CHICKEN	●		✓	✓	✓	SPICY SARDINES IN TOMATO SAUCE	●		✓	✓	✓	YAKISOBA CHICKEN		✓	✓	✓		
STIR-FRY BOK CHOY	●	✓	✓	✓	✓		LAKSA CONDIMENT	●	✓	✓	✓	✓	STIR FRIED MIXED VEGETABLES	●	✓	✓	✓	✓	SOUTHERN FRIED CABBAGE	●	✓	✓	✓	✓	ULTIMATE SAUTEED VEGETABLES	●	✓	✓	✓	✓	
VEGETARIAN	PLAIN RICE	●	✓	✓	✓		PLANTA RICE	●	✓	✓	✓		PLAIN RICE	●	✓	✓	✓		FRIED NOODLES	●	✓	✓	✓		PLANTA RICE	●	✓	✓	✓		
VEGAN SWEET & SOUR "CHICKEN"	●	✓	✓	✓	✓		PAN FRIED TOFU IN GARLIC SOY SESAME SAUCE	●	✓	✓	✓		VEGETARIAN KUNG PAO	●	✓	✓	✓		VEGETARIAN MOCK CHICKEN WITH MARINARA SAUCE	●	✓	✓	✓	✓	VEGETARIAN CHICKEN IN DARK SOY SAUCE	●	✓	✓	✓		
STIR-FRY BOK CHOY WITH TOFU	●	✓	✓	✓	✓		STIR-FRIED CABBAGE	●	✓	✓	✓	✓	STIR FRIED MIXED VEGETABLES	●	✓	✓	✓	✓	STEAMED BROCCOLI & CARROTS	●	✓	✓	✓	✓	CHINESE MIXED VEGETABLES STIR FRY	●	✓	✓	✓	✓	

Information & Privilege:

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 Menu may change according to food supply seasons
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 No added salt in cooking. All our food is MSG (monosodium glutamate) free
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 Guaranteed nut-free, Beef free, Seafood free (except fish)

T: TRAFFIC LIGHT SYSTEM
V: VEGETARIAN
D: DAIRY FREE
E: EGG FREE
G: GLUTEN FREE





NOVEMBER MENU



		MONDAY 28-Nov-22	T	V	D	E	G	TUESDAY 29-Nov-22	T	V	D	E	G	WEDNESDAY 30-Nov-22	T	V	D	E	G	THURSDAY 1-Dec-22	T	V	D	E	G	FRIDAY 2-Dec-22	T	V	D	E	G
BREAKFAST	WESTERN	BRUSSEL WAFFLES	●	✓		✓		ITALIAN FRIED MACCHERONI	●	✓		✓		ASSORTED CEREAL WITH FRESH MILK	●	✓		✓		EGGS SANDWICH	●	✓		✓		TOAST WITH KAYA	●	✓	✓	✓	
		TUNA OMELETTE	●		✓		✓	SUNNY SIDE UP EGGS	●		✓		✓	BOILED EGGS	●		✓		✓	HAM OMELETTE	●	✓		✓		SCRAMBLED EGG	●		✓		
	ASIAN	VEGETARIAN CHAR KWAY TEOW	●		✓			SARDINES SANDWICH	●		✓			CHICKEN PORRIDGE	●		✓			FRIED RICE WITH CRISPY ANCHOVIES	●	✓		✓		FRIED BEE HOON	●	✓	✓	✓	✓
	FRUIT	HONEYDEW	●	✓	✓	✓	✓	MIXED FRUITS	●	✓	✓	✓	✓	ORANGE	●	✓	✓	✓	✓	ROCK MELON	●	✓	✓	✓	✓	WATER MELON	●	✓	✓	✓	✓
LUNCH	SANDWICH STATION	CIABATTA BREAD	●	✓		✓		PANINI BREAD	●	✓		✓		TORTILA WRAP	●	✓		✓		CREAM OF BROCCOLI SOUP	●			✓	✓	BAKER'S CROISSANTS	●	✓		✓	
		SLICED CHEESE	●		✓		✓	SLICED CHEESE	●		✓		✓	SLICED CHEESE	●		✓		✓	GARLIC BREAD	●	✓		✓		SLICED CHEESE	●		✓		✓
		CHICKEN HAM SALAD	●	✓	✓	✓	✓	CHICKEN HAM SALAD	●	✓	✓	✓	✓	CHICKEN HAM SALAD	●	✓	✓	✓	✓		✓		✓		CHICKEN HAM SALAD	●	✓	✓	✓	✓	
	WESTERN	MACARONI	●	✓	✓	✓		SPAGHETTI AGLIO OLIO	●	✓	✓	✓		TOMATO RICE	●	✓	✓	✓		MASHED POTATOES	●	✓	✓	✓		BUTTER RICE	●	✓	✓	✓	
		CHICKEN CARBONARA	●		✓		✓	SEA BASS WITH ROMESCO SAUCE	●		✓		✓	FISH STICKS	●		✓		✓	CHICKEN BREAST WITH MUSHROOM GRAVY	●		✓	✓		SMOKED CHICKEN WITH HOMEMADE PLUM SAUCE	●	✓		✓	✓
		BROCCOLI WITH GARLIC SAUCE	●	✓	✓	✓	✓	SAUTEED SPINACH AND RED PEPPERS	●	✓	✓	✓	✓	BUTTER MIXED VEGETABLES	●	✓	✓	✓	✓	STEAMED PUMPKIN WITH BROCCOLI	●	✓		✓		DUTCH POTATO SALAD	●	✓	✓	✓	✓
	ASIAN	CURRIED RICE	●	✓	✓	✓		PLAIN RICE	●	✓	✓	✓		SAUTEED NOODLES	●	✓	✓	✓		PLAIN RICE	●	✓	✓	✓		CHAR KWAY TEOW	●	✓	✓	✓	
		SWEET & SOUR FISH	●		✓		✓	MOO GOO GAI PAN	●		✓		✓	SPICED CHICKEN IN HONEY AND BBQ SAUCE	●		✓	✓	✓	DORY IN MILD COCONUT CURRY	●	✓	✓	✓	✓	FISH FILLETS WITH SPECIAL SAUCE	●	✓	✓	✓	✓
		STIR-FRY BOK CHOY	●	✓	✓	✓	✓	VEGETABLES OF THE DAY	●	✓	✓	✓	✓	EGGPLANT WITH GARLIC SAUCE	●	✓	✓	✓	✓	ALOO GOBI	●	✓	✓	✓	✓	BOK CHOY WITH GARLIC SAUCE	●	✓	✓	✓	✓
	VEGETARIAN	PLAIN RICE	●	✓	✓	✓		PLAIN RICE	●	✓	✓	✓		TOMATO RICE	●	✓	✓	✓		PLAIN RICE	●	✓	✓	✓		RICE	●	✓	✓	✓	
		VEGAN SWEET & SOUR "CHICKEN"	●	✓	✓	✓		KAKIAGE TEMPURA	●	✓	✓	✓		VEGAN BBQ CHICKEN	●	✓	✓	✓		ALOO GOBI	●	✓	✓	✓		VEGAN CHICKEN SOUP SPECIALS	●	✓	✓	✓	
		STIR-FRY BOK CHOY WITH TOFU	●	✓	✓	✓	✓	SAUTEED SPINACH AND RED PEPPERS	●	✓	✓	✓	✓	BUTTER MIXED VEGETABLES	●	✓	✓	✓	✓	VEGETARIAN FISH SOUP	●	✓		✓	✓	BOK CHOY WITH GARLIC SAUCE	●	✓	✓	✓	✓

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