

# Meal Planner

STRAITS INTERNATIONAL SCHOOL RAWANG

## BREAKFAST

### WESTERN

TOAST WITH KAYA,  
ROLLED OMELETTE

### ASIAN

FRIED KWAY TEOW, FRUITS

## LUNCH

### WESTERN SET

BUTTERED PASTA, GRILLED FISH WITH  
HOLLANDAISE , ROASTED MIXED  
VEGETABLES

### ASIAN SET

RICE , CHICKEN SOUP WITH  
MUSHROOM, STIR FRY BEAN SPROUT  
AND CARROT

### VEGETARIAN SET

RICE , VEGETARIAN SEAWEED SOUP ,  
VEGETABLES OF THE DAY

### SANDWICH

PANINI , SLICE CHEESE, HAM, SALAD

### Allergens



## BREAKFAST

### WESTERN

POUND CAKE VANILLA „ FRUITS

### ASIAN

CHICKEN TAIWANESE CONGEE  
, SALTED BOILED EGG

## LUNCH

### WESTERN SET

BUTTER RICE, CHICKEN CHOP WITH  
BLACKPEPPER SAUCE , STEAMED  
BROCCOLI AND CAULIFLOWER

### ASIAN SET

FRIED YEE MEE, CRISPY FISH FILLET  
WITH THAI SAUCE , BOK CHOY AND  
CARROT STIR FRY

### VEGETARIAN SET

FRIED YEE MEE, VEGETARIAN FISH  
FILLET WITH THAI SAUCE , BOK CHOY  
AND CARROT STIR FRY

### SANDWICH

SANDWICH BREAD , SLICE CHEESE,  
TUNA , SALAD

### Allergens





# Meal Planner

STRAITS INTERNATIONAL SCHOOL RAWANG

## BREAKFAST

### WESTERN

MINI DONUT, FRUITS



### ASIAN

PRATA , CURRY DHALCA



## LUNCH

### WESTERN SET

BUTTERED PENNE, BAKED FISH WITH  
TOMATO CONCASE, STIR FRY FRENCH  
BEAN AND CARROT



### ASIAN SET

PLAIN RICE, INDIAN CHICKEN CURRY  
WITH POTATOES , SAUTEED  
CABBAGE AND MUSHROOM



### VEGETARIAN SET

RICE , VEGETARIAN CHICKEN CURRY,,  
MIXED VEGETABLES



### SANDWICH

TORTILLA , SLICE CHEESE, HAM,  
SALAD



### Allergens



## BREAKFAST

### WESTERN

TOAST WITH BAKED BEAN ,  
FRUITS

### ASIAN

CHINESE FRIED RICE ,SCRAMBLED  
EGGS

## LUNCH

### WESTERN SET

SPAGHETTI , CARBONARA SALMON,  
STEAMED MIXED VEGETABLES

### ASIAN SET

PLAIN RICE , CHICKEN RENDANG ,  
SAUTEED CARROT & SIEW PAK CHOY

### VEGETARIAN SET

PASTA, VEGAN CARBONARA,  
BROCCOLI & PUMPKIN SALAD

### SANDWICH

BAKER'S CROISSANTS , SLICE CHEESE,  
HAM, SALAD

### Allergens





# Meal Planner

STRAITS INTERNATIONAL SCHOOL RAWANG

## BREAKFAST

### WESTERN

HEALTY BREAKFAST CEREAL,  
FRESH MILK , FRUITS

### ASIAN

CANTONESE FRIED YEE MEE ,  
POACHED EGGS

## LUNCH

### WESTERN SET

PILAF RICE ,GRILL CHICKEN WITH  
MUSHROOM SAUCE, BUTTERED MIXED  
VEGETABLES

### ASIAN SET

SAUTEED NOODLE , DEEP FRIED FISH  
WITH STICKY SOY SAUCE, SAUTEED  
LONG BEAN AND CARROT.

### VEGETARIAN SET

RICE , VEGETARIAN FISH SOUP WITH  
SEAWEED, LONG BEAN AND CARROT

### SANDWICH

PANINI , SLICE CHEESE, HAM, SALAD

### Allergens



## BREAKFAST

### WESTERN

STEAM BUN, FRUITS

### ASIAN

FRIED NOODLES MAMAK STYLE  
,SCRAMBLED EGGS

## LUNCH

### WESTERN SET

AGLIO OLIO , LAMB STEW , ROASTED  
MIXED VEGETABLES

### ASIAN SET

PLAIN RICE , FRIED CHICKEN TUMERIC,  
SAUTEED CABBAGE & CARROT.

### VEGETARIAN SET

SPAGHETTI, VEGETARIAN  
BOLOGNESE , STEAMED MIXED  
VEGETABLES

### SANDWICH

SANDWICH BREAD , SLICE CHEESE,  
HAM, SALAD

### Allergens





# Meal Planner

STRAITS INTERNATIONAL SCHOOL RAWANG

## BREAKFAST

### WESTERN

ASSORTED MINI MUFFIN,  
FRUITS

### ASIAN

FRIED KWAY TIAW , CHEESE  
OMELETTE

## LUNCH

### WESTERN SET

BUTTERED PENNE, FRIED TILAPIA WITH  
TOMATO SAUCE, STEMED ZUCHINI AND  
BROCCOLI.

### ASIAN SET

HERB RICE , HAINANESE CHICKEN  
WITH HONEY GLAZE , BOK CHOY IN  
GARLIC SAUCE

### VEGETARIAN SET

RICE , VEGETARIAN FISH WITH  
TOMATO CONCASSE, STEAMED  
MIXED VEGETABLES

### SOUP

CREAMY MUSHROOM SOUP WITH  
GARLIC BREAD

### Allergens



## BREAKFAST

### WESTERN

FRENCH TOAST,, FRUITS

### ASIAN

NASI LEMAK WITH CONDIMENT

## LUNCH

### WESTERN SET

MASHED POTATOES , GRILLED ROSEMARY  
CHICKEN WITH BLACK PEPPER SAUCE ,  
STEAM CARROT AND CAULIFLOWER

### ASIAN SET

PLAIN RICE , FISH BALL SOUP ,  
SAUTEED KAILAN & BEAN SPROUTS

### VEGETARIAN SET

SEAWEED SOUP & TOFU ,  
SAUTEED KAILAN & BEAN SPROUTS

### SANDWICH

TORTILA , SLICE CHEESE, HAM, SALAD

### Allergens





BREAKFAST

WESTERN

CHICKEN NUGGET, FRUITS

ASIAN

KAMPUNG FRIED RICE,  
OMELLET MALAY STYLE

LUNCH

WESTERN SET

BUTTER PASTA , GRILLED SEABASS WITH  
HOLLANDAISE SAUCE, STIR FRY MIXED  
VEGETABLES

ASIAN SET

PLAIN RICE ,CHICKEN IN HONEY  
LEMON SAUCE, CHINESE STYLE  
MIXED VEGETABLES

VEGETARIAN SET

PLAIN RICE , VEGAN CHICKEN IN  
HONEY LEMON SAUCE, VEGETABLES  
OF THE DAY

SANDWICH

SANDWICH BREAD , SLICE CHEESE,  
HAM, SALAD

Allergens



BREAKFAST

WESTERN

MINI CROISSANT,  
SCRAMBLED EGGS,

ASIAN

SINGAPORE STYLE FRIED  
NOODLES, FRUITS

LUNCH

WESTERN SET

PILAF RICE, CHICKEN CACCIATORE ,  
SAUTEED FRENCH BEAN AND CARROT

ASIAN SET

SAUTEED NOODLES, SPECIAL THAI  
LADNA SOUP, BOILED BROCCOLI  
AND CAULIFLOWER

VEGETARIAN SET

FRIED NOODLES , VEGAN SEAWEED  
FISH , STEAM MIXED VEGETABLES

SANDWICH

BAKER'S CROISSANTS , SLICE CHEESE,  
HAM, SALAD

Allergens





BREAKFAST



WESTERN

POUND CAKE CHOCOLATE ,  
FRUITS



ASIAN

CANTONESE FRIED YEE MEE,  
OMMELET,

LUNCH



WESTERN SET

PASTA , CHICKEN FRICASSEE WITH  
SPECIAL SAUCE , CELERY SALAD



ASIAN SET

PLAIN RICE , SARDINE IN TOMATO  
SAUCE , MIXED VEGETABLE TEMPURA



VEGETARIAN SET

PASTA , SPINACH & PUMPKIN IN  
COCONUT MILK , VEGETABLES  
TEMPURA



SANDWICH

PANINI BREAD , SLICE CHEESE, HAM,  
SALAD

Allergens

MILK

EGGS

WHEAT

SOY

SHELFISH

FISH

MUSTARD

MOLLUSCS

NUTS

MILK

EGGS

WHEAT

SOY

SHELFISH

FISH

MUSTARD

MOLLUSCS

NUTS

MILK

EGGS

WHEAT

SOY

SHELFISH

FISH

MUSTARD

MOLLUSCS

NUTS

MILK

EGGS

WHEAT

SOY

SHELFISH

FISH

MUSTARD

MOLLUSCS

NUTS

MILK

EGGS

WHEAT

SOY

SHELFISH

FISH

MUSTARD

MOLLUSCS

NUTS

MILK

EGGS

WHEAT

SOY

SHELFISH

FISH

MUSTARD

MOLLUSCS

NUTS



WESTERN

CHICKEN COCKTAIL  
SAUSAGE,,FRUITS



ASIAN

MUSHROOM FRIED RICE  
,SUNNY SIDE UP

LUNCH



WESTERN SET

CHIPS , MAC & CHEESE , ROASTED  
BROCCOLI & CAPSICUM



ASIAN SET

RICE , DEEP FRIED TILAPIA WITH  
MANGGO SAUCE , FRIED SPINACH  
WITH MUSHROOM



VEGETARIAN SET

RICE , VEGAN CHICKEN SOUP  
ROASTED BROCCOLI & CAPSICUM



BURGER

BURGER BREAD , CHICKEN PATTY,  
SLICE CHEESE, HAM, SALAD

Allergens

MILK

EGGS

WHEAT

SOY

SHELFISH

FISH

MUSTARD

MOLLUSCS

NUTS

MILK

EGGS

WHEAT

SOY

SHELFISH

FISH

MUSTARD

MOLLUSCS

NUTS

MILK

EGGS

WHEAT

SOY

SHELFISH

FISH

MUSTARD

MOLLUSCS

NUTS

MILK

EGGS

WHEAT

SOY

SHELFISH

FISH

MUSTARD

MOLLUSCS

NUTS

MILK

EGGS

WHEAT

SOY

SHELFISH

FISH

MUSTARD

MOLLUSCS

NUTS

MILK

EGGS

WHEAT

SOY

SHELFISH

FISH

MUSTARD

MOLLUSCS

NUTS



## BREAKFAST

### WESTERN

EGG SANDWICH , FRUITS

### ASIAN

FRIED YELLOW NOODLES ,  
HAM OMELETTE

## LUNCH

### WESTERN SET

TOMATO RICE ,CHICKEN WRAPPED WITH  
CHEESE SAUCE, STIR FRY FRENCH BEAN  
AND CARROT

### ASIAN SET

LAKSA NOODLE, PENANG ASAM  
LAKSA, LAKSA CONDIMENT

### VEGETARIAN SET

RICE , BREADED PUMKIN BALL ,  
MUSHROOM SOUP

### SANDWICH

TORTILA , SLICE CHEESE, HAM, SALAD

### Allergens



MENU MAY CHANGE ACCORDING TO FOOD SUPPLY  
SEASONS AND AVAILABILITY

# ALL FOOD SERVED ARE HALAL

## Delischool Healthy Food Guidelines:

- WE MAINLY BAKE, GRILL, STEAM, LIGHTLY STRIFRY 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 COLOURING IN OUR COOKING
- GUARANTEED NUT FREE, PALM-OIL FREE, GLUTAMATE AND MSG FREE