



	MONDAY 3-Jun-19	TUESDAY 4-Jun-19	WEDNESDAY 5-Jun-19	THURSDAY 6-Jun-19	FRIDAY 7-Jun-19
STARTER	Creamy Pumpkin Soup ●	Creamy Green Pea Soup ●			
TOASTED SANDWICH	Toasted Panini Bread with Tandoori Chicken Fresh Garden Salad ●	Toasted Wholemeal Bread with Beef Pepperoni Fresh Garden Salad ●			S C H O O L H O L I D A Y
SALAD BAR	Corn & Tomato Salad ● Coral Salad Lettuce Salad Tomato, Onion, Cucumber, Carrot	Lentil Salad ● Coral Salad Lettuce Salad Tomato, Onion, Cucumber, Carrot	E I D a I - F I T R	E I D a I - F I T R	
WESTERN	Hawaiian Roasted Chicken ● Garlic Florets Braised Corn Kernel	Steak Hache ● Braised French Bean Potato Au Gratin			
ASIAN	Sweet & Sour Fish (Baked) ● Stir Fried Siew Pak Choy Chinese Fried Rice	Tangy Red Chicken (Roasted) ● Stir Fried Vegetable Lemon Rice			
VEGETARIAN	Steamed Chopped Eggplant with Tomato ● Lemon Rice White Rice	Kung Pao Tofu ● White Rice Fried Noodle			
SPECIAL	Minced Chicken On Bun ● Garden Salad	Quiche Lorraine ● (Smoked Chicken, Green Pea & Roasted Pumpkin) Garden Salad			
DESSERT	Fresh Fruit ●	Fresh Fruit ●			
DRINK	Mineral Water ●	Mineral Water / Orange Juice ●			

Information & Privilege:

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Delischool Healthy Food Guidelines

All our food is MSG (monosodium glutamate) free
We reduce saturated fat, the sugar content and artificial colouring in our production
We bake, grill and steam rather than fry

GREEN
BEST CHOICE


AMBER
CHOOSE CAREFULLY


RED
LIMIT CONSUMPTION




Delischool



	MONDAY 10-Jun-19	TUESDAY 11-Jun-19	WEDNESDAY 12-Jun-19	THURSDAY 13-Jun-19	FRIDAY 14-Jun-19
STARTER	Creamy Corn Soup ●	Creamy Mushroom Soup ●	Creamy Roasted Tomato Soup ●	Creamy Potato & Green Pea Soup ●	Pumpkin Soup ●
TOASTED SANDWICH	Toasted Panini Bread with Tandoori Chicken Fresh Garden Salad ●	Toasted Wholemeal Bread with Beef Pepperoni Fresh Garden Salad ●	Hawaiian Grilled Chicken Ciabatta Sandwich Fresh Garden Salad ●	Toasted Wholemeal Bread with Roasted Chicken Fresh Garden Salad ●	Toasted Ciabatta Bread with Roasted Chicken Fresh Garden Salad ●
SALAD BAR	Corn & Tomato Salad ● Coral Salad ● Lettuce Salad ● Tomato, Onion, Cucumber, Carrot	Broccoli Salad ● Coral Salad ● Lettuce Salad ● Tomato, Onion, Cucumber, Carrot	Mung Bean Salad ● Coral Salad ● Lettuce Salad ● Tomato, Onion, Cucumber, Carrot	Pasta Salad ● Coral Salad ● Lettuce Salad ● Tomato, Onion, Cucumber, Carrot	French Bean Salad ● Coral Salad ● Lettuce Salad ● Tomato, Onion, Cucumber, Carrot
MAIN COURSE					
WESTERN	Roasted Chicken with Mustard Gravy Garlic Butter Broccoli Boiled Potato ●	Beef Stroganoff (with Root Vegetable) Pasta ●	Fish Kebab with Tomato Concassed Ratatouille Crushed Olive Rice ●	Shepherd Pie Garden Salad ●	(KERUTUK DAGING) Special Dried Beef Rendang Pickled Vegetable Ghee Raisin Rice ●
ASIAN	Ginger & Oyster Beef Stir Fried Cabbage White Rice ●	Chicken Kuzi Stir Fried Long Bean Ghee Rice ●	Beef Teriyaki Stir Fried Carrot & Bean Sprout Garlic Rice ●	Dried Chilli Fish Stir Fry Vegetable White Rice ●	(AYAM KURMA) Malay's Braised Mix Vegetable (Florets, Pumpkin & Baby Corn) Steamed Rice ●
VEGETARIAN	Dhal with Beancurd Curry White Rice ●	Pumpkin & Leek Tart Garden Salad ●	Japanese Beancurd & Mix Florets Tomato Fried Noodle ●	Pasta with Beancurd & Pesto Sauce (Pine Nut Free) Fresh Salad ●	(MASAK LODEH) Vegetable in Coconut Milk (Beancurd, vegetable, potato) Compressed Rice ●
SPECIAL	Fish Tikka Turmeric Cauliflower & Tomato Biryani Rice ●	Sweet & Sour Fish Stir Fried Long Cabbage White Rice ●	Jacket Potato Baked Bean Garden Salad ●	Tandoori Chicken Vegetable Curry Biryani Rice ●	Special Javanese Noodle Soup with Shredded Chicken & Condiments ●
DESSERT	Fresh Fruit ●	Fresh Fruit ●	Fresh Fruit ●	Fresh Fruit ●	Butterscotch Salted Caramel Muffin ●
DRINK	Mineral Water ●	Mineral Water / Orange Juice ●	Mineral Water ●	Mineral Water / Apple Juice ●	Mineral Water ●

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GREEN
 BEST CHOICE


AMBER
 CHOOSE CAREFULLY


RED
 LIMIT CONSUMPTION





		HARI RAYA LUNCH PROMOTION 17-Jun-19		TUESDAY 18-Jun-19		WEDNESDAY 19-Jun-19		THURSDAY 20-Jun-19		FRIDAY 21-Jun-19	
STARTER		Creamy Pumpkin Soup ●	Creamy Green Pea Soup ●	Carrot & Ginger Soup ●	Cauliflower Soup ●	Vegetarian Chowder Soup ●					
	TOASTED SANDWICH	Toasted Panini Bread with Tandoori Chicken Fresh Garden Salad ●	Toasted Wholemeal Bread with Beef Pepperoni Fresh Garden Salad ●	Hawaiian Grilled Chicken Ciabatta Sandwich Fresh Garden Salad ●	Toasted Wholemeal Bread with Roasted Chicken Fresh Garden Salad ●	Hawaiian Grilled Chicken Ciabatta Sandwich Fresh Garden Salad ●					
SALAD BAR		French Bean Salad ● Coral Salad ● Lettuce Salad ● Tomato, Onion, Cucumber, Carrot	Cauliflower Salad ● Coral Salad ● Lettuce Salad ● Tomato, Onion, Cucumber, Carrot	Potato Salad ● Coral Salad ● Lettuce Salad ● Tomato, Onion, Cucumber, Carrot	Pasta Salad ● Coral Salad ● Lettuce Salad ● Tomato, Onion, Cucumber, Carrot	Green Bean Salad ● Coral Salad ● Lettuce Salad ● Tomato, Onion, Cucumber, Carrot					
	MAIN COURSE	(KERUTUK DAGING) Special Dried Beef Rendang ● Pickled Vegetable Ghee Raisin Rice	Beef Lasagna ● Fresh Garden Salad ●	Mediterranean Grilled Fish ● Ratatouille ● Crushed Olive Rice	Lamb Stew (Root Vegetable) ● Boiled Potato ●	Fish Tagine ● Moroccan Vegetable Stew ● Butter Couscous ●					
(AYAM KURMA) Malay's Braised Mix Vegetable ● (Florets, Pumpkin & Baby Corn) Steamed Rice		Thai Basil Chicken ● Sautéed Mix Vegetable ● White Rice	Red Tangy Chicken ● Stir Fried Green Bean ● White rice	Sticky Glazed Chicken with Sesame ● Chinese Mix Vegetable ● White Rice ●	Hainan Chicken Rice ● & Sautéed Bean Sprout ●						
(MASAK LODEH) Vegetable in Coconut Milk ● (Beancurd, vegetable, potato) Compressed Rice		Vegetarian Wrap (Roasted Zucchini) ● Garden Salad ●	Quiche (Pumpkin & Spinach) ● Garden Salad ●	Cantonese Braised Bean curd & Vegetable ● White Rice ●	Vegetarian Soto ● (Bee Hoon & Vegetarian Condiments) ●						
SPECIAL	Special Javanese Noodle Soup with Shredded Chicken & Condiments ●	Piri Piri Chicken ● Sautee Green Bean ● Corn & Herb Rice	Jacket Potato ● Beef Croquette ● Garden Salad	Japanese Grilled Fish ● Stir Fried Bean Sprout ● Fried Noodle	Lamb Curry with Potato (without coconut milk) ● Stir Fried Vegetable ● Steamed Rice						
	DESSERT	Butterscotch Salted Caramel Muffin ●	Fresh Fruit ●	Fresh Fruit ●	Fresh Fruit ●	Hokkaido Cake ●					
DRINK		Mineral Water ●	Mineral Water / Orange Juice ●	Mineral Water ●	Mineral Water / Apple Juice ●	Mineral Water ●					

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GREEN

BEST CHOICE

AMBER

CHOOSE CAREFULLY

RED

LIMIT CONSUMPTION





	MONDAY 24-Jun-19		TUESDAY 25-Jun-19		WEDNESDAY 26-Jun-19		THURSDAY 27-Jun-19		FRIDAY 28-Jun-19	
STARTER	Creamy Corn Soup ●		Creamy Mushroom Soup ●		Roasted Tomato Soup ●		Potato Soup ●		Broccoli Soup ●	
TOASTED SANDWICH	Toasted Panini Bread with Tandoori Chicken Fresh Garden Salad ●		Toasted Wholemeal Bread with Beef Pepperoni Fresh Garden Salad ●		Hawaiian Grilled Chicken Ciabatta Sandwich Fresh Garden Salad ●		Toasted Wholemeal Bread with Roasted Chicken Fresh Garden Salad ●		Hawaiian Grilled Chicken Ciabatta Sandwich Fresh Garden Salad ●	
SALAD BAR	Corn & Tomato Salad ● Coral Salad ● Lettuce Salad ● Tomato, Onion, Cucumber, Carrot		Cauliflower Salad ● Coral Salad ● Lettuce Salad ● Tomato, Onion, Cucumber, Carrot		Potato Salad ● Coral Salad ● Lettuce Salad ● Tomato, Onion, Cucumber, Carrot		Pasta Salad ● Coral Salad ● Lettuce Salad ● Tomato, Onion, Cucumber, Carrot		Green Bean Salad ● Coral Salad ● Lettuce Salad ● Tomato, Onion, Cucumber, Carrot	
MAIN COURSE										
WESTERN	Chicken Milanese ● Tomato Concassé Sauce ● Spaghetti ● Fresh Salad ●		Chili Con Carne ● (Vegetable & Legume) ● Corn Rice ●		Breaded Grilled Fish ● Braised Zucchini ● Carrot Rice ●		Moroccan Lamb Tagine ● Sautéed Mix Vegetable ● Couscous ●		Roasted Chicken with Mustard Sauce ● Carrot Vichy ● Boiled Potato ●	
ASIAN	Beef Bulgogi ● Kimchi ● White Rice ●		Lemon Grass Chicken ● Stir Fried Cabbage & Baby Corn ● White Rice ●		Szechuan Chicken ● Garlic Kailan ● Fried Bee Hoon ●		Japanese Grilled Fish ● Stir Fried Bean Sprout ● Garlic Fried Rice ●		Beef Kurma ● Sautéed French Bean ● White Rice ●	
VEGETARIAN	Margherita Pizza ● Garden Salad ●		Vegetarian Bolognese ● (Chick Pea, Mung Bean & Lentil) ● Pasta ●		Dhal & Vegetable Curry ● White Rice ●		Vegetarian Shepherd Pie ● (Legume & Mashed Potato) ● Garden Salad ●		Cantonese Braised Beancurd & Vegetable ● Noodle ●	
SPECIAL	Fish Noodle Soup ● (Fish Cake, Fish Ball & Condiment)		Chinese Butter Fish ● Mix Vegetable & Mushroom ● White Rice ●		Minced Chicken on Bun ● Garden Salad ●		Chicken Curry with Potato ● Stir Fried Cabbage ● Ghee Rice ●		Minced Chicken on Bun ● Garden Salad ●	
DESSERT	Fresh Fruit ●		Fresh Fruit ●		Fresh Fruit ●		Fresh Fruit ●		Swiss Roll ●	
DRINK	Mineral Water ●		Mineral Water / Orange Juice ●		Mineral Water ●		Mineral Water / Apple Juice ●		Mineral Water ●	

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GREEN
 BEST CHOICE


AMBER
 CHOOSE CAREFULLY


RED
 LIMIT CONSUMPTION





	MONDAY 1-Jul-19	TUESDAY 2-Jul-19	WEDNESDAY 3-Jul-19	THURSDAY 4-Jul-19	FRIDAY 5-Jul-19
STARTER	Pumpkin Soup ●	Creamy Green Pea Soup ●	Carrot & Ginger Soup ●	Cauliflower Soup ●	Vegetarian Chowder Soup ●
TOASTED SANDWICH	Toasted Panini Bread with Tandoori Chicken Fresh Garden Salad ●	Toasted Wholemeal Bread with Beef Pepperoni Fresh Garden Salad ●	Hawaiian Grilled Chicken Ciabatta Sandwich Fresh Garden Salad ●	Toasted Wholemeal Bread with Roasted Chicken Fresh Garden Salad ●	Hawaiian Grilled Chicken Ciabatta Sandwich Fresh Garden Salad ●
SALAD BAR	Corn & Tomato Salad ● Coral Salad ● Lettuce Salad ● Tomato, Onion, Cucumber, Carrot	Broccoli Salad ● Coral Salad ● Lettuce Salad ● Tomato, Onion, Cucumber, Carrot	Mung Bean Salad ● Coral Salad ● Lettuce Salad ● Tomato, Onion, Cucumber, Carrot	Pasta Salad ● Coral Salad ● Lettuce Salad ● Tomato, Onion, Cucumber, Carrot	Cauliflower Salad ● Coral Salad ● Lettuce Salad ● Tomato, Onion, Cucumber, Carrot
WESTERN	Chicken Escalope ● Sautéed French Bean ● Herbs Rice ●	Beef Bourguignon ● Stir Fry Broccoli ● Pasta ●	Fish Kebab with Tomato Sauce ● Olive & Herbs Rice ●	Lamb Pizza ● Garden Salad ●	Chicken Picatta ● Sautéed Vegetable ● Pasta ●
ASIAN	Thai Beef Basil ● Thai Mix Vegetable ● Pineapple Fried Rice ●	Noodle Chicken Soup ● & Condiments ●	Chicken Dendeng ● Stir Fried Long Bean ● White Rice ●	Nyonya Fish Curry ● Stir Fried Green Cabbage ● White Rice ●	Black Pepper Beef ● Mix Vegetable & Baby Corn ● Fried Noodle ●
VEGETARIAN	Grated Zucchini Tart ● Garden Salad ●	Vegetarian Nasi Lemak & Condiments ●	Curry Noodle Soup ● (Beancurd, Hard Boiled Egg & Vegetable Condiments) ●	Penne Pesto ● (PINE NUT FREE) ● Garden Salad ●	Vegetarian Tart & Salad ● Braised Soft Tofu with Seaweed ● White Rice ●
SPECIAL	Chicken Rendang ● Stir Fried Cabbage ● White Rice ●	Chicken Karaage ● Julienned Cabbage & Carrot ● White Rice ●	Jacket Potato ● Braised Minced Chicken ● Fresh Salad ●	Tandoori Chicken ● Vegetable & Dhall Curry ● Biryani Rice ●	Chicken Fajitas with Salsa ●
DESSERT	Fresh Fruit ●	Fresh Fruit ●	Fresh Fruit ●	Fresh Fruit ●	Banana Cake ●
DRINK	Mineral Water ●	Mineral Water / Orange Juice ●	Mineral Water ●	Mineral Water / Apple Juice ●	Mineral Water ●

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GREEN
 BEST CHOICE


AMBER
 CHOOSE CAREFULLY


RED
 LIMIT CONSUMPTION





	MONDAY 8-Jul-19	TUESDAY 9-Jul-19	WEDNESDAY 10-Jul-19	THURSDAY 11-Jul-19	FRIDAY 12-Jul-19
STARTER	Creamy Pumpkin Soup ●	Creamy Green Pea Soup ●			
TOASTED SANDWICH	Toasted Panini Bread with Tandoori Chicken Fresh Garden Salad ●	Toasted Wholemeal Bread with Beef Pepperoni Fresh Garden Salad ●			
SALAD BAR	Corn & Tomato Salad ● Coral Salad ● Lettuce Salad ● Tomato, Onion, Cucumber, Carrot ●	Lentil Salad ● Coral Salad ● Lettuce Salad ● Tomato, Onion, Cucumber, Carrot ●	S C H O O L	S C H O O L	S C H O O L
WESTERN	Tarragon Chicken ● Carrot Vichy ● Pasta ●	Beef Burrito ● Salsa ●	L O L	L O L	L O L
ASIAN	Thai Beef Basil ● Garlic Khailan ● White Rice ●	Chicken Adobo ● Long Cabbage with Carrot ● White Rice ●	H O L I D A Y	H O L I D A Y	H O L I D A Y
VEGETARIAN	Pasta ● Roasted Vegetable & Beancurd ● Garden Salad ●	Vegetarian Chili Con Carne ● (Legume) ● Carrot Rice ●			
SPECIAL	Fish Kebab ● (Tomato Cilantro sauce) ● Roasted Vegetable ● Lemon Herb Rice ●	Chicken Nugget ● Coleslaw ● French Fries ●			
DESSERT	Fresh Fruit ●	Fresh Fruit ●			
DRINK	Mineral Water ●	Mineral Water / Orange Juice ●			

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