



JANUARY 2026



		MONDAY 5-Jan-26	T V D E G	TUESDAY 6-Jan-26	T V D E G	WEDNESDAY 7-Jan-26	T V D E G	THURSDAY 8-Jan-26	T V D E G	FRIDAY 9-Jan-26	T V D E G
	WESTERN	Chinese Set:	• ✓	Chicken Slice Sandwich	• ✓	Tuna Sandwich	•	Hashbrown with Baked Beans	• ✓	Chicken Wrap	•
		Chicken Siew Mai		Juice		Juice		Juice		Juice	
	CHOICE OF CEREALS	Choices of Cereal serve with Milk	• ✓	Choices of Cereal serve with Milk	• ✓	Choices of Cereal serve with Milk	• ✓	Choices of Cereal serve with Milk	• ✓	Choices of Cereal serve with Milk	• ✓
	ASIAN	Claypot Yee Mee	• ✓	Chinese Fried rice	• ✓	Nasi Lemak with Condiment	•	Siamese Noodle	• ✓	Chappati with Vegetables Dhall	•
	SANDWICH BAR	Ciabatta Bread	• ✓	Foccacia Bread	• ✓	French Baguette	• ✓	Ciabatta Bread	• ✓		
		Choices of Filling	• ✓	Choices of Filling	• ✓	Choices of Filling	• ✓	Choices of Filling	• ✓		
		Choices of Vegetables	• ✓ ✓ ✓ ✓	Choices of Vegetables	• ✓ ✓ ✓ ✓	Choices of Vegetables	• ✓ ✓ ✓ ✓	Choices of Vegetables	• ✓ ✓ ✓ ✓		
	NOODLE SOUP BAR	Chicken Noodle Soup	• ✓	Curry Noodle Soup	•	Sauteed Penne	• ✓	Tomyam Noodle Soup	•		
		Choices of Condiment	• ✓ ✓ ✓ ✓	Choices of Condiment	• ✓ ✓ ✓ ✓	Creamy Mushroom Sauce	• ✓ ✓ ✓ ✓	Choices of Condiment	•		
	WESTERN	Oven Baked Fish serve with Brown Sauce	•	Chicken Bolognese	•	Grilled Perch Fillet	•	Creamy Tucsan Chicken	•		
		Mashed Potato	• ✓ ✓	Spaghetti	•	Roasted Potato	•	Penne	• ✓ ✓		
		French Beans with Carrot	• ✓ ✓	Green Mixed Salad	• ✓ ✓ ✓ ✓	Steamed Broccoli, Cauliflower and Carrot	•	Spinach and Mushroom	• ✓ ✓ ✓ ✓		
	ASIAN	Deep Fried Chicken Cube with Sesame Sauce	•	Ginger Steamed Fish	•	Scallions Steamed Chicken	•	Indian Fish Curry	•		
		White Rice	• ✓ ✓ ✓	Steamed Rice	• ✓	Stir Fried Noodle	• ✓	White Rice	• ✓ ✓ ✓		
		Stir Fry Siew Pak Choy	• ✓	Stir Fried Kailan with Oyster Sauce	• ✓ ✓	Stir Fried Long Beans with Egg	• ✓ ✓	Sauteed Egg Plant	• ✓ ✓		
	VEGETARIAN	Blackpepper Vegetarian Lamb	• ✓	Vegan Chicken Curry	• ✓	Steamed Enoki Mushrooms with Garlic	• ✓	Turmeric Mushroom and Tofu	• ✓		
		Fried Egg Noodle	• ✓ ✓	Naan Bread	• ✓	White Rice	• ✓	Flavored Rice	• ✓ ✓		
		Stir Fried Broccoli and Cauliflower	• ✓	Alo Gobi	• ✓	Stir Fried Long Cabbage	• ✓	Vegetables Dhall	• ✓ ✓ ✓		
	DESSERT	Fruit of the Day		Fruit of the Day		Fruit of the Day		Assorted Pudding	•		

Information & Privilege:

All the food served are Halal

Menu may change according to food supply seasons

Delischool Healthy Food Guidelines

No reduce 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, palm oil free, Glutamate and Ajinomoto free

T: TRAFFIC LIGHT SYSTEM

V: VEGETARIAN

D: DAIRY FREE

E: EGG FREE

G: GLUTEN FREE





		MONDAY 12-Jan-26					TUESDAY 13-Jan-26					WEDNESDAY 14-Jan-26					THURSDAY 15-Jan-26					FRIDAY 16-Jan-26				
		T	V	D	E	G	T	V	D	E	G	T	V	D	E	G	T	V	D	E	G	T	V	D	E	G
	WESTERN	Chicken Sandwich	●	✓			Breakfast Pizza	●	✓			Egg Sandwich	●				Chinese Set:	●	✓			English Breakfast	●			
		Juice					Juice					Juice					Bbq Chicken Pau					Juice				
	CHOICE OF CEREALS	Choices of Cereal serve with Milk	●	✓			Choices of Cereal serve with Milk	●	✓			Choices of Cereal serve with Milk	●	✓			Choices of Cereal serve with Milk	●	✓			Choices of Cereal serve with Milk	●	✓		
	ASIAN	Mamak Fried Noodle	●		✓		Kampung Fried Rice	●		✓		Nasi Lemak with Condiment	●				Yee Mee Ladna	●		✓		Thai Fried Rice	●			
	SANDWICH BAR	Ciabatta Bread	●	✓			Foccacia Bread	●	✓			Ciabatta Bread	●	✓			French Baguette	●	✓							
		Choices of Filling	●	✓			Choices of Filling	●	✓			Choices of Filling	●	✓			Choices of Filling	●	✓							
		Choices of Vegetables	●	✓	✓	✓	✓	Choices of Vegetables	●	✓	✓	✓	✓	Choices of Vegetables	●	✓	✓	✓	✓	✓	✓	✓				
	NODLE SOUP BAR	Egg Noodle Soup	●	✓			Clear Noodle Soup	●				Sauteed Pasta	●	✓			Tomyam Noodle Soup	●								
		Choices of Condiment	●	✓	✓	✓	✓	Choices of Condiment	●	✓	✓	✓	✓	Arrabiata Sauce	●	✓	✓	✓	✓	✓	✓	✓	✓			
	WESTERN											<u>SPECIAL JAPANESE DAY</u>														
		Fish Piccata	●					Chicken Carbonara	●				Fish Teriyaki	●				Chicken Schnitzel	●							
		Cous Cous with Herbs	●	✓		✓		Spaghetti	●				Garlic Butter Mashed Potato	●				Roasted Wedges	●	✓		✓				
		Grilled Broccoli and Carrot	●	✓	✓		Caesar Salad	●				Roasted Vegetables with Soy-Glaze	●				Coleslaw	●	✓	✓	✓	✓	✓			
	ASIAN	Hainanese Chicken Rice with Condiment	●					Sweet Sour Fish	●				Chicken Katsu	●				Dory Steamed with Garlic	●							
			●	✓	✓	✓		Steamed Rice	●	✓			Steamed Japanese Rice	●	✓			Flavored Rice	●	✓	✓	✓				
			●	✓				Stir Fried Cabbage and Carrot	●	✓	✓		Stir-Fried Vegetables	●	✓	✓		Sauteed Broccoli, Carrot and Yong Corn	●	✓	✓					
	VEGETARIAN	Sweet and Sour Vegetarian Chicken	●	✓				Creamy Mac and Cheese with Chickpea	●	✓			Mushroom Teriyaki	●	✓			Kung Pao Chickpeas	●	✓						
		White Rice	●	✓	✓			Garlic Butter Vegetables	●	✓			Vegetarian Yakisoba	●	✓			White Rice	●	✓		✓				
		Bean Sprout with Fried Garlic	●	✓									Stir Fried Carrot and Edamame	●	✓			Stir Fry Mushroom adnd Broccoli	●	✓	✓	✓				
DESSERT		Fruit of the Day					Fruit of the Day					Mochi					Butter Cake					●				

Information & Privilege:

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

We bake, grill and steam rather than fry

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T: TRAFFIC LIGHT SYSTEM

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JANUARY 2026



		MONDAY 19-Jan-26	T	V	D	E	G	TUESDAY 20-Jan-26	T	V	D	E	G	WEDNESDAY 21-Jan-26	T	V	D	E	G	THURSDAY 22-Jan-26	T	V	D	E	G	FRIDAY 23-Jan-26	T	V	D	E	G
WESTERN CHOICE OF CEREALS ASIAN	WESTERN	French Toast with Grill Chicken	●					Roasted Potato serve with Spinach and Mushroom	●	✓				Country-Style Frittata	●	✓				Chicken Sandwich	●					Mushroom Soup with Garlic Bread	●				
		Juice	●	✓				Juice	●	✓				Juice	●	✓				Juice	●	✓				Juice	●	✓			
		Choices of Cereal serve with Milk	●	✓				Choices of Cereal serve with Milk	●	✓				Choices of Cereal serve with Milk	●	✓				Choices of Cereal serve with Milk	●	✓				Choices of Cereal serve with Milk	●	✓			
SANDWICH BAR NOODLE SOUP BAR WESTERN ASIAN VEGETARIAN	ASIAN	Siamese Noodle	●					Claypot Yee Mee	●					Nasi Lemak with Condiment	●					Stir Fried Wantan Noodle	●					Soy Sauce Fried Rice	●				
	SANDWICH BAR	Ciabatta Bread	●	✓				Focaccia Bread	●	✓				Ciabatta Bread	●	✓				Ciabatta Bread	●	✓									
		Choices of Filling	●	✓				Choices of Filling	●	✓				Choices of Filling	●	✓				Choices of Filling	●	✓									
		Choices of Vegetables	●	✓	✓	✓	✓	Choices of Vegetables	●	✓	✓	✓	✓	Choices of Vegetables	●	✓	✓	✓	✓	Choices of Vegetables	●	✓	✓	✓	✓						
	NOODLE SOUP BAR	Cantonese Noodle	●					Mee Bandung	●					Egg Noodle Soup	●					Chinese Nyonya Curry	●										
		Choices of Condiment						Choices of Condiment						Choices of Condiment						Choices of Condiment											
	WESTERN	Baked Fish	●					Chicken Cottage	●					Pan Grilled Fish with Tomato Sauce	●					Herb Roasted Chicken with Garlic Butter Sauce	●				✓						
		Herbs Potatoes	●	✓		✓		Garlic Bread	●	✓				Penne	●	✓		✓		Mashed potatoes	●	✓									
		Ratatouille	●	✓	✓			Green Salad	●	✓	✓			Carrot Vichy	●	✓				Steamed carrots and Broccoli	●	✓	✓	✓	✓						
	ASIAN	Kam Heong Chicken	●					Vinegar Fish(Ikan Masak Cuka)	●		✓	✓		Chicken Tikka	●					Ginger-Scallion Poached Fish	●				✓						
		Steamed Rice	●	✓	✓	✓	✓	White Rice	●	✓				Naan Bread	●	✓				Steamed Rice	●	✓									
		Long Beans with Carrot	●	✓				Sauteed Kailan	●	✓	✓	✓	✓	Vegetable Curry	●	✓				Stir Fry Bok Choy with Garlic	●	✓									
	VEGETARIAN	Tofu, Mushroom and Vegetables Green Curry	●	✓	✓			Mushroom Cream Sauce with Chickpea	●	✓				Egg Foo Young	●	✓	✓			Tofu and Tempeh Sambal	●	✓	✓								
		White Rice	●	✓	✓			Tricolor Pasta	●	✓	✓			White Rice	●	✓	✓			Steamed Rice	●	✓	✓								
		Spring Roll	●	✓	✓			Caesar Salad	●	✓				Stir Fried Mushroom and Vegetables	●	✓	✓			Stir Fry Bok Choy with Garlic	●	✓	✓								
DESSERT		Fruit of the Day						Fruit of the Day						Fruit of the Day						Chocolate Pudding	●										

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		MONDAY 26-Jan-26	T V D E G	TUESDAY 27-Jan-26	T V D E G	WEDNESDAY 28-Jan-26	T V D E G	THURSDAY 29-Jan-26	T V D E G	FRIDAY 30-Jan-26	T V D E G
BREAKFAST	WESTERN	Egg Sandwich Juice	●	Corn And Sweet Potato Breakfast Fritters	● ✓	Croissant Tuna Sandwich Juice	●	Chicken Curry Puff Juice	● ✓	Baked Pasta Juice	●
	CHOICE OF CEREALS	Choices of Cereal serve with Milk	● ✓	Choices of Cereal serve with Milk	● ✓	Choices of Cereal serve with Milk	● ✓	Choices of Cereal serve with Milk	● ✓	Choices of Cereal serve with Milk	● ✓
	ASIAN	Char Kuey Teow	● ✓	Chinese Fried Rice	● ✓	Nasi Lemak With Condiment	●	Kampung fried Rice	● ✓	Claypot Yee Mee	●
LUNCH	SANDWICH BAR	Foccacia Bread	● ✓	French Baguette	● ✓	Ciabatta Bread	● ✓	Foccacia Bread	● ✓		
		Choices of Filling	● ✓	Choices of Filling	● ✓	Choices of Filling	● ✓	Choices of Filling	● ✓		
		Choices of Vegetables	● ✓ ✓ ✓ ✓	Choices of Vegetables	● ✓ ✓ ✓ ✓	Choices of Vegetables	● ✓ ✓ ✓ ✓	Choices of Vegetables	● ✓ ✓ ✓ ✓		
	NOODLE SOUP BAR	Thai Noodle Soup	● ✓	Vegetarian Noodle Soup	●	Pasta with Creamy Sauce	●	Assam Laksa	●		
		Choices of Condiment	● ✓ ✓ ✓ ✓	Choices of Condiment	● ✓ ✓ ✓ ✓			Choices of Condiment	● ✓ ✓ ✓ ✓		
	WESTERN	Chicken Ball Carbonara	●	Braised Fish Fillet	●	Lamb Stew	●	Creamy Chicken Alfredo	●		
		Spaghetti	● ✓ ✓	Flavored Rice	● ✓ ✓	Mashed Potato	● ✓ ✓	Spaghetti	● ✓ ✓		
		Mixed Salad	● ✓ ✓	Sauteed French Beans with Carrot	● ✓	Sauteed Green Peas	● ✓ ✓	Sauteed Spinach	● ✓ ✓ ✓ ✓		
	ASIAN	Sweet and Sour Fish	●	Steamed Chicken Ginger	●	Thai Basil Chicken	●	Fish Karage with Japanese Curry	●		
		White Rice	● ✓ ✓ ✓	Fried Egg Noodle	● ✓ ✓ ✓	Steamed Rice	● ✓ ✓ ✓	White Rice	● ✓ ✓ ✓		
		Siew Pak Choy with Mushroom	● ✓	Sauteed Kailan with Mushroom	● ✓	Sauteed Broccoli, Young Corn and Capsicum	● ✓	Stir fry Cabbage and Beansprout	● ✓		
	VEGETARIAN	Tofu Varuval	● ✓	Primavera Pasta	● ✓ ✓	Vegetarian Chicken Papdrik	● ✓	Tofu Buttermilk	● ✓		
		White Rice	● ✓ ✓	Garlic Bread	● ✓ ✓	Vegetarian Phad Thai	● ✓ ✓	White Rice	● ✓ ✓ ✓		
		Indian Fried Cabbage	● ✓	Green Salad	● ✓ ✓	Stir Fry Vegetables	● ✓ ✓ ✓	Seasoned Spinach	● ✓ ✓ ✓		
	DESSERT	Fruit of the Day	● ✓ ✓ ✓	Fruit of the Day	● ✓ ✓ ✓	Fruit of the Day	● ✓ ✓ ✓	Ice Cream	●		

Information & Privilege:

All the food served are Halal

Menu may change according to food supply seasons and availability

Delischool Healthy Food Guidelines

We mainly bake, grill, lightly stir fry or boil our foods, Deep frying is limited within our menu cycle

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

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