



LUNCH MENU APRIL 2021



	MONDAY 5					TUESDAY 6					WEDNESDAY 7					THURSDAY 8					FRIDAY 9				
	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
STARTER	CUCUMBER SALAD WITH FRESH MINT ● ✓					EGG MAYONNAISE ● ✓ ✓					SPRING ROLL ● ✓ ✓ ✓					TURKEY SAUSAGE ● ✓					PUMPKIN SOUP ● ✓ ✓ ✓				
SALAD BAR																									
WESTERN	CHICKEN BREAST WITH BASQUAISE SAUCE ● ✓ ✓					ROASTED WHOLE LEG LAMB "ESTER" THYME SAUCE ● ✓ ✓ ✓					TORTI BOLOGNESE ● ✓ ✓					TILAPIA FILLET WITH COCONUT MILK AND TURMERIC ● ✓ ✓					CHICKEN SAUSAGE WITH PARMESAN CHEESE ● ✓ ✓				
	PLAIN RICE ● ✓					BAKED POTATOES ● ✓ ✓					SAUTEED MIXED VEGETABLES ● ✓					MIXED BROCOLI AND CARROTS ● ✓					POTATOES WEDGES ● ✓ ✓ ✓ ✓				
	PROVENCAL RATATOUILLE ● ✓					CAULIFLOWER GRATIN ● ✓ ✓ ✓										PILAF RICE ● ✓					SAUTEED ZUCCHINI ● ✓				
ASIAN	SQUID PAPRIKA ● ✓ ✓					BRIYANI RICE ● ✓ ✓					FRIED RICE ● ✓ ✓ ✓ ✓					MEE BANDUNG ● ✓ ✓ ✓ ✓					GINGER FISH ● ✓ ✓				
	FRIED BEHOON ● ✓ ✓					CHICKEN CURRY ● ✓ ✓					OMELLET ● ✓ ✓					STEAM CHICKEN ● ✓ ✓ ✓ ✓					RICE ● ✓				
	STIR FRIED VEGETABLE ● ✓					FRIED CABBAGE WITH TURMERIC ● ✓										STEAMED VEGETABLES ● ✓ ✓					MIXED VEGETABLES ● ✓				
DAIRY	FRUITS YOGURT ● ✓ ✓					CHEESE ● ✓ ✓					CAMEMBERT ● ✓ ✓					PLAIN YOGURT ● ✓ ✓					EMMENTAL CHEESE ● ✓ ✓				
FRUIT	HONEY DEW ● ✓					EGG CHOCOLATE ● ✓ ✓					ORANGE ● ✓					APPLE ● ✓					FRUITS CAKE ● ✓ ✓ ✓				
HOME MADE DESSERT																									

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, palm oil free, Glutamate and Ajinomoto free

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

GREEN BEST CHOICE
AMBER CHOOSE CAREFULLY
RED LIMIT CONSUMPTION

