

Menu de la semaine 23 to 27 MAY 2022

MEAT AND FISH FREE DAY FRIDAY



Delischool	Monday	Tuesday	Wednesday	Thursday	Friday
STARTER	Tuna salad	Lentil soup	Tomato salad	Pizza with cheese	Roasted vegetables salad
WESTERN	Grilled chicken shop with olive sauce - French fries - Sauteed cauliflower and broccoli	Sauteed stew beef provencal - Macaroni with tapenade - Sauteed cabbages and carrots	Chicken or beef chili con carne with corn totillas - Tomato rice - mixed salad	Tilapia fillet with virgin sauce - Mashed potato - Grilled succini	Vegetarian lasagna - Garden salad - Mixed vegetables
ASIAN	Sotong goreng tepong - Plain rice - Steamed mixed vegetables	Tikka masala chicken - Steam rice - Chickpea vegetables		Hainan chicken rice - Bean sprout	Egg sambal - Steamed kuey teow - Sauteed cabbage
DAIRY	Chocolate yogurt	Edam cheese	Cheese plate	Plain yogurt	Camembert cheese
FRUIT & DESSERT	Fruits salad	Apple tart or daily fruit	Fruits assortment	Banana	Chocolate cake or daily fruit



Information & Healthy guidelines

Information & Privilege

- All the food served are Halal
- Menu may change according to food supply seasons.
- For TPS to GS students eating in classrooms, western menu will be served per default. Asian menu is available upon request.

Delischool Healthy Food Guidelines

- Every meal includes a starter with a salad, a main course with one protein, one carb and one veggie, bread, a dairy, a fruit and a special dessert (twice a week).
- We mainly bake, grill, steam, lightly stir-fry 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 coloring in our cooking.
- Guaranteed nut free, palm-oil free, glutamate and MSG free