

Menu de la semaine 23 AU 27 MAI 2022

JOURNEE SANS VIANDE SANS POISSON VENDREDI



Delischool

	Lundi	Mardi	Mercredi	Jeudi	Vendredi
STARTER	Salade de thon	Potage aux lentilles	Salade de tomates	Pizza au fromage	Terrine de legumes
WESTERN	Escalope de poulet aux olives - Frites - Choux fleur et brocolis sautes	Boeuf provencal - Macaroni avec tapenade - Choux et carottes braises	Chili con carne au poulet ou au beuf avec galette de mais - Riz a la tomate - Salade mixte	Filet de tilapia sauce vierge - Puree - Courgette grillees	Lasagne vegetarienne - Salade du jardin - Jardineire de legumes
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	Yaourt au chocolat	Edam	Choix de fromage	Plain yogurt	Camembert cheese
FRUIT & DESSERT	Salade de fruits	Tarte aux pomme ou fruit du jour	Assortiment de fruits	Banane	Gateau au chocolat ou fruit du jour



*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