

Menu de la semaine 23 to 27 MAY 2022



MEAT AND FISH FREE DAY FRIDAY

Delischool

	Monday	Tuesday	Wednesday	Thursday	Friday
STARTER	Tuna salad or green salad	Lentil soup or vegetables batonnet with lemon sauce	Cheese salad with croutons or tomato salad	Pizza with cheese or condiments salad	Roasted vegetables salad or vegetables terrine
SANDWICH	Focaccia bread with roasted beef or toasted country bread slice with braised chicken and cheese or vegetarian panini	Hot dog or turkish bread with minced chicken and condiments or vegetarian turkish bread		English muffin with beef bacon or ciabata with lamb or vegetarian ciabata	Panini with cheese and boiled eggs or vegetarian wrap
WESTERN	Grilled chicken shop with olive sauce - French fries - Sautéed cauliflower and broccoli	Sautéed stew beef provencal - Macaroni with tapenade - Sautéed 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 tepung - Plain rice - Steamed mixed vegetables	Tikka masala chicken - Steam rice - Chickpea vegetables		Hainan chicken rice - Bean sprout	Egg sambal - Steamed kuey teow - Sautéed 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.

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