

Menu de la semaine

8 TO 12 MAY 2022
HEVEA



Delischool

Monday

Tuesday

Wednesday

Thursday

Friday

STARTER

Red Cabbage Salad with Grapes
and Thousand Island

Grated carrots vinaigrette with
Honey and Lemon

Turkey Ham with Garden Salad

Mushroom Soup

Cheese and Tomato Pizza

WESTERN

Grilled chicken, green beans, and
mashed potatoes

Baked Perch Fillet, rice, and
mixed vegetables

Home Made Quiche Lorraine,
Stir Fried Brocolis

Cheeseburger, French fries, and
side salad

Spaghetti with tomato sauce and
meatballs, served with garlic
bread
(Vegetarian Option)

ASIAN

Steamed fish, soy sauce and
ginger
-
Asam Boi, Long Cabbage
-
Meatball Noodles

Chicken curry
-
Biryani Rice
-
Assortment of sautéed
vegetables

Nasi Lemak
Sambal Squid
Sauteed Kangkung

Egg Punchuri Nanas

Steam Rice

Mixed Vegetables

DAIRY

Emmenthal

Plain yogurt

Camembert

berry Yogurt

Brie

**FRUIT &
DESSERT**

Blueberry Muffin

Watermelon

Dragon Fruit

Apple Salad with Cinnamon

Chocolate Cookies

Menu de la semaine

15 TO 19 MAY 2022
HEVEA – LANGUAGES WEEK



Delischool

Monday



Tuesday



Wednesday

Thursday



Friday



	Monday	Tuesday	Wednesday	Thursday	Friday
STARTER	Cucumber Salad	Deviled Eggs	Turkey Ham with condiments	Spring Rolls	Traditional Gazpacho
WESTERN	Curry Wurst - Fries - Red Cabbage	Chicken Pie - Green Peas - Baked Beans	Lasagna - Meli Melo of Vegetables	Calamari Rings - Steamed Rice - Baked Tomatoes	Seafood Paella
ASIAN	Chicken soto with condiments - Noodles	Nasi Minyak - Egg Curry - Braised Cabbage		Stir Fried Beef with Ginger, Spring Onions and Soy Sauce - Yang Chow Fried Rice - Pak Choy	Chicken Curry - Rice - Braised Kankung
DAIRY	Brie	Cream Cheese	Camembert	Berry Yogurt	Manchego Cheese
FRUIT & DESSERT	Rice Pudding with Cinnamon or fruit of the day	Apple Crumble or Fruit of the Day	Dragon Fruit	Mandarine	Cream Catalan

Menu de la semaine

22 TO 26 MAY 2022
HEVEA



Delischool

	Monday	Tuesday	Wednesday	Thursday	Friday
STARTER	Potato Salad with Corn and Tuna	Cheese Salad with Turkey Ham	Beetroots with Homemade Vinaigrette	Garden Salad with Tomato Salsa	Vegetables Soup
WESTERN	Spaghettis Bolognese - Sautéed Aubergines	Sautéed Beef with Forestière Sauce - Meli Melo of Zucchini with Spring Onions - Pilaf Rice	Chicken Vol au Vent - Potatoes à la Lyonnaise - Garden Salad with Cherry tomatoes	Fish'n Chips - Frecn beans	Chili Con Carne - Steamed Rice
ASIAN	Thai Chicken Green Curry with Rice	Dhal Curry Steamed Rice Vegetables and Condiments		Penang Chicken Rice Meli Melo Acar Jelatah (Cucumbers, Carrots, Pineapple)	Chalca Biryani Rice Cantonese Vegetables
DAIRY	Emmenthal	Plain yogurt	Camembert	berry Yogurt	Brie
FRUIT & DESSERT	Blueberry Muffin	Watermelon	Dragon Fruit	Apple Salad with Cinnamon	Chocolate Cookies

Menu de la semaine

29 TO 31 MAY 2022
HEVEA



Delischool

	Monday	Tuesday	Wednesday	Thursday	Friday
STARTER	Grated Carrots	Russian Salad	Sicilian Minestrone		
WESTERN	Roasted Chicken Breasts with Mustard Cream - Sautéed Broccolis - Penne with Thyme	Perch Fillet with Lemon Sauce - Steamed Potatoes - Grilled Capsicums	Traditional Meat Ball Couscous Semolina with raisins Assortment of vegetables		
ASIAN	Nasi Lemak Sotong Sambal Sauteed Kangkung	Sauteed Noodles with vegetables and tofu			
DAIRY	Gouda	Berry Yogurt	Camembert		
FRUIT & DESSERT	Orange	Watermelon	Dragon Fruit		

Information & Healthy guidelines

Information & Privilege

All food served are HALAL

Menu may change according to food supply seasons and availability

Delischool Healthy Food Guidelines:

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, glutamate and MSG free



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