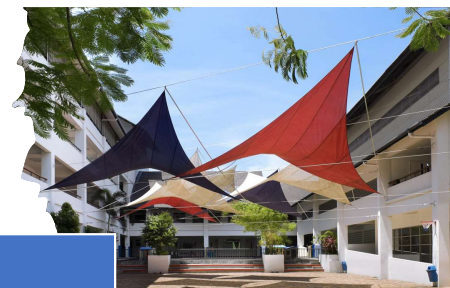


Menu de la semaine

8 TO 12 MAY 2023
LFKL



Delischool

	Monday	Tuesday	Wednesday	Thursday	Friday
CHOICE OF STARTERS	Red Cabbage Salad with Grapes and Thousand Island or Cheese Salad	Grated carrots vinaigrette with Honey and Lemon or Turkey ham with salad and condiments	Turkey Ham with Garden Salad	Mushroom Soup or Tabouleh	Cheese and Tomato Pizza or Chicken Sausage Roll
CHOICE OF SANDWICHES	Panini with marinated chicken breast - Mini Croque Monsieur - Vegetarian Panini	Pan Bagnat - Turkish bread with beef bacon and cheese (Vegetarian option)		Ciabatta with beef and condiments - Panini with chorizo, olive and tomato - Ciabatta Vegetarian	Wrap with boiled eggs and cucumber / mozzarella - Club Sandwich (Vegetarian option)
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 2023
LFKL – LANGUAGES WEEK

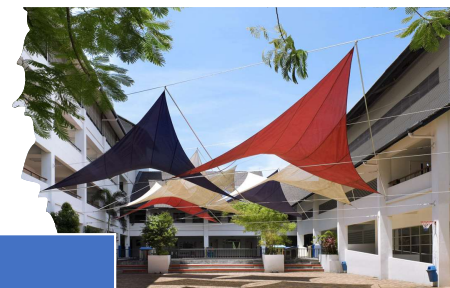


Delischool

	Monday 	Tuesday 	Wednesday	Thursday 	Friday 
CHOICE OF STARTERS	Cucumber Salad	Deviled Eggs	Turkey Ham with condiments	Spring Rolls	Traditional Gazpacho
CHOICE OF SANDWICHES	Panini with marinated chicken breast - Mini Croque Monsieur - Vegetarian Panini	Pan Bagnat - Turkish bread with beef bacon and cheese (Vegetarian option)		Ciabatta with beef and condiments - Panini with chorizo, olive and tomato - Ciabatta Vegetarian	Wrap with boiled eggs and cucumber / mozzarella - Club Sandwich (Vegetarian option)
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 2023
LFKL

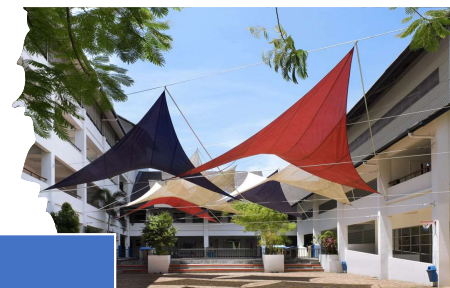


Delischool

	Monday	Tuesday	Wednesday	Thursday	Friday
CHOICE OF STARTERS	Potato Salad with Corn and Tuna or Chorizo Salad	Cheese Salad with Turkey Ham or cheese salad	Beetroots with Homemade Vinaigrette	Garden Salad with Tomato Salsa or Niçoise Salad	Vegetables Soup or Garden Salad
CHOICE OF SANDWICHES	Panini with marinated chicken breast - Mini Croque Monsieur - Vegetarian Panini	Pan Bagnat - Turkish bread with beef bacon and cheese (Vegetarian option)		Ciabatta with beef and condiments - Panini with chorizo, olive and tomato - Ciabatta Vegetarian	Wrap with boiled eggs and cucumber / mozzarella - Club Sandwich (Vegetarian option)
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 2023
LFKL



Delischool

	Monday	Tuesday	Wednesday	Thursday	Friday
CHOICE OF STARTERS	Grated Carrots or Garden Salad	Russian Salad or Cheese Salad	Sicilian Minestrone		
CHOICE OF SANDWICHES	Panini with marinated chicken breast - Mini Croque Monsieur - Vegetarian Panini	Pan Bagnat - Turkish bread with beef bacon and cheese (Vegetarian option)			
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



Delischool