



Prince of Wales International School

MAY 2024



		MONDAY 6-May-24	T V D E G	TUESDAY 7-May-24	T V D E G	WEDNESDAY 8-May-24	T V D E G	THURSDAY 9-May-24	T V D E G	FRIDAY 10-May-24	T V D E G	SATURDAY 11-May-24	T V D E G	SUNDAY 12-May-24	T V D E G					
BREAKFAST		TOM YAM NOODLE WITH CONDIMENT	●	✓	CHINESE FRIED RICE	●	✓	PORRIDGE WITH CONDIMENT	●	✓	✓	CURRY MEE	●	✓	SOTO AYAM WITH SUHOON	●				
		MAC AND CHEESE	●	✓	Toast Bun, Baked Bean SCRAMBLE EGG	●	✓	FRENCH TOAST WITH GRILLED CHICKEN SAUSAGE	●	✓	✓	Pancake with Fruits	●	✓	SUNNY SIDE UP, MUFFIN AND BAKED BEAN	●				
WESTERN		CHICKEN MEATBALL IN TOMATO SAUCE	●		GRILLED PERCH FILLET WITH SALSA	●	✓	GRILLED CHICKEN WITH GRAVY	●			CHICKEN LASAGNA	●		TEMPURA FISH FILLET	●				
		GARLIC HERB MACARONI	●		BOILED POTATO WITH HERBS	●	✓	BUTTER RICE	●	✓		FRESH GARDEN SALAD	●	✓	✓	FRENCH FRIES	●			
		STEAMED CORN AND CARROT	●	✓	CEASER SALAD	●	✓	✓	CARAMELIZED CARROT WITH ONION	●	✓	✓	STEAM CHICK PEAS	●	✓	PUMPKIN SOUP	●			
ASIAN		THAI GREEN CHICKEN CURRY	●	✓	CHICKEN RENDANG	●	✓	KOREAN GRILLED FISH	●			TERIYAKI CHICKEN	●				BEEF CURRY WITH POTATO	●		
		WHITE RICE	●	✓	✓	BERIYANI RICE	●	✓	✓	STEAM RICE	●	✓	WHITE RICE	●	✓	✓		WHITE RICE	●	
		PADPRIK MIX VEGE	●	✓	✓	PINEAPPLE PICKLED	●	✓	✓	STIR FRY MIX VEGE	●	✓	✓	BRAISED CHOI SAM	●	✓		MIXED VEGETABLE & MUSHROOM	●	
VEGETARIAN		BEANCURD WITH PLUM SAUCE	●	✓	✓	VEGGIE MUTTON RENDANG	●	✓	✓	BRAISED SOFT BEANCURD	●	✓	VEGGIE CHICKEN SZECHUAN	●	✓	SWEET AND SOUR VEGE FISH	●	✓	VEGETARIAN CHICKEN FAJITA	●
		WHITE RICE	●	✓	✓	BERIYANI RICE	●	✓	✓	FRIED GLASS NOODLE	●	✓	WHITE RICE	●	✓	✓		CORN & TOMATO SALSA	●	
		BRAISED CABBAGE WITH GOJI BERRY	●	✓	✓	CUCUMBER PICKLED	●	✓	✓	STIR FRIED BEANSPROUT & CHIVES	●	✓	✓	SAUTEED SIEW PAK CHOY	●	✓	✓	MIXED VEGETABLE & MUSHROOM	●	
DESSERT		WATERMELON	●	✓	✓	✓	BUTTER CAKE	●	✓	ORANGE	●	✓	✓	✓	BREAD BUTTER PUDDING	●	✓	HONEYDEW	●	
																		APPLE	●	
DINNER		CHICKEN TERIYAKI	●	✓	✓	THAI DUCK RED CURRY	●		AYAM MASSALA	●	✓	✓	MUTTON CURRY WITH POTATO	●			HOME MADE CHICKEN BURGER	●		
		JAPANESE RICE	●	✓	✓	MILD CHILLI BRINJAL	●	✓	DHALL CURRY	●	✓	✓	BOILED EGG	●	✓	✓	FRENCH FRIES	●		
		SAUTEED BEANSPROUT	●	✓	✓	BRAISED JAPANESE BEANCURD	●	✓	BRIYANI RICE	●	✓	✓	BRAISED BROCOLI	●	✓	✓	COBB SALAD	●		
		SWEET CHILLI TOFU	●	✓	✓	WHITE RICE	●	✓	✓	PAPADOM	●	✓	✓	WHITE RICE	●	✓	✓	EGG FOO YOUNG	●	
		MUFFIN	●	✓	✓	✓	WATERMELON	●	✓	✓	ORANGE	●	✓	BANANA	●	✓	✓	FRIITS SALAD	●	
																		STEAMED FISH IN THAI SAUCE	●	
																		PINEAPPLE FRIED RICE	●	
																		BRAISED LONG CABBAGE	●	
																		CREAMY MUSHROOM SOU	●	
																		BUTTER CAKE	●	
																		PAPAYA	●	

Information & Privilege:
 All the food served are Halal
 Menu may change according to food supply seasons
 Delischool Healthy Food Guidelines
 No added salt in cooking. All our food is MSG (monosodium glutamate) free
 We reduce saturated fat, the sugar content and artificial coloring in our production
 We bake, grill and steam rather than fry
 Guaranteed nut-free and Glutenate and Ajinomoto free

T: TRAFFIC LIGHT SYSTEM
 V: VEGETARIAN
 D: DAIRY FREE
 E: EGG FREE
 G: GLUTEN FREE





MAY 2024



		MONDAY 13-May-24	T V D E G	TUESDAY 14-May-24	T V D E G	WEDNESDAY 15-May-24	T V D E G	THURSDAY 16-May-24	T V D E G	FRIDAY 17-May-24	T V D E G	SATURDAY 18-May-24	T V D E G	SUNDAY 19-May-24	T V D E G
BREAKFAST		HARD BOILED EGG, BAKED BEAN AND FRENCH TOAST	•	GRILLED CHICKEN PATTY MUFFIN AND CHEESE	• ✓	PANCAKE WITH CUT FRUITS	•	SWEET BUN WITH SCRAMBLE EGG	•	GRILLED SAUSAGE, BAKED BEAN AND BUN	• ✓	AMERICAN BREAKFAST (BAKED BEAN, SCRAMBLE EGG, SAUSAGE)			
		PAD THAI	• ✓	FRIED YEE MEE	•	MAGGI SOUP WITH CONDIMENT	•	FRIED KOEY TEAW PENANG STYLE	• ✓	TOM YAM FRIED RICE	• ✓				
WESTERN		FISH MOUSSAKA	•	CREAMY GRILED CHICKEN	• ✓	CHICKEN SKEWER	•	SEARED FISH FILLET WITH SALSA	•	CHICKEN ROULADE	•	BLACK PEPPER CHICKEN MEATBALL			
		PILAF RICE	• ✓	AGLIO OLIO PASTA	• ✓	POTATO GRATIN	• ✓ ✓	PENNE HEARB PASTA	• ✓ ✓	MASHED POTATO	• ✓	HOME MADE POTATO WEDGES			
		TOMATO SALAD & DRESSING	• ✓ ✓	MIX VEGE	• ✓ ✓ ✓	STEAMED GREEN PEAS	• ✓ ✓ ✓ ✓	GRILLED PUMPKIN	• ✓ ✓ ✓ ✓	SAUTED MUSHROOM	• ✓ ✓ ✓ ✓	MIXED VEGETABLE			
ASIAN		GRILLED FISH WITH THAI SAUCE	•	SWEET AND SOUR CHICKEN	• ✓ ✓	DEEP FRIED FISH MAMAK STYLE WITH SAUCE	•	BEEF PADPRIK	• ✓	CHICKEN RICE	• ✓ ✓	STEAMED FISH IN GINGER SAUCE			
		TOM YAM FRIED RICE	• ✓ ✓ ✓	WHITE RICE	• ✓ ✓ ✓	STEAMED RICE	• ✓ ✓ ✓	STEAMED RICE	• ✓ ✓ ✓	BBQ CHICKEN	•	WHITE RICE			
		SAUTED MIX VEGE	• ✓ ✓ ✓	SAUTEED EGGPLANT	• ✓ ✓ ✓ ✓	SAUTEED BEAN SPROUT & TOFU	• ✓ ✓ ✓	SAUTED KAILAN WITH SALTED FISH	• ✓ ✓ ✓	SALAD, TOMATO AND CUCUMBER	• ✓ ✓ ✓ ✓	SAUTED MIX VEGE			
VEGETARIAN		TOFU MASAK MERAH	•	CREAMY VEGGIE CHICKEN	• ✓	VEGGIE BUTTER MILK PRAWN	•	TEMPURA VEGE PRAWN	• ✓ ✓ ✓	VEGETARIAN THAI STYLE FRIED RICE	• ✓ ✓	VEGETARIAN TORTILLA WRAP		DHALL CURRY	
		VEGETARIAN FRIED RICE	• ✓ ✓ ✓	SPAGHETTI AGLIO OLIO	• ✓	FRIED YEE MEE	• ✓ ✓ ✓	STEAMED RICE	• ✓ ✓ ✓	SALAD, TOMATO AND CUCUMBER	• ✓ ✓ ✓ ✓	BRAISED SOFT BEANCURD		CHAPATTI	
		SAYUR CAMPUR	• ✓ ✓ ✓	ROASTED VEGETABLE	• ✓ ✓ ✓	STIR FRY MIX VEGE	• ✓ ✓ ✓	VEGETABLE CURRY	• ✓ ✓ ✓	MIXED VEGETABLE					
DESSERT		BREAD BUTTER PUDDING	• ✓ ✓ ✓ ✓	FRUIT SALAD	• ✓ ✓ ✓ ✓	APPLE	• ✓ ✓ ✓ ✓	BANANA CAKE	• ✓ ✓	WATERMELON	• ✓ ✓ ✓ ✓	BANANA	• ✓ ✓ ✓ ✓	PAPAYA	• ✓ ✓ ✓ ✓
DINNER		BLACK PEPPER CHICKEN	•	GRILLED FISH FILLET	• ✓	KAM HEONG CHICKEN	• ✓	GRILLED FISH WITH CREAMY MUSTARD	• ✓	GRILLED CHICKEN WITH BBQ SAUCE	• ✓	FISH VARUVAL	• ✓	CHICKEN & MUSHROOM STEW	
		CHINESE FRIED RICE	• ✓	SOFT TOFU EGG SAUCE	• ✓	STEAMED RICE	• ✓	BUTTER RICE	• ✓			BRIYANI RICE		BAKED POTATO	
		STIR FRY KAILAN	• ✓ ✓ ✓	SAUTEED SPINACH	• ✓ ✓ ✓	BOILED EGG	• ✓ ✓	COLIFLOWER AU GRATIN	• ✓ ✓	MASHED POTATO	• ✓	BRINJOL CURRY		SALAD	
		CLEAR SOUP	• ✓ ✓	WHITE RICE	• ✓ ✓ ✓	SAUTEED FRENCH BEAN	• ✓ ✓ ✓	PUMPKIN SOUP	• ✓ ✓	GARDEN SALAD	• ✓ ✓ ✓	PAPADOM		BROCOLI SOUP	
		WATERMELON	• ✓ ✓ ✓ ✓	BUTTER CAKE	• ✓ ✓ ✓ ✓	ORANGE	• ✓	HONEY DEW	• ✓ ✓ ✓ ✓	JELLY PUDDING	• ✓ ✓ ✓ ✓	BANANA		MUFFIN	

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		MONDAY 20-May-24	T V D E G	TUESDAY 21-May-24	T V D E G	WEDNESDAY 22-May-24	T V D E G	THURSDAY 23-May-24	T V D E G	FRIDAY 24-May-24	T V D E G	SATURDAY 25-May-24	T V D E G	SUNDAY 26-May-24	T V D E G
BREAKFAST	WESTERN	BAKED CHICKEN HAM FRENCH TOAST AND CHEESE	● ✓	KAMPUNG STYLE FRIED RICE	● ✓	PANCAKE WITH JAM @ HONEY	●	Curry Mee with Condiment	● ✓ ✓	BAKED CHICKEN SLICE SUNNY SIDE UP MANTOU	● ✓ ✓	SCRAMBLE EGG, FRENCH TOAST & CHEESE	●		●
	ASIAN	MAMAK STYLE FRIED MEE	● ✓	Toast Bun, Baked Bean Chicken Sausage	●	KOEY TEAW TOMYAM	● ✓	SCRAMBLE EGG, BAKED BEAN AND MUFFIN		Roti Canal with Dhall					
LUNCH	WESTERN	MEDITERRANIAN GRILLED CHICKEN	●	GRILLED PERCH FILLET WITH SALSA	● ✓	BEEF LASAGNA	●	OVEN BAKED CHICKEN WITH BROWN SAUCE	●	CHICKEN BALL IN TOMATO SAUCE	●	CHICKEN FAJITA	●		
	ASIAN	BUTTER RICE	●	MASHED POTATO	● ✓			FRENCH FRIES	● ✓	AGLIO OLIO	● ✓ ✓ ✓	TOMATO SALSA	● ✓ ✓ ✓		
	VEGETARIAN	CAESAR SALAD	● ✓	STEAMED GREEN PEAS	● ✓ ✓ ✓	SALAD	● ✓ ✓ ✓	COLESLAW	● ✓	SAUTE MUSHROOM	● ✓ ✓ ✓	GRILLED POTATO	● ✓ ✓ ✓		
DINNER	WESTERN	KOREAN GRILLED FISH	● ✓	THAI CHICKEN GREEN CURRY	● ✓	CHICKEN RENDANG	●	STEAMED FISH WITH GINGER SAUCE	●	PRAWN IN SAMBAL	●			FISH CURRY WITH LADYFINGER	● ✓
	ASIAN	WHITE RICE	● ✓ ✓ ✓	WHITE RICE	● ✓ ✓ ✓	GHEE RICE	● ✓	WHITE RICE	● ✓ ✓ ✓	WHITE RICE	● ✓ ✓ ✓			WHITE RICE	● ✓ ✓ ✓
	VEGETARIAN	STIR FRY CABBAGE	● ✓ ✓ ✓	STIR FRY MIX VEGE	● ✓ ✓ ✓	PINEAPPLE CUCUMBER PICKLE	● ✓ ✓ ✓	SAUTEED SIEW PAK CHOY	● ✓ ✓	MIXED VEGETABLE & MUSHROOM	● ✓ ✓ ✓			TURMERIC CABBAGE	● ✓ ✓ ✓ ✓
DESSERT	WESTERN	MEDITERRANIAN VEGE CHICKEN	● ✓ ✓	THAI VEGE PRAWN CURRY	● ✓ ✓	VEGGIE SPRING ROLL IN THAI SAUCE	● ✓	VEGGIE FRIED FISH WITH THAI SAUCE	● ✓	SAMBAL VEGE PRAWN	● ✓	VEGETARIAN CHICKEN TOMYAM	● ✓ ✓ ✓	VEGETARIAN FISH CURRY WITH LADYFINGER	● ✓
	ASIAN	WHITE RICE	● ✓ ✓ ✓	STEAM RICE	● ✓ ✓ ✓	FRIED GLASS NOODLE	● ✓	WHITE RICE	● ✓ ✓ ✓	WHITE RICE	● ✓ ✓ ✓	STEAMED GLASS NOODLES	● ✓ ✓		
	VEGETARIAN	STIR FRY CABBAGE	● ✓ ✓ ✓	STIR FRY MIX VEGE	● ✓ ✓ ✓	STIR FRIED BEANSPROUT & CHIVES	● ✓ ✓ ✓	SAUTEED SIEW PAK CHOY	● ✓ ✓ ✓	MIXED VEGETABLE & MUSHROOM	● ✓ ✓ ✓	POTATO WEDGES	● ✓ ✓	WHITE RICE	● ✓ ✓ ✓
DESSERT	WESTERN	WATERMELON	● ✓ ✓ ✓ ✓	BUTTER CAKE	● ✓	ORANGE	● ✓ ✓ ✓ ✓	BANANA	● ✓	HONEYDEW	● ✓ ✓ ✓ ✓	ORANGE	● ✓ ✓ ✓ ✓	BREAD BUTTER PUDDING	● ✓ ✓ ✓ ✓
	ASIAN														
	VEGETARIAN														
DINNER	WESTERN	AYAM MASALA	● ✓ ✓	MUTTON GOULASH	●	FISH CURRY WITH LADY FINGER	● ✓ ✓	BLACK PEPPER CHICKEN WITH GINGER AND SPRING ONION	●	CHICKEN ROLLET	● ✓	STEAMED FISH FILLET	● ✓	BLACK PEPPER CHICKEN CHOP	● ✓
	ASIAN	STEAMED RICE	● ✓ ✓	BAKED POTATO	● ✓ ✓	TURMERIC CABBAGE	● ✓ ✓					CORN RICE	● ✓ ✓ ✓	OVEN BAKED POTATO	● ✓ ✓
	VEGETARIAN	STIR FRY CABBAGE	● ✓ ✓ ✓	SALAD	● ✓ ✓	WHITE RICE	● ✓ ✓ ✓	BRAISED SIEW PAK CHOY	● ✓ ✓ ✓	MASHED POTATO	● ✓	VEGETABLE STIR FRIED	● ✓ ✓ ✓	MIX SALAD	● ✓ ✓ ✓ ✓
	DESSERT	PAPADAM	● ✓ ✓ ✓			BOILED EGGS	● ✓ ✓ ✓	WHITE RICE	● ✓ ✓ ✓	COBB SALAD	● ✓ ✓ ✓	EGG FOO YOUNG	● ✓ ✓	CREAMY MUSHROOM SOU	● ✓ ✓
	DESSERT	HONEY DEW	● ✓ ✓ ✓ ✓	APPLE	● ✓ ✓ ✓ ✓	WATERMELON	● ✓	MUFFIN	● ✓ ✓ ✓ ✓	BANANA CAKE	● ✓ ✓ ✓ ✓	WATERMELON	● ✓ ✓ ✓ ✓	BUTTER CAKE	● ✓

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		MONDAY 27-May-24	T V D E G	TUESDAY 28-May-24	T V D E G	WEDNESDAY 29-May-24	T V D E G	THURSDAY 30-May-24	T V D E G	FRIDAY 31-May-24	T V D E G	SATURDAY 1-Jun-24	T V D E G	SUNDAY 2-Jun-24	T V D E G
BREAKFAST	WESTERN	MEE MAMAK	●	CANTONESE NOODLE	● ✓	YONG CHOW FRIED RICE	●	CHICKEN PORRIDGE WITH CONDIMENT	●	TOM YAM NOODLES	● ✓	LONTONG WITH CONDIMENT	●		
	ASIAN	SCRAMBLE EGG, MUFFIN	● ✓	GRILLED SAUSAGE WITH BREAD AND CHEESE	●	PAN CAKE WITH HONEY	●	FRENCH TOAST WITH CHICKEN SLICED	● ✓	AMERICAN BREAKFAST	● ✓				
LUNCH	WESTERN	FISH MOUSSAKA	●	BUTTER SPAGHETTI	● ✓	OVEN BAKED FISH WITH TOMATO SALSA	●	CHICKEN LASAGNA	●	SEAFOOD MARINARA	●	CHICKEN MEATBALL IN TOMATO SAUCE	●		
	ASIAN	POTATO WEDGES	● ✓	MINCED CHICKEN IN TOTATO SAUCE	● ✓	CORN RICE	● ✓ ✓	FRENCH FRIES	● ✓ ✓	BUTTER HERBS PASTA	● ✓	MASHED POTATO	● ✓ ✓		
	VEGETARIAN	CEASER SALAD	● ✓ ✓	STEAMED CHICK PEAS	● ✓ ✓ ✓	STIR FRI MIX VEGE	● ✓ ✓ ✓ ✓	STEAMED CORN	● ✓ ✓ ✓ ✓	STEAMED MIX VEGE	● ✓ ✓ ✓ ✓	MIXED SALAD	● ✓ ✓ ✓ ✓		
DINNER	WESTERN	AYAM MASAK MERAH	●	ASAM PEDAS IKAN	● ✓ ✓ ✓	CHICKEN GINGER SPRING ONION	●	SWEET AND SOUR FISH	● ✓	HAINAN CHICKEN RICE	● ✓ ✓			BUTTER MILK CHICKEN	● ✓
	ASIAN	NASI TOMATO	● ✓ ✓ ✓	WHITE RICE	● ✓ ✓ ✓	WHITE RICE	● ✓ ✓ ✓	STEAMED RICE	● ✓ ✓ ✓	STEAMED CHICKEN	● ✓ ✓ ✓ ✓			WHITE RICE	● ✓ ✓ ✓
	VEGETARIAN	CUCUMBER PICKLE	● ✓ ✓ ✓	SAUTEED EGGPLANT WITH CHILI FALKE	● ✓ ✓ ✓ ✓	BRAISED SIEW PAK CHOI	● ✓ ✓ ✓	STIR FRY MIX VEGE	● ✓ ✓ ✓	SALAD, TOMATO AND CUCUMBER	● ✓ ✓ ✓ ✓			STIR FRY MIX VEGE WITH MUSHROOM	● ✓ ✓ ✓
DESSERT	WESTERN	VEGE CHICKEN MASAK MERAH	●	CREAMY VEGGIE PRAWN	● ✓	BRAISED VEGE CHICKEN	●	TEMPURA VEGE MUTTON	● ✓ ✓ ✓	VEGETARIAN FRIED NOODLE	● ✓ ✓	BLACK PEPPER VEGGIE CHICKEN	● ✓ ✓	VEGGIE HONEY CHICKEN	● ✓ ✓
	ASIAN	NASI TOMATO	● ✓ ✓ ✓	BUTTER SPAGHETTI	● ✓	FRIED SUHOON	● ✓ ✓ ✓	STEAMED RICE	● ✓ ✓ ✓	STEAMED CORN	● ✓ ✓ ✓ ✓	STEAMED RICE	● ✓ ✓	WHITE RICE	● ✓ ✓ ✓
	VEGETARIAN	CUCUMBER PICKLE	● ✓ ✓ ✓	STEAMED CHICK PEAS	● ✓ ✓ ✓	STIR FRY SIEW PAK CHOI	● ✓ ✓ ✓	VEGETABLE CURRY	● ✓ ✓ ✓			MIXED VEGETABLE	● ✓ ✓ ✓ ✓	STIR FRY MIX VEGE WITH MUSHROOM	● ✓ ✓ ✓
DINNER	WESTERN	BREAD BUTTER PUDDING	● ✓ ✓ ✓ ✓	FRUIT SALAD	● ✓ ✓ ✓ ✓	MUFFIN	● ✓ ✓ ✓ ✓	WATERMELON	● ✓ ✓ ✓	ORANGE	● ✓ ✓ ✓ ✓	BANANA	● ✓ ✓ ✓ ✓	JELLY PUDDING	● ✓ ✓ ✓ ✓
	ASIAN	CHICKEN BOLOGNISE	●	SEAFOOD TOMYAM	● ✓	GRILLED FISH FILLET	● ✓	PENNE AGLIO OLIO	● ✓	BEEF STEW	● ✓	CHICKEN MASSALA	● ✓	OVEN BAKED FISH WITH SALSA	● ✓
	VEGETARIAN	GARLIC BUTTER PASTA	● ✓	OMMELETE	● ✓	LEMON BUTTER SAUCE	● ✓	ROASTED CAJUN CHICKEN	● ✓			BRIYANI RICE	● ✓ ✓ ✓	WHITE RICE	● ✓ ✓ ✓
	ASIAN	RATATOUILLE	● ✓ ✓ ✓	STIR FRY LONG BEAN	● ✓ ✓ ✓	BUTTER RICE	● ✓ ✓	COLIFLOWER AU GRATIN	● ✓ ✓	MASHED POTATO	● ✓	DHALL CURRY	● ✓ ✓ ✓	BRAISED LONG CABBAGE	● ✓ ✓ ✓ ✓
	VEGETARIAN	CREAMY MUSHROOM SOUP	● ✓ ✓	WHITE RICE	● ✓ ✓ ✓	SAUTEED FRENCH BEAN	● ✓ ✓ ✓	CREAM OF BROCCOLI SOUP	● ✓ ✓	CEASER SALAD	● ✓ ✓ ✓	PAPADOM	● ✓ ✓ ✓	CLEAR SOUP	● ✓ ✓
ASIAN	WATERMELON	● ✓ ✓ ✓ ✓	BUTTER CAKE	● ✓ ✓ ✓ ✓	BANANA CAKE	● ✓	HONEY DEW	● ✓ ✓ ✓ ✓	BANANA	● ✓ ✓ ✓ ✓	IFILY PUDDING	● ✓ ✓ ✓ ✓	MINI MUFFIN	● ✓	

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