



STONYHURST INTERNATIONAL SCHOOL  
**WEEK 2**



TYPE OF GROUP	MONDAY 13-Jan-25					TUESDAY 14-Jan-25					WEDNESDAY 15-Jan-25					THURSDAY 16-Jan-25					FRIDAY 17-Jan-25					
	T	V	D	E	G	T	V	D	E	G	T	V	D	E	G	T	V	D	E	G	T	V	D	E	G	
MORNING SNACK	WESTERN	JUMBO BUN	✓				PAN CAKE	✓				2 CHOICES OF CEREALS	✓				HOME MADE CHICKEN NUGGET	✓				CHICKEN MEAT LOAF	✓			
		JAM, BUTTER, KAYA	✓				BUTTER OR HONEY	✓	✓	✓		FULL CREAM MILK	✓	✓	✓		SCRAMBLED EGG	✓				VEGETABLE STEW	✓			
	ASIAN	STIR FRY KUEW TEOW CHINESE STYLE	✓				CHAPATI	✓	✓	✓		CHINESE FRIED RICE	✓	✓	✓		STIR FRY HOR FUN	✓	✓	✓		STIR FRY LAKSA NOODLE	✓	✓	✓	
NOODLE SOUP		TOM YUM MEE SOUP	✓				KUEW TEOW SOUP	✓		✓		DRY PAN MEE	✓	✓	✓		FISH MOI SOUP	✓				CHICKEN SOTO SOUP	✓		✓	✓
	SOUP OF THE DAY	CLEAR MIX VEGETABLE SOUP	✓				MUSHROOM SOUP	✓		✓		SEAFOOD CHOWDER SOUP	✓				CREAM CORN SOUP	✓				POTATO & LEEK SOUP	✓			✓
	MINI SALAD BOWL	MIX SALAD OF THE DAY	✓	✓	✓	✓	MIX SALAD OF THE DAY	✓	✓	✓	✓	MIX SALAD OF THE DAY	✓	✓	✓	✓	MIX SALAD OF THE DAY	✓	✓	✓	✓	MIX SALAD OF THE DAY	✓	✓	✓	✓
SANDWICH BAR		2 CHOICES OF TOPPING	✓				2 CHOICES OF TOPPING	✓				2 CHOICES OF TOPPING	✓				2 CHOICES OF TOPPING	✓				2 CHOICES OF TOPPING	✓			✓
		2 CHOICES OF DRESSING	✓				2 CHOICES OF DRESSING	✓				2 CHOICES OF DRESSING	✓				2 CHOICES OF DRESSING	✓				2 CHOICES OF DRESSING	✓			✓
		2 CHOICES OF BREAD	✓				2 CHOICES OF BREAD	✓				2 CHOICES OF BREAD	✓				2 CHOICES OF BREAD	✓				2 CHOICES OF BREAD	✓			✓
PASTA BAR		4 CHOICES OF FILLING	✓				4 CHOICES OF FILLING	✓				4 CHOICES OF FILLING	✓				4 CHOICES OF FILLING	✓				4 CHOICES OF FILLING	✓			✓
		6 CHOICES OF VEGETABLES	✓				6 CHOICES OF VEGETABLES	✓				6 CHOICES OF VEGETABLES	✓				6 CHOICES OF VEGETABLES	✓				6 CHOICES OF VEGETABLES	✓			✓
	CLASSIC ITALIAN PASTA	✓				CHICKEN MILANESE	✓				BAKED ZITI	✓				CHICKEN ALFREDO PASTA	✓				CHICKEN ARABIATA PASTA	✓			✓	
NOODLE SOUP BAR		CURRY MEE	✓				KUEW TEOW TH'NG	✓				MEE HOON SOUP	✓				VEGETABLE NOODLE SOUP	✓				TOM YAM NOODLE SOUP	✓			✓
		3 CHOICES OF VEGETABLES AND CONDIMENTS	✓				3 CHOICES OF VEGETABLES AND CONDIMENTS	✓				3 CHOICES OF VEGETABLES AND CONDIMENTS	✓				3 CHOICES OF VEGETABLES AND CONDIMENTS	✓				3 CHOICES OF VEGETABLES AND CONDIMENTS	✓			✓
WESTERN																										
		CHICKEN POP CORN	✓				FISH FINGER	✓		✓		BEEF GOULASH	✓		✓		GRILLED FISH WITH TOMATO CONCASSE	✓		✓		CHICKEN PIE	✓		✓	✓
		COLESLAW	✓				GREEN PEAS WITH CARROT	✓		✓		BROCCOLI & CAULIFLOWER	✓		✓		STEAMED VEGETABLES	✓		✓		SAUTEED SPINACH WITH GARLIC CREAM	✓		✓	✓
ASIAN		BAKED POTATO WITH PARSLEY	✓				FRENCH FRIES	✓		✓		MASHED POTATOES	✓		✓		GARLIC BREAD	✓		✓		TRIO BAKE SWEET POTATO	✓		✓	✓
		BUTTER MILK FISH	✓				CHICKEN KARAAGE	✓		✓		STEAMED FISH WITH SOY SAUCE	✓		✓		CHICKEN KATSU	✓		✓		FRIED FISH BEREMPAH	✓		✓	✓
VEGETARIAN		STIR FRY SPINACH WITH GARLIC	✓				JAPANESE CABBAGE SALAD	✓		✓		STIR FRY BEAN SPROUT WITH CHIVE AND CARROT	✓		✓		JAPANESE VEGETABLE CURRY	✓		✓		VEGETABLE DHALLCA	✓		✓	✓
		FRAGRANT WHITE RICE	✓				FRAGRANT WHITE RICE	✓		✓		FRAGRANT WHITE RICE	✓		✓		FRAGRANT WHITE RICE	✓		✓		TOMATO RICE	✓		✓	✓
DESSERT																										
		VEGETARIAN CHICKEN POP CORN	✓				POTATO & CARROT VEGETARIAN LAMB STEW	✓		✓		BEAN CURD & VEGETARIAN CHICKEN CURRY	✓		✓		STEAM SOFT TOFU WITH GINGER SAUCE	✓		✓		VEGETABLE CRACKERS	✓		✓	✓
		COLESLAW	✓				STIR FRIED MIX VEGE	✓		✓		BROCCOLI & CAULIFLOWER PAKORA	✓		✓		STIR FRIED CHOI SUM	✓		✓		SAMBAL TUMIS EGG PLANT	✓		✓	✓
AFTERNOON SNACK		BAKE POTATO WITH PARSLEY	✓				FRAGRANT WHITE RICE	✓		✓		NAAN BREAD	✓		✓		FRAGRANT WHITE RICE	✓		✓		FRIED VEGETARIAN NOODLES	✓		✓	✓
		Slice cake of the day BANANA CAKE	✓				FRESH CUT FRUITS OF THE DAY HONEY DEW	✓		✓		MIX FRUIT WITH YOGHURT	✓		✓		FRESH CUT FRUITS OF THE DAY APPLE	✓		✓		ICE CREAM OF THE DAY WITH BREAD	✓			✓
		ORANGE JUICE NO SUGAR ADDED	✓				RED APPLE	✓		✓		BANANA	✓		✓		ORANGE	✓		✓		RED APPLE	✓		✓	✓
	SALMON/ VEGETARIAN ONIGIRI	✓				GARLIC BUTTER BUN	✓		✓		POTATO SAMOSA	✓		✓		CHEESE STICK BUN	✓		✓		MINI SWEET PAU OF THE DAY	✓		✓	✓	

**Information & Privilege:**

All food served are HALAL compliant  
 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 colouring in our cooking  
 Guaranteed nut free, palm-oil free, glutamate and MSG free

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

