



Healthy Lunch Menu

	Dish 1	Dish 2	Dish 3	Dish 4
Day 1	THREE CUPS CHICKEN NUGGETS 三杯鸡块	Seasonal Green Vegetables 当季青菜	STEAMED TOFU WITH PRESERVED RADISH 菜圃蒸白制豆腐	CHINESE YAM AND WHITE FUNGUS SOUP 山药银耳汤
Day 2	SALMON TERIYAKI 照烧三文鱼		HONEY BAKED CHICKEN WINGS 蜜汁炸鸡中翅	WINTERMELON SWEET CORN PORK RIBS SOUP 冬瓜玉米汤
Day 3	SWEET AND SOUR PORK 古老肉		LAKSA YONG TAU FOO 加沙酿豆腐	HERBAL SOUP 药材汤
Day 4	KUNG PAO CHICKEN 宫保鸡丁		SLIVER FISH OMELETTE 银鱼煎蛋	ABC SOUP ABC汤
Day 5	FRIED FISH SLICE WITH SHREDDED GINGER AND FUNGUS 姜丝木耳炒鱼片		STIR-FRIED EGGPLANT WITH MINCED PORK 肉碎茄子	BITTER GOURD SOUP 苦瓜汤
Day 6	TAIWANESE BRAISED PORK WITH CARROTS 台湾卤肉红萝卜		HAKKA YONG TAU FOO 客家酿豆腐	OLD CUCUMBER SOUP 老黄瓜汤
Day 7	ROAST CHICKEN 烧鸡		TOFU WITH MUSHROOM MINCED MEAT AND EGG 蘑菇肉碎蛋豆腐	WINTER MELON SOUP 冬瓜汤
Day 8	NONYA PINEAPPLE FISH 娘惹黄梨鱼		LALA CLAMS WITH GINGER AND SPRING ONION 姜葱啦啦	SWEET CORN AND CARROT SOUP 玉米萝卜汤
Day 9	SLICED PORK WITH SICHUAN VEGETABLES 四川菜炒肉丝		STEAMED CHICKEN WITH GINGER PASTE 姜蓉鸡	LOTUS ROOT & PEANUTS PORK RIBS SOUP 莲藕花生汤
Day 10	NYONA CURRY CHICKEN 娘惹咖喱鸡		STEAMED TRIO EGGS 三色蒸蛋	CHINESE BLACK BEAN SOUP 黑豆汤
Day 11	SWEET AND SOUR FISH SLICE 酸甜鱼片		SWEET BEAN TOFU WITH SHRIMP 虾仁甜豆腐	HERBAL SOUP 药材汤
Day 12	THAI SALAD WITH PORK CHOP 泰式沙拉肉扒		DRY FRIED SHRIMP 干煎虾	WHITE RADISH AND CARROT SOUP 红白萝卜汤
Day 13	JAPANESE SALMON 日式三文鱼		BRAISED BEANCURD AND DRIED MUSHROOMS 卤豆干冬菇	CORN AND RED DATE SOUP 玉米红枣汤
Day 14	STEAMED HERBAL CHICKEN 药材蒸鸡尾		TOMATO EGG 番茄炒蛋	BAK KUT TEH 肉骨茶
Day 15	TEOCHEW STEAMED FISH 潮州蒸鱼		MIXED FRUIT MAYONNAISE TOFU 杂果美乃滋豆腐	ABC SOUP ABC汤
Day 16	KING OF PORK RIBS 排骨王		STEAMED EGG WITH MINCED MEAT 肉碎蒸水蛋	WINTER MELON AND RED DATE SOUP 冬瓜红枣汤
Day 17	THREE CUPS CHICKEN 三杯鸡丁		SICHUAN TOFU 四川豆腐	PEANUT SOUP 花生汤
Day 18	STEAMED FISH WITH BLACK BEANS 豆豉蒸鱼		TOMATO WITH PRAWNS AND EGGS 番茄炒虾仁蛋	WHITE RADISH AND CARROT SOUP 白红萝卜汤
Day 19	SALTED EGG PORK RIBS 咸蛋排骨		CHAR SIEW CHICKEN MID WING 叉烧鸡中翅	HERBAL SOUP 药材汤
Day 20	KUNG PAO CHICKEN 宫保鸡块		THAI BASIL CHICKEN 泰式肉碎	BAK KUT TEH 肉骨茶
Day 21	ASAM FISH 啊叁鱼		FRIED SHREDDED CHICKEN WITH OYSTER SAUCE 蚝油炒鸡肉丝	SICHUAN VEGETABLE SOUP 四川菜汤
Day 22	BRAISED TOFU 红烧豆腐		BLACK PEPPER CHICKEN DICE 黑椒鸡丁	BLACK BEAN SOUP 黑豆汤
Day 23	SWEET AND SOUR CHICKEN CHOP 酸甜鸡扒		BRAISED BEAN WITH MUSHROOMS 冬菇焖豆枝	LOTUS ROOT & PEANUTS PORK RIBS SOUP 莲藕花生汤
Day 24	FISH SLICES WITH GINGER AND SPRING ONION 姜葱鱼片		STEAMED TOFU WITH MINCED PORK 肉碎蒸豆腐	DRIED BOK CHOY SOUP 菜干汤
Day 25	CUMIN CHICKEN 孜然鸡		STIR-FRIED FOUR SEASON BEANS WITH PORK SLICES 四季豆炒肉丝	OLD CUCUMBER SOUP 老黄瓜汤
Day 26	STEAMED CHICKEN AND FUNGUS 木耳蒸鸡		BRAISED BEANCURD DOUBLE MUSHROOM 卤豆干双菇	HERBAL SOUP 药材汤
Day 27	CANTONESE STYLE STEAMED FISH 港蒸鲜鱼		STIR-FRIED PORK IN SESAME OIL 麻油炒猪肉	SWEET CORN AND CARROT SOUP 玉米萝卜汤
Day 28	KYOTO PORK RIBS 京都排骨		STEAMED SALTY EGG 咸蛋蒸蛋	BAK KUT TEH 肉骨茶
Day 29	FRIED PRAWN IN SOY SAUCE 鼓油王虾		STEAMED HERBAL CHICKEN 药材蒸鸡	ABC SOUP ABC汤
Day 30	SMOKED CHICKEN 九层塔熏鸡		SESAME OIL CHICKEN 麻油鸡	SICHUAN VEGETABLE SOUP 四川菜汤



Healthy Dinner Menu

	Dish 1	Dish 2	Dish 3	Dish 4
Day 1	FISH FILLET WITH BBQ SAUCE 烧烤番鱼片	Seasonal Green Vegetables 当季青菜	STIR-FRIED PORK TENDERLOIN WITH GINGER & SPRING ONION 姜葱炒肉片	CHINESE YAM AND WHITE FUNGUS SOUP 山药银耳汤
Day 2	PORK TROTTER IN VINEGAR 猪脚醋		TEMPEH CHICKEN 豆豉鸡丁	WINTERMELON SWEET CORN PORK RIBS SOUP 冬瓜玉米汤
Day 3	STEWED CHICKEN WITH BLACK FUNGUS AND MUSHROOMS 黑木耳香菇炖鸡肉		SEAFOOD TOFU IN OYSTER SAUCE 蚝油海鲜豆腐	HERBAL SOUP 药材汤
Day 4	STEAMED FISH IN SOY SAUCE 酱蒸鱼		BRAISED MINCED PORK WITH POTATO 杂豆土豆肉碎	ABC SOUP ABC汤
Day 5	ROASTED DUCK WITH PLUM SAUCE 梅酱烧鸭		SEAFOOD CRAB OMELETTE 海鲜蟹粒煎蛋	BITTER GOURD SOUP 苦瓜汤
Day 6	BLACK PEPPER CHICKEN NUGGETS 黑椒鸡块		THAI STYLE TOFU 泰式豆腐	OLD CUCUMBER SOUP 老黄瓜汤
Day 7	FRIED PRAWN IN SOY SAUCE 鼓油王煎虾		SHREDDED PORK SLICES 三丝炒肉片	WINTER MELON SOUP 冬瓜汤
Day 8	HAINANESE PORK CHOP 海南猪扒		OSMANTHUS EGGS 桂花蛋	SWEET CORN AND CARROT SOUP 玉米萝卜汤
Day 9	LEMON CHICKEN CHOP 柠檬鸡扒		BRAISED MUSHROOMS WITH MINCED MEAT 肉碎烩菌菇	LOTUS ROOT & PEANUTS PORK RIBS SOUP 莲藕花生汤
Day 10	GINGER ONION FISH SLICE 姜葱鱼片		SEAFOOD TOFU 海鲜豆腐	CHINESE BLACK BEAN SOUP 黑豆汤
Day 11	BRAISED PORK WITH BEANCURD SKIN 腐竹花生焗花肉		HONEY BAKED CHICKEN WINGS 蜜汁烤小鸡腿	HERBAL SOUP 药材汤
Day 12	YELLOW RICE WINE CHICKEN 家乡黄酒鸡		STEAMED EGG WITH VEGETABLE FRAGRANT 菜香蒸蛋	WHITE RADISH AND CARROT SOUP 红白萝卜汤
Day 13	STEAMED FISH WITH PICKLED VEGETABLES 咸菜蒸鱼		MUSHROOM TOFU 杂菇豆腐	CORN AND RED DATE SOUP 玉米红枣汤
Day 14	FRIED PORK WITH CELERY 西芹炒肉片		SALTED EGG CREAM PRAWNS 咸蛋奶油虾	BAK KUT TEH 肉骨茶
Day 15	LEMON CHICKEN CHOP 柠檬鸡扒		HAKKA YONG TAU FOO 客家酿豆腐	ABC SOUP ABC汤
Day 16	PEPPER SHREDDED PORK 三椒肉丝		SWEET SAUCE EGG 甜酱蛋	WINTER MELON AND RED DATE SOUP 冬瓜红枣汤
Day 17	SIGNATURE BRAISED PORK DICE 招牌卤花肉丁		LALA CLAMS WITH GINGER AND SPRING ONION 姜葱啦啦	PEANUT SOUP 花生汤
Day 18	SESAME OIL CHICKEN 麻油鸡		BRAISED PORK WITH PRESERVED VEGETABLE 梅菜扣肉	WHITE RADISH AND CARROT SOUP 白红萝卜汤
Day 19	JAPANESE SALMON 日式三文鱼		CEREAL PRAWNS 麦片虾	HERBAL SOUP 药材汤
Day 20	PORK SLICES WITH GINGER AND SPRING ONION 姜葱肉片		STIR-FRIED CELERY WITH DOUBLE MUSHROOM AND SHRIMP 双菇虾仁炒芹菜	BAK KUT TEH 肉骨茶
Day 21	BBQ CHICKEN BBQ烤鸡		CAI POH BEANCURD 菜脯豆腐	SICHUAN VEGETABLE SOUP 四川菜汤
Day 22	STEAMED FISH WITH GINGER 姜丝蒸鱼		BRAISED BEANCURD WITH EGG 卤豆卜鸡蛋	BLACK BEAN SOUP 黑豆汤
Day 23	STEAMED MINCED PORK WITH SALTED FISH AND GINGER 姜丝咸鱼蒸肉饼		SOY SAUCE CHICKEN 鼓油鸡	LOTUS ROOT & PEANUTS PORK RIBS SOUP 莲藕花生汤
Day 24	HONEY ROAST CHICKEN 蜜汁烧鸡		BRAISED FOUR MUSHROOMS 焖四菇	DRIED BOK CHOY SOUP 菜干汤
Day 25	CEREAL PRAWN 麦片虾		OSMANTHUS EGGS 桂花蛋	OLD CUCUMBER SOUP 老黄瓜汤
Day 26	FISH-FLAVORED SHREDDED PORK 鱼香肉丝		TERIYAKI CHICKEN THIGHS 照烧小鸡腿	HERBAL SOUP 药材汤
Day 27	CHICKEN CHOP 鸡扒		POTATOES IN TOMATO BEANS 茄汁土豆	SWEET CORN AND CARROT SOUP 玉米萝卜汤
Day 28	MISO SALMON 味噌三文鱼		FU YONG OMELETTE 芙蓉蛋	BAK KUT TEH 肉骨茶
Day 29	CEREAL FISH SLICES 麦片鱼片		STIR-FRIED CHICKEN DICED 爆炒鸡丁	ABC SOUP ABC汤
Day 30	PRAWNS IN TOMATO SAUCE 茄汁虾		THAI STYLE TOFU 泰式豆腐	SICHUAN VEGETABLE SOUP 四川菜汤

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