



# RECOVERY MENU - 康复菜单 -

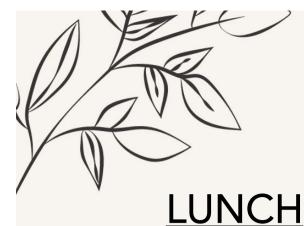
Our specially crafted menu is meticulously designed with post surgery recovery in mind, ensuring that each ingredient is carefully selected to enhance the overall healing process. We understand the crucial role of nutrition in promoting a speedy and efficient recovery, and our team of experts has curated a collection of recovery meals tailored specifically for this purpose. Incorporating traditional Chinese medicine practices into our selection, we have harnessed the power of ancient remedies to complement modern medical advancements. From nourishing soups rich in vitamins and minerals to protein-packed dishes aiding tissue repair, every component of our recovery diet aims at providing optimal nutritional support during the healing journey. Whether it's soothing inflammation or boosting immunity, each dish works synergistically to accelerate the body's natural healing mechanisms. Suitable for both post-operation and post-treatment periods, our specially crafted menu ensures that patients can experience a seamless transition towards renewed health and well-being.

\*Menu Subjected To Updates Without Prior Notice. Please View The Latest Menu On Our Main Website.

#### Menu Highlights:

- NO Chicken & Egg.
- NO MSG, Salt & Dark Soya Sauce.
- ONLY Vegetarian Sauce.





Nourishing Red Date

Saffron 'Sheng Yu' Fish Soup

(滋养红枣红花生鱼汤)

MEAT DISH

Steamed Pork Slices

With Silver Fungus In Yomeishu

(清蒸养命酒银耳肉片)

VEGETABLE DISH

Stir Fried Lotus Root &

French Beans With Mince Meat

(莲藕和四季豆炒肉末)

RICE

Pumpkin Rice With Pumpkin Seed

(金瓜籽金瓜饭)

# RECOVERY MENU - 1<sup>ST</sup> Of The Month -

YUE 711 F CONFINEMENT CATERING



# DINNER

#### <u>SOUP</u>

Black Garlic Herbal Bak Kut Teh (黑蒜药材肉骨茶)

#### MEAT DISH

Seared Pork Steak With Teriyaki Mirin Sauce (香煎照烧料酒猪排)

#### VEGETABLE DISH

Nai Bai With Truffle King Oyster Mushroom (奶白松露炒鸡腿菇)

RICE

Ginkgo Nut Rice (白果饭)

# BEVERAGE

YZL Signature Red Dates Dang Shen Tea 月子樂紅棗黨參茶 (Served Every Monday, Wednesday, Friday & Sunday) Osmanthus Red Dates Tea 桂花紅棗茶 ( Served Every Tuesday, Thursday & Saturday)

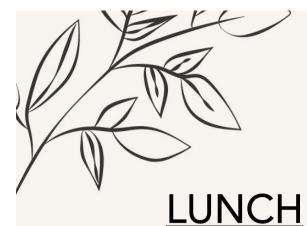
# DESSERT

Monday (Dinner)

Black Glutinous Sticky Rice With Gula Melaka 椰糖黑糯米 Wednesday (Lunch)

Rice Ball In Ginger Soup 汤圆姜汁甜汤 Friday (Lunch)

Red Bean Soup With Lily Blub And Orange Peel 百合陈皮红豆汤 Saturday (Dinner)



Spleen Strengthening

ABC Soup

(补脾ABC汤)

MEAT DISH

Pan Seared Pork Rib With

Pumpkin Cream Sauce

(黄金排骨)

**VEGETABLE DISH** 

Stir Fried Celery

With Mushroom

(西芹炒香菇)

CARB

Homemade Stir Fried Mee Sua

(家乡面线)

# PUE ZI LE CONFINEMENT CATERING RECOVERY MENU - 2<sup>ND</sup> Of The Month -



# DINNER

Double Strength Six Combination Soup (双料六味汤)

SOUP

#### MEAT DISH

Japanese Salmon Milk Stew (日式牛奶炖三文鱼)

#### VEGETABLE DISH

Stir Fried Baby Kai Lan With Black Garlic (黑蒜炒芥兰)

RICE

Five Grain Rice (五谷饭)

# BEVERAGE

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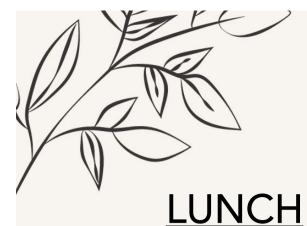
### DESSERT

Monday (Dinner)

Black Glutinous Sticky Rice With Gula Melaka 椰糖黑糯米 Wednesday (Lunch)

Rice Ball In Ginger Soup 汤圆姜汁甜汤 Friday (Lunch)

Red Bean Soup With Lily Blub And Orange Peel 百合陈皮红豆汤 Saturday (Dinner)



# YUE ZI LE CONFINEMENT CATERING RECOVERY MENU - 3<sup>RD</sup> Of The Month -



# DINNER

#### <u>SOUP</u>

Ginseng Nourishing Soup (人参排骨汤)

#### MEAT DISH

Steamed Herbal 'Sheng Yu' Fish With Dang Gui And Red Date (当归红枣蒸生鱼)

#### VEGETABLE DISH

Sweet Pea & Baby Corn With Vermilice In Mushroom Sauce (甜豆小<u>玉米炒</u>香菇酱)

#### RICE

Tomato Rice (番茄饭)

#### <u>SOUP</u>

Angelicae Sinensis (Dang Gui) Tonifying Soup (当归炖排骨汤)

#### MEAT DISH

Steamed Herbal Minced Pork With Black Fungus (清蒸黑木耳药材肉碎)

#### VEGETABLE DISH

Stir Fried You Mai Cai With Mince Meat (肉碎炒油麦菜)

#### RICE

Longan And Wolfberry Rice (桂圆枸杞饭)

### BEVERAGE

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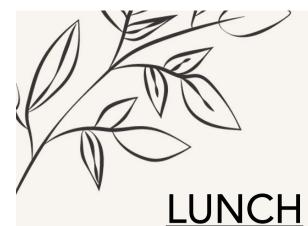
### DESSERT

Monday (Dinner)

Black Glutinous Sticky Rice With Gula Melaka 椰糖黑糯米 Wednesday (Lunch)

Rice Ball In Ginger Soup 汤圆姜汁甜汤 Friday (Lunch)

Red Bean Soup With Lily Blub And Orange Peel 百合陈皮红豆汤 Saturday (Dinner)



LingZhi Tonic

Herbal Soup

(灵芝大补汤)

MEAT DISH

Seared Salmon With

Corn Cream Sauce

(玉米奶油三文鱼)

**VEGETABLE DISH** 

Stir Fried French Bean

With Tomato (番茄炒四季豆)

RICE

Dang Gui Rice

(当归饭)

# YUE ZI LE CONFINEMENT CATERING RECOVERY MENU - 4<sup>TH</sup> Of The Month -



# DINNER

#### <u>SOUP</u>

Black Fungus With Pork Rib Soup (黑木耳排骨汤)

#### MEAT DISH

Braised Pork With Beancurd Skin And Mushroom (香焖猪软骨)

#### VEGETABLE DISH

Stir Fried Hong Kong Kai Lan With Gingko (清炒白果香港芥兰)

#### <u>CARB</u>

Capsicum Aglio Olio (彩椒意粉)

# BEVERAGE

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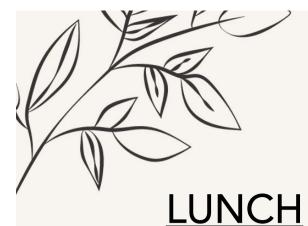
### DESSERT

Monday (Dinner)

Black Glutinous Sticky Rice With Gula Melaka 椰糖黑糯米 Wednesday (Lunch)

Rice Ball In Ginger Soup 汤圆姜汁甜汤 Friday (Lunch)

Red Bean Soup With Lily Blub And Orange Peel 百合陈皮红豆汤 Saturday (Dinner)



# PUE ZI LE CONFINEMENT CATERING RECOVERY MENU - 5<sup>TH</sup> Of The Month -



# DINNER

#### <u>SOUP</u>

Double Strength Eight Treasure Tonic Pork Rib Soup (双料八珍排骨汤)

#### MEAT DISH

Stir Fried Pork With D.O.M (D.O.M炒肉)

#### VEGETABLE DISH

Stewed Spinach With Minced Meat (红苋菜肉碎)

#### RICE

Pumpkin Rice With Pumpkin Seed (金瓜籽金瓜饭)

#### <u>SOUP</u>

Salmon Corn Herbal Soup ( 三文鱼玉米药材汤 )

#### MEAT DISH

Stir Fried Saffron Fish Slice With Ginger & Onion (姜葱红花生鱼片)

#### VEGETABLE DISH

Stir Fried Sweet Potato Leaves With XO Sauce (番薯叶炒素XO酱)

RICE

Tr<mark>i Co</mark>lour Cargo Rice (三色饭)

### BEVERAGE

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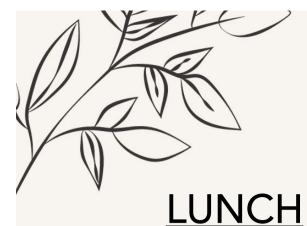
### DESSERT

Monday (Dinner)

Black Glutinous Sticky Rice With Gula Melaka 椰糖黑糯米 Wednesday (Lunch)

Rice Ball In Ginger Soup 汤圆姜汁甜汤 Friday (Lunch)

Red Bean Soup With Lily Blub And Orange Peel 百合陈皮红豆汤 Saturday (Dinner)



Black Beans Lotus Root Pork Rib Soup

(黑豆莲藕排骨汤)

MEAT DISH

Kyoto Vinaigrette Pork Ribs

(京都排骨)

**VEGETABLE DISH** 

Stir Fried Pumpkin

And Black Fungus (清炒腰果黑木耳金瓜)

CARB

Stir Fried Straw

Mushroom Bee Hoon

(草菇素米粉)

# YUE ZI LE CONFINEMENT CATERING RECOVERY MENU - 6<sup>TH</sup> Of The Month -



# DINNER

#### <u>SOUP</u>

Eucommia Kidney Nourishing Soup (杜仲补腰汤)

#### MEAT DISH

Seared Salmon With Lemon Garlic (柠檬蒜香三文鱼)

#### VEGETABLE DISH

Herbal Braised Pork With Potato (清炖药材马铃薯肉)

RICE

Brown Grain Rice (糙米饭)

# BEVERAGE

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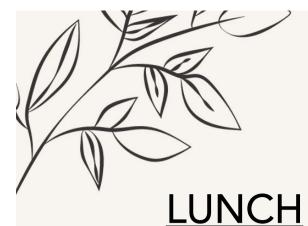
### DESSERT

Monday (Dinner)

Black Glutinous Sticky Rice With Gula Melaka 椰糖黑糯米 Wednesday (Lunch)

Rice Ball In Ginger Soup 汤圆姜汁甜汤 Friday (Lunch)

Red Bean Soup With Lily Blub And Orange Peel 百合陈皮红豆汤 Saturday (Dinner)



**Superior Strong** 

Nourishing Soup

(十全大补汤)

MEAT DISH

Black Bean Braised

Pork With Bean Curd

(黑豆炖猪肉)

**VEGETABLE DISH** 

Braised Tofu

With Enoki (红烧豆腐)

RICE

**Ginger Sesame Oil Rice** 

(麻油姜饭)

# PUE ZI LE CONFINEMENT CATERING RECOVERY MENU - 7<sup>TH</sup> Of The Month -



# DINNER

#### <u>SOUP</u>

Beetroot Corn Pork Rib Soup (甜菜根玉米排骨汤)

#### MEAT DISH

Lemongrass Fenugreek Braised 'Sheng Yu' Fish (香茅葫芦巴炖生鱼片)

#### VEGETABLE DISH

Broccoli With Braised Beancurd Stick (翡翠豆根)

#### RICE

Sweet Potato Rice (番薯饭)

# BEVERAGE

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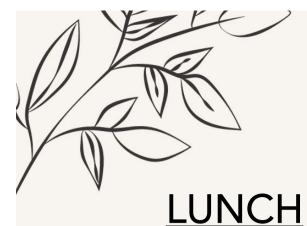
# DESSERT

Monday (Dinner)

Black Glutinous Sticky Rice With Gula Melaka 椰糖黑糯米 Wednesday (Lunch)

Rice Ball In Ginger Soup 汤圆姜汁甜汤 Friday (Lunch)

Red Bean Soup With Lily Blub And Orange Peel 百合陈皮红豆汤 Saturday (Dinner)



# PUE ZI LE CONFINEMENT CATERING RECOVERY MENU - 8<sup>TH</sup> Of The Month -



# DINNER

#### <u>SOUP</u>

Polygonum Multiflorum Pork Rib Soup (何首乌排骨汤)

#### MEAT DISH

Pan Seared Salmon With Capsicum In Japanese Sauce (日式彩椒三文鱼)

#### VEGETABLE DISH

Buddha's Delight (罗汉斋)

#### RICE

Five Grain Rice (五谷饭)

#### <u>SOUP</u>

Strong Appetite Support Nourishing Soup (双料四神汤)

#### MEAT DISH

Steamed Pork Slices With Pumpkin In Herbal Sauce (药材枸杞南瓜蒸肉片)

#### VEGETABLE DISH

Japanese Snow Pea, Mixed Mushroom With Lily Buds Japanese (日式清炒百合雪豆杂菇)

#### CARB

Italian Macaroni In Tomato Sauce (義大利番茄粉)

# BEVERAGE

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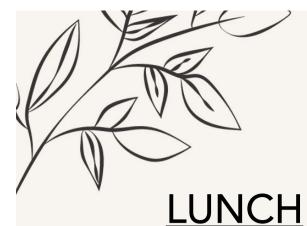
### DESSERT

Monday (Dinner)

Black Glutinous Sticky Rice With Gula Melaka 椰糖黑糯米 Wednesday (Lunch)

Rice Ball In Ginger Soup 汤圆姜汁甜汤 Friday (Lunch)

Red Bean Soup With Lily Blub And Orange Peel 百合陈皮红豆汤 Saturday (Dinner)



Miso Tofu Fish Soup

(日式魚湯)

MEAT DISH

**Black Garlic Stewed** 

Pork Trotter

黑蒜香菇猪脚

**VEGETABLE DISH** 

Stir Fried Baby Kai Lan

With King Oyster Mushroom

(芥兰香炒鸡腿菇)

RICE

Longan And Wolfberry Rice

(桂圆枸杞饭)

# PUE ZI LE CONFINEMENT CATERING RECOVERY MENU - 9<sup>TH</sup> Of The Month -



# DINNER

#### <u>SOUP</u>

Nourishing Cordyceps Soup (虫草兹朴汤)

#### MEAT DISH

Stewed Beetroot Fish Slice (炖甜菜根鱼片)

#### VEGETABLE DISH

Long Bean With BeanCurd In Miso Sauce (味噌长豆豆腐)

RICE

Sweet Corn Rice (玉米饭)

# BEVERAGE

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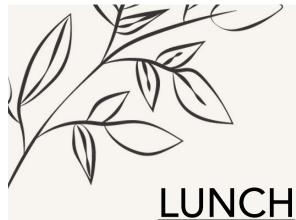
# DESSERT

Monday (Dinner)

Black Glutinous Sticky Rice With Gula Melaka 椰糖黑糯米 Wednesday (Lunch)

Rice Ball In Ginger Soup 汤圆姜汁甜汤 Friday (Lunch)

Red Bean Soup With Lily Blub And Orange Peel 百合陈皮红豆汤 Saturday (Dinner)



# PUE ZI LE CONFINEMENT CATERING RECOVERY MENU - 10<sup>TH</sup> Of The Month -



# H

#### <u>SOUP</u>

Spleen Strengthening ABC Soup (补脾ABC汤)

#### MEAT DISH

Stir-Fried Sesame Pork Slice (肉片炒芝麻酱)

#### VEGETABLE DISH

Stir Fried Broccoli & Cauliflower With Capsicum (彩椒花椰)

#### CARB

White Bee Hoon (白米粉)

# DINNER

#### <u>SOUP</u>

Qi And Blood Rejuvenating Soup (补气活血汤)

#### MEAT DISH

Seared Salmon With Corn Cream Sauce (玉米奶油三文鱼)

#### VEGETABLE DISH

Mixed Vegetable With Yuzu Sesame Sauce (柚子芝麻酱蔬菜)

#### RICE

Pumpkin Rice With Pumpkin Seed (金瓜籽金瓜饭)

# BEVERAGE

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# DESSERT

Monday (Dinner)

Black Glutinous Sticky Rice With Gula Melaka 椰糖黑糯米 Wednesday (Lunch)

Rice Ball In Ginger Soup 汤圆姜汁甜汤 Friday (Lunch)

Red Bean Soup With Lily Blub And Orange Peel 百合陈皮红豆汤 Saturday (Dinner)



# PUE ZI LE CONFINEMENT CATERING RECOVERY MENU - 11<sup>TH</sup> Of The Month -



# <u>LUNCH</u>

#### <u>SOUP</u>

Four Items Decoction Pork Ribs Soup (四物汤)

#### MEAT DISH

Red Glutinous Rice Wine With Sliced Pork (红糟肉片)

#### VEGETABLE DISH

Stir Fried Baby Corn & Sweet Potato With Nuts (坚果炒玉米和地瓜)

#### RICE

Ginkgo Nut Rice (白果饭)

# DINNER

#### <u>SOUP</u>

Tonify Sha Shen Yu Zhu Soup (沙参玉竹汤)

#### MEAT DISH

Pan Seared Pork Rib With Pumpkin Cream Sauce (黄金排骨)

#### VEGETABLE DISH

Stir Fried Spinach With Silver Fish (银鱼炒菠菜)

#### RICE

Ginger Sesame Oil Rice (麻油姜饭)

# BEVERAGE

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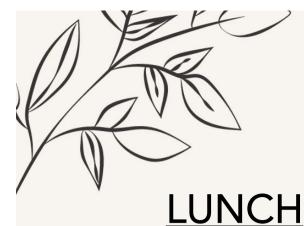
# DESSERT

Monday (Dinner)

Black Glutinous Sticky Rice With Gula Melaka 椰糖黑糯米 Wednesday (Lunch)

Rice Ball In Ginger Soup 汤圆姜汁甜汤 Friday (Lunch)

Red Bean Soup With Lily Blub And Orange Peel 百合陈皮红豆汤 Saturday (Dinner)



# PUE ZI LE CONFINEMENT CATERING RECOVERY MENU - 12<sup>TH</sup> Of The Month -



# DINNER

#### <u>SOUP</u>

Cordyceps Blossom Soup (蟲草花补汤)

#### MEAT DISH

Braised Pork Cube With Beetroot (甜菜根焖猪丁)

#### VEGETABLE DISH

Shanghai Green With Shiitake Mushroom (上海绿炒香菇)

#### RICE

Brown Grain Rice (糙米饭)

#### <u>SOUP</u>

Japanese Salmon Soup (日式三文魚湯)

#### MEAT DISH

Sea BassCapsicum in Black Bean Sauce (金目卢炒黑豆酱)

#### VEGETABLE DISH

Stewed Potatoes With BeanCurd (豆腐炖土豆)

#### CARB

Homemade Stir Fried Mee Sua (家乡面线)

# BEVERAGE

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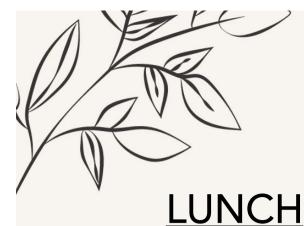
### DESSERT

Monday (Dinner)

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Rice Ball In Ginger Soup 汤圆姜汁甜汤 Friday (Lunch)

Red Bean Soup With Lily Blub And Orange Peel 百合陈皮红豆汤 Saturday (Dinner)



# PUE ZI LE CONFINEMENT CATERING RECOVERY MENU - 13<sup>TH</sup> Of The Month -



# DINNER

Eucommia Kidney Nourishing Soup (杜仲补腰汤)

SOUP

#### MEAT DISH

Sesame Pan Seared Salmon (芝麻三文鱼)

#### VEGETABLE DISH

Nai Bai With Truffle King Oyster Mushroom (奶白松露炒鸡腿菇)

#### RICE

Rice Berry (紫米飯)

#### <u>SOUP</u>

Lion's Mane Mushroom Pork Rib Soup (猴头菇排骨汤)

#### MEAT DISH

Miso Marinated Pork Steak In White Wine Reduction (白酒将味噌猪排)

#### VEGETABLE DISH

Poached Broccoli With Chinese Mushroom Sauce (西兰花香菇将)

#### RICE

Quinoa Mixed Rice (藜麦饭)

# BEVERAGE

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### DESSERT

Monday (Dinner)

Black Glutinous Sticky Rice With Gula Melaka 椰糖黑糯米 Wednesday (Lunch)

Rice Ball In Ginger Soup 汤圆姜汁甜汤 Friday (Lunch)

Red Bean Soup With Lily Blub And Orange Peel 百合陈皮红豆汤 Saturday (Dinner)



# PUE ZI LE CONFINEMENT CATERING RECOVERY MENU - 14<sup>TH</sup> Of The Month -



# <u>LUNCH</u>

#### <u>SOUP</u>

Beetroot Corn Pork Rib Soup (甜菜根玉米排骨汤)

#### MEAT DISH

Braised Homemade Minced Pork Lion's Head With Tofu (红烧家乡狮子头)

#### VEGETABLE DISH

Truffle Shiitake Edamame (松露香菇毛豆)

#### CARB

Capsicum Aglio Olio (彩椒意粉)

# DINNER

#### <u>SOUP</u>

Black Garlic Herbal Bak Kut Teh (黑蒜药材肉骨茶)

#### MEAT DISH

Teriyaki Salmon Slice (日式烧酱三文鱼 )

#### VEGETABLE DISH

Braised Tofu With Kai Lan (芥兰焖豆腐)

RICE

T<mark>ri Colour Cargo</mark> Rice (三色饭)

# BEVERAGE

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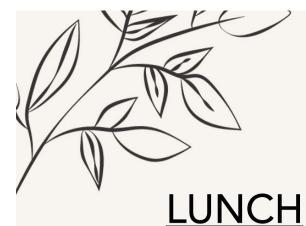
# DESSERT

Monday (Dinner)

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Rice Ball In Ginger Soup 汤圆姜汁甜汤 Friday (Lunch)

Red Bean Soup With Lily Blub And Orange Peel 百合陈皮红豆汤 Saturday (Dinner)



# PUE ZI LE CONFINEMENT CATERING RECOVERY MENU - 15<sup>TH</sup> Of The Month -



# DINNER

#### <u>SOUP</u>

Double Strength Six Combination Soup (双料六味汤)

#### MEAT DISH

French Cod With Tofu In Superior Sauce (清蒸特汁雪鱼豆腐)

#### VEGETABLE DISH

Braised Mixed Mushroom With Beancurd Stick (鲜菇焖豆卜)

#### RICE

Tomato Rice (番茄饭)

#### <u>SOUP</u>

Black Beans Lotus Root Pork Rib Soup (黑豆莲藕排骨汤)

#### MEAT DISH

Black Bean Braised Pork With Bean Curd (黑豆炖猪肉)

#### VEGETABLE DISH

Celery With Cashew Nut (腰果芹菜)

#### RICE

Ginkgo Nut Rice (白果饭)

### BEVERAGE

YZL Signature Red Dates Dang Shen Tea 月子樂紅棗黨參茶 (Served Every Monday, Wednesday, Friday & Sunday) Osmanthus Red Dates Tea 桂花紅棗茶 ( Served Every Tuesday, Thursday & Saturday)

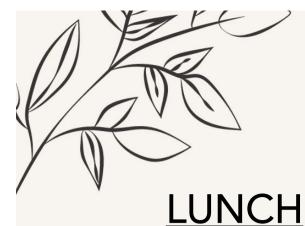
### DESSERT

Monday (Dinner)

Black Glutinous Sticky Rice With Gula Melaka 椰糖黑糯米 Wednesday (Lunch)

Rice Ball In Ginger Soup 汤圆姜汁甜汤 Friday (Lunch)

Red Bean Soup With Lily Blub And Orange Peel 百合陈皮红豆汤 Saturday (Dinner)



# PUE ZI LE CONFINEMENT CATERING RECOVERY MENU - 16<sup>TH</sup> Of The Month -



# DINNER

#### <u>SOUP</u>

Angelicae Sinensis (Dang Gui) Tonifying Soup (当归炖排骨汤)

#### MEAT DISH

Sakana no Nitsuke (日式焖鱼)

#### VEGETABLE DISH

Stir Fried Sweet Potato Leaves With XO Sauce (番薯叶炒素XO酱)

#### RICE

Pumpkin Rice With Pumpkin Seed (金瓜籽金瓜饭)

#### <u>SOUP</u>

Double Strength Eight Treasure Tonic Pork Rib Soup (双料八珍排骨汤)

#### MEAT DISH

Roasted Sesame Sweet & Sour Fish (芝麻酸甜鱼片)

#### VEGETABLE DISH

Stir Fried French Bean With Tomato (番茄炒四季豆)

#### CARB

Stir Fried Straw Mushroom Bee Hoon (草菇素米粉)

### BEVERAGE

YZL Signature Red Dates Dang Shen Tea 月子樂紅棗黨參茶 (Served Every Monday, Wednesday, Friday & Sunday) Osmanthus Red Dates Tea 桂花紅棗茶 ( Served Every Tuesday, Thursday & Saturday)

### DESSERT

Monday (Dinner)

Black Glutinous Sticky Rice With Gula Melaka 椰糖黑糯米 Wednesday (Lunch)

Rice Ball In

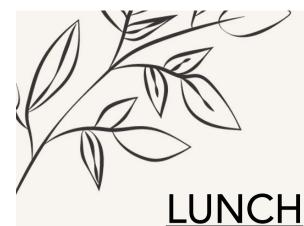
Ginger Soup

汤圆姜汁甜汤

)

Friday (Lunch)

Red Bean Soup With Lily Blub And Orange Peel 百合陈皮红豆汤 Saturday (Dinner)



# PUE ZI LE CONFINEMENT CATERING RECOVERY MENU - 17<sup>TH</sup> Of The Month -



# DINNER

#### <u>SOUP</u>

Strong Appetite Support Nourishing Soup (双料四神汤)

#### MEAT DISH

Seared Salmon With Lemon Garlic (柠檬蒜香三文鱼)

#### VEGETABLE DISH

Herbal Braised Pork With Potato & Carrot (清炖药材萝卜马铃薯肉)

#### RICE

Sweet Corn Rice (玉米饭)

#### <u>SOUP</u>

Ginseng Nourishing Soup (人参药材汤)

#### MEAT DISH

Sea Bass Fillet In Tomato Italian Herbs Sauce (意式番茄金目卢)

#### VEGETABLE DISH

Stir Fried Lotus Root & Black Fungus With Mince Meat (莲藕黑木耳炒肉末)

RICE

Dang Gui Rice (当归饭)

# BEVERAGE

YZL Signature Red Dates Dang Shen Tea 月子樂紅棗黨參茶 (Served Every Monday, Wednesday, Friday & Sunday) Osmanthus Red Dates Tea 桂花紅棗茶 ( Served Every Tuesday, Thursday & Saturday)

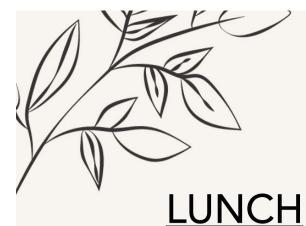
### DESSERT

Monday (Dinner)

Black Glutinous Sticky Rice With Gula Melaka 椰糖黑糯米 Wednesday (Lunch)

Rice Ball In Ginger Soup 汤圆姜汁甜汤 Friday (Lunch)

Red Bean Soup With Lily Blub And Orange Peel 百合陈皮红豆汤 Saturday (Dinner)



# PUE ZI LE CONFINEMENT CATERING RECOVERY MENU - 18<sup>TH</sup> Of The Month -



# DINNER

#### <u>SOUP</u>

Black Garlic Herbal Bak Kut Teh (黑蒜药材肉骨茶)

#### MEAT DISH

Stir Fried Pork With D.O.M (D.O.M炒肉)

#### VEGETABLE DISH

Stir Fried Hong Kong Kai Lan With Gingko (清炒白果香港芥兰)

#### CARB

Italian Macaroni In Tomato Sauce (義大利番茄粉)

#### <u>SOUP</u>

Nourishing Red Date Saffron 'Sheng Yu' Fish Soup (滋养红枣红花生鱼汤)

#### MEAT DISH

Pan Seared Salmon With Capsicum In Japanese Sauce (日式彩椒三文鱼)

#### VEGETABLE DISH

Stir Fried Broccoli With Mushroom (西兰花炒香菇)

#### RICE

Sweet Potato Rice (番薯饭)

### BEVERAGE

YZL Signature Red Dates Dang Shen Tea 月子樂紅棗黨參茶 (Served Every Monday, Wednesday, Friday & Sunday) Osmanthus Red Dates Tea 桂花紅棗茶 ( Served Every Tuesday, Thursday & Saturday)

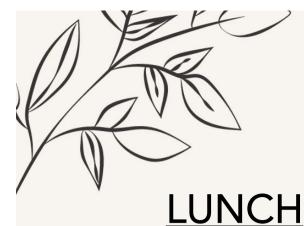
### DESSERT

Monday (Dinner)

Black Glutinous Sticky Rice With Gula Melaka 椰糖黑糯米 Wednesday (Lunch)

Rice Ball In Ginger Soup 汤圆姜汁甜汤 Friday (Lunch)

Red Bean Soup With Lily Blub And Orange Peel 百合陈皮红豆汤 Saturday (Dinner)



**Black Fungus With** 

Pork Rib Soup

(黑木耳排骨汤)

MEAT DISH

Stir Fried Fish Slice

in Rice Wine & Saffron

(米酒红花焖生鱼)

**VEGETABLE DISH** 

Japanese Snow Pea & Mixed

Mushroom With Lily Buds

(日式清炒百合雪豆杂菇)

RICE

**Ginger Sesame Oil Rice** 

(麻油姜饭)

# PUE ZI LE CONFINEMENT CATERING RECOVERY MENU - 19<sup>TH</sup> Of The Month -



# DINNER

#### <u>SOUP</u>

Spleen Strengthening ABC Soup (补脾ABC汤)

#### MEAT DISH

Kyoto Vinaigrette Pork Ribs (京都排骨)

#### VEGETABLE DISH

Stewed Spinach In Superior Stock (上汤苋菜)

RICE

Barley Rice (薏米饭)

# BEVERAGE

YZL Signature Red Dates Dang Shen Tea 月子樂紅棗黨參茶 (Served Every Monday, Wednesday, Friday & Sunday) Osmanthus Red Dates Tea 桂花紅棗茶 ( Served Every Tuesday, Thursday & Saturday)

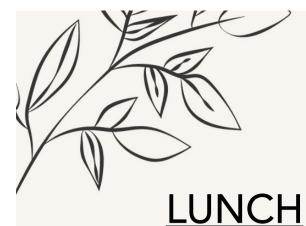
### DESSERT

Monday (Dinner)

Black Glutinous Sticky Rice With Gula Melaka 椰糖黑糯米 Wednesday (Lunch)

Rice Ball In Ginger Soup 汤圆姜汁甜汤 Friday (Lunch)

Red Bean Soup With Lily Blub And Orange Peel 百合陈皮红豆汤 Saturday (Dinner)



# PUE ZI LE CONFINEMENT CATERING RECOVERY MENU - 20<sup>TH</sup> Of The Month -



# DINNER

#### <u>SOUP</u>

Salmon Corn Herbal Soup ( 三文鱼玉米药材汤 )

#### MEAT DISH

Steamed Herbal Minced Pork With Black Fungus (清蒸黑木耳药材肉碎)

#### VEGETABLE DISH

Nai Bai With Truffle King Oyster Mushroom (奶白松露炒鸡腿菇)

#### RICE

Tri Colour Cargo Rice (三色饭)

#### <u>SOUP</u>

LingZhi Tonic Herbal Soup (灵芝大补汤)

#### MEAT DISH

Stir-Fried Sesame Pork Slice (肉片炒芝麻酱)

#### VEGETABLE DISH

Braised Tofu With Enoki (红烧豆腐)

CARB

White Bee Hoon (白米粉)

# BEVERAGE

YZL Signature Red Dates Dang Shen Tea 月子樂紅棗黨參茶 (Served Every Monday, Wednesday, Friday & Sunday) Osmanthus Red Dates Tea 桂花紅棗茶 ( Served Every Tuesday, Thursday & Saturday)

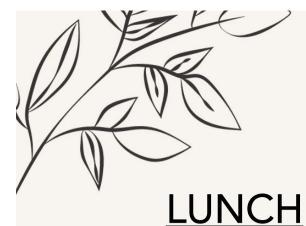
### DESSERT

Monday (Dinner)

Black Glutinous Sticky Rice With Gula Melaka 椰糖黑糯米 Wednesday (Lunch)

Rice Ball In Ginger Soup 汤圆姜汁甜汤 Friday (Lunch)

Red Bean Soup With Lily Blub And Orange Peel 百合陈皮红豆汤 Saturday (Dinner)



# PUE ZI LE CONFINEMENT CATERING RECOVERY MENU - 21<sup>ST</sup> Of The Month -



#### <u>SOUP</u>

Eucommia Kidney Nourishing Soup (杜仲补腰汤)

#### MEAT DISH

Japanese Salmon Milk Stew (日式牛奶炖三文鱼)

#### VEGETABLE DISH

Stir Fried You Mai Cai With Mince Meat (肉碎炒油麦菜)

#### RICE

Quinoa Mixed Rice (藜麦饭)

#### <u>SOUP</u>

DINNER

Beetroot Corn Pork Rib Soup (甜菜根玉米排骨汤)

#### MEAT DISH

Steamed Pork Slices With Silver Fungus In Yomeishu (清蒸养命酒银耳肉片)

#### VEGETABLE DISH

Shanghai Green With Shiitake Mushroom (上海绿炒香菇)

RICE

Five Grain Rice (五谷饭)

# BEVERAGE

YZL Signature Red Dates Dang Shen Tea 月子樂紅棗黨參茶 (Served Every Monday, Wednesday, Friday & Sunday) Osmanthus Red Dates Tea 桂花紅棗茶 ( Served Every Tuesday, Thursday & Saturday)

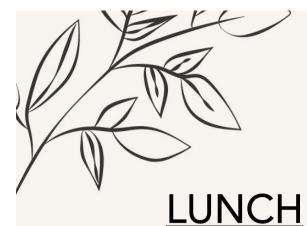
# DESSERT

Monday (Dinner)

Black Glutinous Sticky Rice With Gula Melaka 椰糖黑糯米 Wednesday (Lunch)

Rice Ball In Ginger Soup 汤圆姜汁甜汤 Friday (Lunch)

Red Bean Soup With Lily Blub And Orange Peel 百合陈皮红豆汤 Saturday (Dinner)



**Superior Strong** 

Nourishing Soup

(十全大补汤)

MEAT DISH

Seared Pork Steak With

Teriyaki Mirin Sauce (香煎照烧料酒猪排)

**VEGETABLE DISH** 

Braised Chinese Mushroom

With Cauliflower

(中式蘑菇炒花椰菜)

CARB

Homemade Stir Fried Mee Sua

(家乡面线)

# PUE ZI LE CONFINEMENT CATERING RECOVERY MENU - 22<sup>ND</sup> Of The Month



# DINNER

#### <u>SOUP</u>

Four Items Decoction Pork Ribs Soup (四物汤)

#### MEAT DISH

Stewed Tomato Fish Slice (**炖番茄鱼片**)

#### VEGETABLE DISH

Stir Fried Pumpkin And Black Fungus (清炒腰果黑木耳金瓜)

RICE

Rice Berry (紫米飯)

# BEVERAGE

YZL Signature Red Dates Dang Shen Tea 月子樂紅棗黨參茶 (Served Every Monday, Wednesday, Friday & Sunday) Osmanthus Red Dates Tea 桂花紅棗茶 ( Served Every Tuesday, Thursday & Saturday)

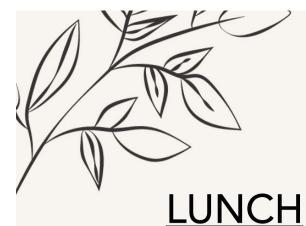
### DESSERT

Monday (Dinner)

Black Glutinous Sticky Rice With Gula Melaka 椰糖黑糯米 Wednesday (Lunch)

Rice Ball In Ginger Soup 汤圆姜汁甜汤 Friday (Lunch)

Red Bean Soup With Lily Blub And Orange Peel 百合陈皮红豆汤 Saturday (Dinner)



# PUE ZI LE CONFINEMENT CATERING RECOVERY MENU - 23<sup>RD</sup> Of The Month -



# DINNER

#### <u>SOUP</u>

LingZhi Tonic Herbal Soup (灵芝大补汤)

#### MEAT DISH

Lemongrass Fenugreek Braised 'Sheng Yu' Fish (香茅葫芦巴炖生鱼片)

#### VEGETABLE DISH

Stir Fried Baby Kai Lan With Black Garlic (黑蒜炒芥兰)

#### RICE

Brown Grain Rice (糙米饭)

#### <u>SOUP</u>

Black Beans Lotus Root Pork Rib Soup (黑豆莲藕排骨汤)

#### MEAT DISH

Traditional Dang Sheng Braised Pork (传统党参扣肉)

#### VEGETABLE DISH

Buddha's Delight (罗汉斋)

#### <u>RICE</u>

Sweet Corn Rice (玉米饭)

# BEVERAGE

YZL Signature Red Dates Dang Shen Tea 月子樂紅棗黨參茶 (Served Every Monday, Wednesday, Friday & Sunday) Osmanthus Red Dates Tea 桂花紅棗茶 ( Served Every Tuesday, Thursday & Saturday)

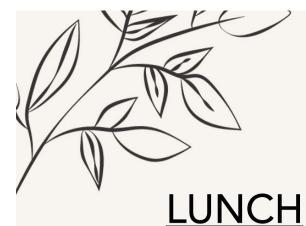
### DESSERT

Monday (Dinner)

Black Glutinous Sticky Rice With Gula Melaka 椰糖黑糯米 Wednesday (Lunch)

Rice Ball In Ginger Soup 汤圆姜汁甜汤 Friday (Lunch)

Red Bean Soup With Lily Blub And Orange Peel 百合陈皮红豆汤 Saturday (Dinner)



# PUE ZI LE CONFINEMENT CATERING RECOVERY MENU - 24<sup>TH</sup> Of The Month -



# DINNER

#### <u>SOUP</u>

Japanese Salmon Soup (日式三文魚湯)

#### MEAT DISH

Steamed Pork Slices With Pumpkin In Herbal Sauce (药材枸杞南瓜蒸肉片)

#### VEGETABLE DISH

Long Bean With BeanCurd In Miso Sauce (味噌长豆豆腐)

#### RICE

Dang Gui Rice (当归饭)

#### <u>SOUP</u>

Polygonum Multiflorum Pork Rib Soup (何首乌炖排骨汤)

#### MEAT DISH

Steamed Herbal 'Sheng Yu' Fish With Dang Gui And Red Date (当归红枣蒸生鱼)

#### VEGETABLE DISH

Enoki With Shanghai Green (金针菇烩上海青)

#### CARB

Capsicum Aglio Olio (彩椒意粉)

# BEVERAGE

YZL Signature Red Dates Dang Shen Tea 月子樂紅棗黨參茶 (Served Every Monday, Wednesday, Friday & Sunday) Osmanthus Red Dates Tea 桂花紅棗茶 ( Served Every Tuesday, Thursday & Saturday)

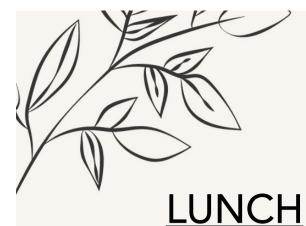
### DESSERT

Monday (Dinner)

Black Glutinous Sticky Rice With Gula Melaka 椰糖黑糯米 Wednesday (Lunch)

Rice Ball In Ginger Soup 汤圆姜汁甜汤 Friday (Lunch)

Red Bean Soup With Lily Blub And Orange Peel 百合陈皮红豆汤 Saturday (Dinner)



# PUE ZI LE CONFINEMENT CATERING RECOVERY MENU - <u>25<sup>TH</sup></u> Of The Month -



# DINNER

#### <u>SOUP</u>

Qi And Blood Rejuvenating Soup (补气活血汤)

#### MEAT DISH

Braised Pork With Beancurd Skin And Mushroom (香焖猪软骨)

#### VEGETABLE DISH

Broccoli With Braised Beancurd Stick (翡翠豆根)

#### RICE

Sweet Potato Rice (番薯饭)

#### <u>SOUP</u>

Black Garlic Herbal Bak Kut Teh (黑蒜药材肉骨茶)

#### MEAT DISH

Red Glutinous Rice Wine With Sliced Pork (红糟肉片)

#### VEGETABLE DISH

Stir Fried Baby Kai Lan With King Oyster Mushroom (芥兰香炒鸡腿菇)

#### RICE

Quinoa Mixed Rice (藜麦饭)

### BEVERAGE

YZL Signature Red Dates Dang Shen Tea 月子樂紅棗黨參茶 (Served Every Monday, Wednesday, Friday & Sunday) Osmanthus Red Dates Tea 桂花紅棗茶 ( Served Every Tuesday, Thursday & Saturday)

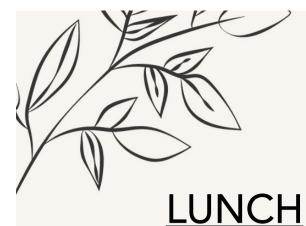
### DESSERT

Monday (Dinner)

Black Glutinous Sticky Rice With Gula Melaka 椰糖黑糯米 Wednesday (Lunch)

Rice Ball In Ginger Soup 汤圆姜汁甜汤 Friday (Lunch)

Red Bean Soup With Lily Blub And Orange Peel 百合陈皮红豆汤 Saturday (Dinner)



# PUE ZI LE CONFINEMENT CATERING RECOVERY MENU - <u>26<sup>TH</sup></u> Of The Month -



# DINNER

#### <u>SOUP</u>

Nourishing Cordyceps Soup (虫草兹朴汤)

#### MEAT DISH

Stir Fried Saffron Fish Slice With Ginger & Onion (姜葱红花生鱼片)

#### VEGETABLE DISH

Stewed Spinach In Superior Stock (上汤苋菜)

#### CARB

Stir Fried Straw Mushroom Bee Hoon (草菇素米粉)

#### <u>SOUP</u>

Double Strength Six Combination Soup (双料六味汤)

#### MEAT DISH

Pan Seared Pork Rib With Pumpkin Cream Sauce (黄金排骨)

#### VEGETABLE DISH

Stir Fried Baby Corn & Sweet Potato With Nuts (坚果炒玉米和地瓜)

#### RICE

T<mark>ri Colour Carg</mark>o Rice (三色饭)

### BEVERAGE

YZL Signature Red Dates Dang Shen Tea 月子樂紅棗黨參茶 (Served Every Monday, Wednesday, Friday & Sunday) Osmanthus Red Dates Tea 桂花紅棗茶 ( Served Every Tuesday, Thursday & Saturday)

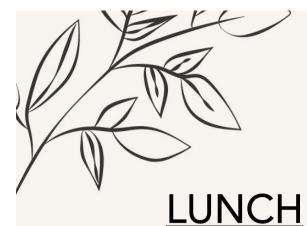
### DESSERT

Monday (Dinner)

Black Glutinous Sticky Rice With Gula Melaka 椰糖黑糯米 Wednesday (Lunch)

Rice Ball In Ginger Soup 汤圆姜汁甜汤 Friday (Lunch)

Red Bean Soup With Lily Blub And Orange Peel 百合陈皮红豆汤 Saturday (Dinner)



# PUE ZI LE CONFINEMENT CATERING RECOVERY MENU - <u>27<sup>TH</sup></u> Of The Month -



# DINNER

#### <u>SOUP</u>

Lion's Mane Mushroom Pork Rib Soup (猴头菇排骨汤)

#### MEAT DISH

Threadfin In Homemade Sauce (清蒸午鱼)

#### VGETABLE DISH

Stir Fried French Bean With Tomato (番茄炒四季豆)

#### RICE

Five Grain Rice (五谷饭)

#### <u>SOUP</u>

Ginseng Nourishing Soup (人参排骨汤)

#### MEAT DISH

Braised Homemade Minced Pork Lion's Head With Tofu (红烧家乡狮子头)

#### VGETABLE DISH

Stir Fried You Mai Cai With Mince Meat (肉碎炒油麦菜)

#### <u>RICE</u>

Toasted Oats Millet Rice (燕麦片饭)

### BEVERAGE

YZL Signature Red Dates Dang Shen Tea 月子樂紅棗黨參茶 (Served Every Monday, Wednesday, Friday & Sunday) Osmanthus Red Dates Tea 桂花紅棗茶 ( Served Every Tuesday, Thursday & Saturday)

### DESSERT

Monday (Dinner)

Black Glutinous Sticky Rice With Gula Melaka 椰糖黑糯米 Wednesday (Lunch)

Rice Ball In Ginger Soup 汤圆姜汁甜汤 Friday (Lunch)

Red Bean Soup With Lily Blub And Orange Peel 百合陈皮红豆汤 Saturday (Dinner)



# PUE ZI LE CONFINEMENT CATERING RECOVERY MENU - <u>28<sup>TH</sup></u> Of The Month -



# <u>LUNCH</u>

#### <u>SOUP</u>

Beetroot Corn Pork Rib Soup (甜菜根玉米排骨汤)

#### MEAT DISH

Roasted Sesame Sweet & Sour Fish (芝麻酸甜鱼片)

#### VGETABLE DISH

Mixed Vegetable With Yuzu Sesame Sauce (柚子芝麻酱蔬菜)

#### RICE

Tomato Rice (番茄饭)

#### <u>SOUP</u>

DINNER

Cordyceps Blossom Soup (蟲草花补汤)

#### MEAT DISH

Stir Fried Pork With D.O.M (D.O.M炒肉)

#### VGETABLE DISH

Stir Fried Sweet Potato Leaves With Pumpkin (番薯叶炒金瓜)

#### CARB

Italian Macaroni In Tomato Sauce (義大利番茄粉)

### BEVERAGE

YZL Signature Red Dates Dang Shen Tea 月子樂紅棗黨參茶 (Served Every Monday, Wednesday, Friday & Sunday) Osmanthus Red Dates Tea 桂花紅棗茶 ( Served Every Tuesday, Thursday & Saturday)

### DESSERT

Monday (Dinner)

Black Glutinous Sticky Rice With Gula Melaka 椰糖黑糯米 Wednesday (Lunch)

Rice Ball In Ginger Soup 汤圆姜汁甜汤 Friday (Lunch)

Red Bean Soup With Lily Blub And Orange Peel 百合陈皮红豆汤 Saturday (Dinner)



# PUE ZI LE CONFINEMENT CATERING RECOVERY MENU - <u>29<sup>TH</sup></u> Of The Month -



# <u>LUNCH</u>

#### <u>SOUP</u>

Tonify Sha Shen Yu Zhu Soup (沙参玉竹汤)

#### MEAT DISH

Stir Fried Pork Slice In Oriental Ginger Sauce (肉片炒生酱东方酱)

#### VGETABLE DISH

Stir Fried Hong Kong Kai Lan With Gingko (清炒白果香港芥兰)

#### RICE

Sweet Corn Rice (玉米饭)

#### SOUP

DINNER

Miso Tofu Fish Soup (日式魚湯 )

#### MEAT DISH

Red Glutinous Rice Wine Fish Sliced (红糟鱼片)

#### VGETABLE DISH

Buddha's Delight (罗汉斋)

#### RICE

Quinoa Mixed Rice (藜麦饭)

# BEVERAGE

YZL Signature Red Dates Dang Shen Tea 月子樂紅棗黨參茶 (Served Every Monday, Wednesday, Friday & Sunday) Osmanthus Red Dates Tea 桂花紅棗茶 ( Served Every Tuesday, Thursday & Saturday)

# DESSERT

Monday (Dinner)

Black Glutinous Sticky Rice With Gula Melaka 椰糖黑糯米 Wednesday (Lunch)

Rice Ball In Ginger Soup 汤圆姜汁甜汤 Friday (Lunch)

Red Bean Soup With Lily Blub And Orange Peel 百合陈皮红豆汤 Saturday (Dinner)



# PUE ZI LE CONFINEMENT CATERING RECOVERY MENU - <u>30<sup>TH</sup></u> Of The Month -



# <u>LUNCH</u>

#### <u>SOUP</u>

Strong Appetite Support Nourishing Soup (双料四神汤)

#### MEAT DISH

Teriyaki Salmon Slice (日式烧酱三文鱼)

#### <u>VGETABLE DISH</u>

Celery With Cashew Nut (腰果芹菜)

#### CARB

White Bee Hoon (白米粉)

### SOUP

DINNER

Superior Strong Nourishing Soup (十全大补汤)

#### MEAT DISH

Pork Slice In Red Wine With Beetroot ( 红酒甜菜根炒肉片)

#### VGETABLE DISH

Stewed Spinach With Minced Meat (苋菜肉碎)

RICE

Brown Grain Rice (糙米饭)

# BEVERAGE

YZL Signature Red Dates Dang Shen Tea 月子樂紅棗黨參茶 (Served Every Monday, Wednesday, Friday & Sunday) Osmanthus Red Dates Tea 桂花紅棗茶 ( Served Every Tuesday, Thursday & Saturday)

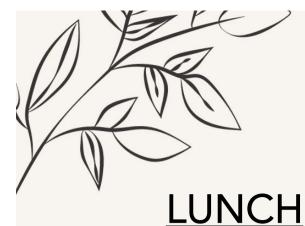
# DESSERT

Monday (Dinner)

Black Glutinous Sticky Rice With Gula Melaka 椰糖黑糯米 Wednesday (Lunch)

Rice Ball In Ginger Soup 汤圆姜汁甜汤 Friday (Lunch)

Red Bean Soup With Lily Blub And Orange Peel 百合陈皮红豆汤 Saturday (Dinner)



# PUE ZI LE CONFINEMENT CATERING RECOVERY MENU - <u>31<sup>ST</sup></u> Of The Month -



# DINNER

#### <u>SOUP</u>

Japanese Salmon Soup (日式三文魚湯)

#### MEAT DISH

Miso Marinated Pork Steak In White Wine Reduction (白酒将味噌猪排))

#### VGETABLE DISH

Stewed Potatoes With BeanCurd (豆腐炖土豆)

#### RICE

Five Grain Rice (五谷饭)

#### <u>SOUP</u>

LingZhi Tonic Herbal Soup (灵芝大补汤)

#### MEAT DISH

French Cod With Tofu In Superior Sauce (清蒸特汁雪鱼豆腐)

#### VGETABLE DISH

Stir Fried Broccoli & Cauliflower With Capsicum (彩椒花椰)

RICE

Rice Berry (紫米飯)

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