



月子樂
YUE ZI LE
CONFINEMENT CATERING
-NOURISH TO FLOURISH-

RECOVERY MENU

- 康復菜單 -

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.





YUE ZI LE CONFINEMENT CATERING
RECOVERY MENU
 - 1ST Of The Month -



LUNCH

DINNER

SOUP

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

SOUP

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

MEAT DISH

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

MEAT DISH

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

VEGETABLE DISH

Stir Fried Lotus Root &
 French Beans With Mince Meat
 (莲藕和四季豆炒肉末)

VEGETABLE DISH

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

RICE

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

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)

Peach Resin In
 Red &
 Honey Dates
 桃胶红蜜枣汤



YUE ZI LE CONFINEMENT CATERING
RECOVERY MENU
 - 2ND Of The Month -



LUNCH

DINNER

SOUP

Spleen Strengthening
 ABC Soup
 (补脾ABC汤)

SOUP

Double Strength Six
 Combination Soup
 (双料六味汤)

MEAT DISH

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

MEAT DISH

Japanese Salmon
 Milk Stew
 (日式牛奶炖三文鱼)

VEGETABLE DISH

Stir Fried Celery
 With Mushroom
 (西芹炒香菇)

VEGETABLE DISH

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

CARB

Homemade Stir Fried Mee Sua
 (家乡面线)

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)

Peach Resin In
 Red &
 Honey Dates
 桃胶红蜜枣汤



YUE ZI LE CONFINEMENT CATERING
RECOVERY MENU
 - 3RD Of The Month -



LUNCH

DINNER

SOUP

Ginseng
Nourishing Soup
(人参排骨汤)

SOUP

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

MEAT DISH

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

MEAT DISH

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

VEGETABLE DISH

Sweet Pea & Baby Corn With
Vermilice In Mushroom Sauce
(甜豆小玉米炒香菇酱)

VEGETABLE DISH

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

RICE

Tomato Rice
(番茄饭)

RICE

Longan And Wolfberry Rice
(桂圆枸杞饭)

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)

Peach Resin In
Red &
Honey Dates
桃胶红蜜枣汤



YUE ZI LE CONFINEMENT CATERING
RECOVERY MENU
 - 4TH Of The Month -



LUNCH

DINNER

SOUP

LingZhi Tonic
Herbal Soup
(灵芝大补汤)

SOUP

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

MEAT DISH

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

MEAT DISH

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

VEGETABLE DISH

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

VEGETABLE DISH

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

RICE

Dang Gui Rice
(当归饭)

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)

Peach Resin In
Red &
Honey Dates
桃胶红蜜枣汤



YUE ZI LE CONFINEMENT CATERING
RECOVERY MENU
 - 5TH Of The Month -



LUNCH

DINNER

SOUP

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

SOUP

Salmon Corn
 Herbal Soup
 (三文鱼玉米药材汤)

MEAT DISH

Stir Fried Pork
 With D.O.M
 (D.O.M炒肉)

MEAT DISH

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

VEGETABLE DISH

Stewed Spinach
 With Minced Meat
 (红苋菜肉碎)

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)

RICE

Tri Colour Cargo 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)

Peach Resin In
 Red &
 Honey Dates
 桃胶红蜜枣汤



YUE ZI LE CONFINEMENT CATERING
RECOVERY MENU
 - 6TH Of The Month -



LUNCH

DINNER

SOUP

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

SOUP

Eucommia Kidney
 Nourishing Soup
 (杜仲补腰汤)

MEAT DISH

Kyoto Vinaigrette
 Pork Ribs
 (京都排骨)

MEAT DISH

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

VEGETABLE DISH

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

VEGETABLE DISH

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

CARB

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

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)

Peach Resin In
 Red &
 Honey Dates
 桃胶红蜜枣汤



YUE ZI LE CONFINEMENT CATERING
RECOVERY MENU
 - 7TH Of The Month -



LUNCH

DINNER

SOUP

Superior Strong
Nourishing Soup
(十全大补汤)

SOUP

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

MEAT DISH

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

MEAT DISH

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

VEGETABLE DISH

Braised Tofu
With Enoki
(红烧豆腐)

VEGETABLE DISH

Broccoli With Braised
Beancurd Stick
(翡翠豆根)

RICE

Ginger Sesame Oil Rice
(麻油姜饭)

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)

Peach Resin In
Red &
Honey Dates
桃胶红蜜枣汤



YUE ZI LE CONFINEMENT CATERING
RECOVERY MENU
 - 8TH Of The Month -



LUNCH

DINNER

SOUP

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

SOUP

Strong Appetite
 Support Nourishing Soup
 (双料四神汤)

MEAT DISH

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

MEAT DISH

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

VEGETABLE DISH

Buddha's Delight
 (罗汉斋)

VEGETABLE DISH

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

RICE

Five Grain Rice
 (五谷饭)

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)

Peach Resin In
 Red &
 Honey Dates
 桃胶红蜜枣汤



YUE ZI LE CONFINEMENT CATERING
RECOVERY MENU
 - 9TH Of The Month -



LUNCH

DINNER

SOUP

Miso Tofu Fish Soup
 (日式魚湯)

SOUP

Nourishing Cordyceps
 Soup
 (虫草滋朴汤)

MEAT DISH

Black Garlic Stewed
 Pork Trotter
 黑蒜香菇豬腳

MEAT DISH

Stewed Beetroot
 Fish Slice
 (炖甜菜根鱼片)

VEGETABLE DISH

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

VEGETABLE DISH

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

RICE

Longan And Wolfberry Rice
 (桂圆枸杞饭)

RICE

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)

Peach Resin In
 Red &
 Honey Dates
 桃胶红蜜枣汤



YUE ZI LE CONFINEMENT CATERING
RECOVERY MENU
 - 10TH Of The Month -



LUNCH

DINNER

SOUP

Spleen Strengthening
 ABC Soup
 (补脾ABC汤)

SOUP

Qi And Blood
 Rejuvenating Soup
 (补气活血汤)

MEAT DISH

Stir-Fried Sesame
 Pork Slice
 (肉片炒芝麻酱)

MEAT DISH

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

VEGETABLE DISH

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

VEGETABLE DISH

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

CARB

White Bee Hoon
 (白米粉)

RICE

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

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)

Peach Resin In
 Red &
 Honey Dates
 桃胶红蜜枣汤



YUE ZI LE CONFINEMENT CATERING
RECOVERY MENU
 - 11TH Of The Month -



LUNCH

DINNER

SOUP

Four Items Decoction
 Pork Ribs Soup
 (四物汤)

SOUP

Tonify Sha Shen
 Yu Zhu Soup
 (沙参玉竹汤)

MEAT DISH

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

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)

VEGETABLE DISH

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

RICE

Ginkgo Nut Rice
 (白果饭)

RICE

Ginger Sesame Oil Rice
 (麻油姜饭)

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)

Peach Resin In
 Red &
 Honey Dates
 桃胶红蜜枣汤



YUE ZI LE CONFINEMENT CATERING
RECOVERY MENU
 - 12TH Of The Month -



LUNCH

DINNER

SOUP

Cordyceps Blossom
 Soup
 (蟲草花补汤)

SOUP

Japanese Salmon
 Soup
 (日式三文魚湯)

MEAT DISH

Braised Pork Cube With Beetroot
 (甜菜根焗猪丁)

MEAT DISH

Sea Bass Capsicum
 in Black Bean Sauce
 (金目卢炒黑豆醬)

VEGETABLE DISH

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

VEGETABLE DISH

Stewed Potatoes
 With Bean Curd
 (豆腐炖土豆)

RICE

Brown Grain Rice
 (糙米饭)

CARB

Homemade Stir Fried Mee Sua
 (家乡面线)

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)

Peach Resin In
 Red &
 Honey Dates
 桃胶红蜜枣汤



YUE ZI LE CONFINEMENT CATERING
RECOVERY MENU
 - 13TH Of The Month -



LUNCH

DINNER

SOUP

Eucommia Kidney
Nourishing Soup
(杜仲补腰汤)

SOUP

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

MEAT DISH

Sesame Pan
Seared Salmon
(芝麻三文鱼)

MEAT DISH

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

VEGETABLE DISH

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

VEGETABLE DISH

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

RICE

Rice Berry
(紫米飯)

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)

Peach Resin In
Red &
Honey Dates
桃胶红蜜枣汤



YUE ZI LE CONFINEMENT CATERING
RECOVERY MENU
 - 14TH Of The Month -



LUNCH

DINNER

SOUP

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

SOUP

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

MEAT DISH

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

MEAT DISH

Teriyaki
 Salmon Slice
 (日式烧酱三文鱼)

VEGETABLE DISH

Truffle Shiitake
 Edamame
 (松露香菇毛豆)

VEGETABLE DISH

Braised Tofu
 With Kai Lan
 (芥兰焖豆腐)

CARB

Capsicum Aglio Olio
 (彩椒意粉)

RICE

Tri Colour Cargo 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)

Peach Resin In
 Red &
 Honey Dates
 桃胶红蜜枣汤



YUE ZI LE CONFINEMENT CATERING
RECOVERY MENU
 - **15TH Of The Month** -



LUNCH

DINNER

SOUP

Double Strength Six
 Combination Soup
 (双料六味汤)

SOUP

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

MEAT DISH

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

MEAT DISH

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

VEGETABLE DISH

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

VEGETABLE DISH

Celery With Cashew Nut
 (腰果芹菜)

RICE

Tomato Rice
 (番茄饭)

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)

Peach Resin In
 Red &
 Honey Dates
 桃胶红蜜枣汤



YUE ZI LE CONFINEMENT CATERING
RECOVERY MENU
 - 16TH Of The Month -



LUNCH

DINNER

SOUP

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

SOUP

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

MEAT DISH

Sakana no Nitsuke
 (日式焖鱼)

MEAT DISH

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

VEGETABLE DISH

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

VEGETABLE DISH

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

RICE

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

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)

Peach Resin In
 Red &
 Honey Dates
 桃胶红蜜枣汤



YUE ZI LE CONFINEMENT CATERING
RECOVERY MENU
 - 17TH Of The Month -



LUNCH

DINNER

SOUP

Strong Appetite
 Support Nourishing Soup
 (双料四神汤)

SOUP

Ginseng Nourishing Soup
 (人参药材汤)

MEAT DISH

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

MEAT DISH

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

VEGETABLE DISH

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

VEGETABLE DISH

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

RICE

Sweet Corn Rice
 (玉米饭)

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)

Peach Resin In
 Red &
 Honey Dates
 桃胶红蜜枣汤



YUE ZI LE CONFINEMENT CATERING
RECOVERY MENU
 - **18TH Of The Month** -



LUNCH

DINNER

SOUP

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

SOUP

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

MEAT DISH

Stir Fried Pork
 With D.O.M
 (D.O.M炒肉)

MEAT DISH

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

VEGETABLE DISH

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

VEGETABLE DISH

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

CARB

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

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)

Peach Resin In
 Red &
 Honey Dates
 桃胶红蜜枣汤



YUE ZI LE CONFINEMENT CATERING
RECOVERY MENU
 - 19TH Of The Month -



LUNCH

DINNER

SOUP

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

SOUP

Spleen Strengthening
 ABC Soup
 (补脾ABC汤)

MEAT DISH

Stir Fried Fish Slice
 in Rice Wine & Saffron
 (米酒红花焖生鱼)

MEAT DISH

Kyoto Vinaigrette
 Pork Ribs
 (京都排骨)

VEGETABLE DISH

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

VEGETABLE DISH

Stewed Spinach
 In Superior Stock
 (上汤苋菜)

RICE

Ginger Sesame Oil Rice
 (麻油姜饭)

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)

Peach Resin In
 Red &
 Honey Dates
 桃胶红蜜枣汤



YUE ZI LE CONFINEMENT CATERING
RECOVERY MENU
 - 20TH Of The Month -



LUNCH

DINNER

SOUP

Salmon Corn
Herbal Soup
(三文鱼玉米药材汤)

SOUP

LingZhi Tonic Herbal Soup
(灵芝大补汤)

MEAT DISH

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

MEAT DISH

Stir-Fried Sesame
Pork Slice
(肉片炒芝麻酱)

VEGETABLE DISH

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

VEGETABLE DISH

Braised Tofu
With Enoki
(红烧豆腐)

RICE

Tri Colour Cargo Rice
(三色饭)

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)

Peach Resin In
Red &
Honey Dates
桃胶红蜜枣汤



YUE ZI LE CONFINEMENT CATERING
RECOVERY MENU
 - 21ST Of The Month -



LUNCH

DINNER

SOUP

Eucommia Kidney
Nourishing Soup
(杜仲补腰汤)

SOUP

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

MEAT DISH

Japanese Salmon
Milk Stew
(日式牛奶炖三文鱼)

MEAT DISH

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

VEGETABLE DISH

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

VEGETABLE DISH

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

RICE

Quinoa Mixed Rice
(藜麦饭)

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)

Peach Resin In
Red &
Honey Dates
桃胶红蜜枣汤



YUE ZI LE CONFINEMENT CATERING
RECOVERY MENU
 - 22ND Of The Month -



LUNCH

DINNER

SOUP

Superior Strong
Nourishing Soup
(十全大补汤)

SOUP

Four Items Decoction
Pork Ribs Soup
(四物汤)

MEAT DISH

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

MEAT DISH

Stewed Tomato
Fish Slice
(炖番茄鱼片)

VEGETABLE DISH

Braised Chinese Mushroom
With Cauliflower
(中式蘑菇炒花椰菜)

VEGETABLE DISH

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

CARB

Homemade Stir Fried Mee Sua
(家乡面线)

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)

Peach Resin In
Red &
Honey Dates
桃胶红蜜枣汤



YUE ZI LE CONFINEMENT CATERING
RECOVERY MENU
 - 23RD Of The Month -



LUNCH

DINNER

SOUP

LingZhi Tonic
Herbal Soup
(灵芝大补汤)

SOUP

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

MEAT DISH

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

MEAT DISH

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

VEGETABLE DISH

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

VEGETABLE DISH

Buddha's Delight
(罗汉斋)

RICE

Brown Grain Rice
(糙米饭)

RICE

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)

Peach Resin In
Red &
Honey Dates
桃胶红蜜枣汤



YUE ZI LE CONFINEMENT CATERING
RECOVERY MENU
 - 24TH Of The Month -



LUNCH

DINNER

SOUP

Japanese
 Salmon Soup
 (日式三文魚湯)

SOUP

Polygonum Multiflorum
 Pork Rib Soup
 (何首烏炖排骨湯)

MEAT DISH

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

MEAT DISH

Steamed Herbal 'Sheng Yu'
 Fish With Dang Gui And Red Date
 (当归紅棗蒸生魚)

VEGETABLE DISH

Long Bean With
 BeanCurd In Miso Sauce
 (味噌長豆豆腐)

VEGETABLE DISH

Enoki With Shanghai Green
 (金針菇烩上海青)

RICE

Dang Gui Rice
 (当归飯)

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
 百合陈皮紅豆汤

Saturday
 (Dinner)

Peach Resin In
 Red &
 Honey Dates
 桃胶紅蜜枣汤



YUE ZI LE CONFINEMENT CATERING
RECOVERY MENU
 - 25TH Of The Month -



LUNCH

DINNER

SOUP

Qi And Blood
 Rejuvenating Soup
 (补气活血汤)

SOUP

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

MEAT DISH

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

MEAT DISH

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

VEGETABLE DISH

Broccoli With Braised
 Beancurd Stick
 (翡翠豆根)

VEGETABLE DISH

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

RICE

Sweet Potato Rice
 (番薯饭)

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)

Peach Resin In
 Red &
 Honey Dates
 桃胶红蜜枣汤



YUE ZI LE CONFINEMENT CATERING
RECOVERY MENU
 - 26TH Of The Month -



LUNCH

DINNER

SOUP

Nourishing
Cordyceps Soup
(虫草兹朴汤)

SOUP

Double Strength Six
Combination Soup
(双料六味汤)

MEAT DISH

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

MEAT DISH

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

VEGETABLE DISH

Stewed Spinach
In Superior Stock
(上汤苋菜)

VEGETABLE DISH

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

CARB

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

RICE

Tri Colour Cargo 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)

Peach Resin In
Red &
Honey Dates
桃胶红蜜枣汤



YUE ZI LE CONFINEMENT CATERING
RECOVERY MENU
 - 27TH Of The Month -



LUNCH

DINNER

SOUP

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

SOUP

Ginseng Nourishing Soup
 (人参排骨汤)

MEAT DISH

Threadfin In
 Homemade Sauce
 (清蒸午鱼)

MEAT DISH

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

VEGETABLE DISH

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

VEGETABLE DISH

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

RICE

Five Grain Rice
 (五谷饭)

RICE

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)

Peach Resin In
 Red &
 Honey Dates
 桃胶红蜜枣汤



YUE ZI LE CONFINEMENT CATERING
RECOVERY MENU
 - 28TH Of The Month -



LUNCH

DINNER

SOUP

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

SOUP

Cordyceps
 Blossom Soup
 (蟲草花补汤)

MEAT DISH

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

MEAT DISH

Stir Fried Pork
 With D.O.M
 (D.O.M炒肉)

VEGETABLE DISH

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

VEGETABLE DISH

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

RICE

Tomato Rice
 (番茄饭)

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)

Peach Resin In
 Red &
 Honey Dates
 桃胶红蜜枣汤



YUE ZI LE CONFINEMENT CATERING
RECOVERY MENU
 - **29TH** Of The Month -



LUNCH

DINNER

SOUP

Tonify Sha Shen
 Yu Zhu Soup
 (沙参玉竹汤)

SOUP

Miso Tofu
 Fish Soup
 (日式魚湯)

MEAT DISH

Stir Fried Pork Slice In
 Oriental Ginger Sauce
 (肉片炒生醬東方醬)

MEAT DISH

Red Glutinous Rice
 Wine Fish Sliced
 (紅糟魚片)

VEGETABLE DISH

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

VEGETABLE DISH

Buddha's Delight
 (羅漢齋)

RICE

Sweet Corn Rice
 (玉米飯)

RICE

Quinoa Mixed Rice
 (藜麥飯)

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)

Peach Resin In
 Red &
 Honey Dates
 桃胶红蜜枣汤



YUE ZI LE CONFINEMENT CATERING
RECOVERY MENU
 - 30TH Of The Month -



LUNCH

DINNER

SOUP

Strong Appetite
 Support Nourishing Soup
 (双料四神汤)

SOUP

Superior Strong
 Nourishing Soup
 (十全大补汤)

MEAT DISH

Teriyaki
 Salmon Slice
 (日式烧酱三文鱼)

MEAT DISH

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

VEGETABLE DISH

Celery With
 Cashew Nut
 (腰果芹菜)

VEGETABLE DISH

Stewed Spinach
 With Minced Meat
 (苋菜肉碎)

CARB

White Bee Hoon
 (白米粉)

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

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YUE ZI LE CONFINEMENT CATERING
RECOVERY MENU
 - 31ST Of The Month -



LUNCH

DINNER

SOUP

Japanese
 Salmon Soup
 (日式三文魚湯)

SOUP

LingZhi Tonic
 Herbal Soup
 (灵芝大补汤)

MEAT DISH

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

MEAT DISH

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

VEGETABLE DISH

Stewed Potatoes
 With BeanCurd
 (豆腐炖土豆)

VEGETABLE DISH

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

RICE

Five Grain Rice
 (五谷饭)

RICE

Rice Berry
 (紫米飯)

BEVERAGE

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