



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

MINI CONFINEMENT SIGNATURE MENU

- 小月子康復菜單 -

Understanding that a miscarriage can be an emotionally and physically challenging experience, we have incorporated principles from traditional Chinese medicine into our post-miscarriage diet to aid in the healing process. Each ingredient has been thoughtfully chosen based on its potential benefits for restoring balance and promoting overall well-being during this sensitive time.

Our menu seeks to provide comfort while incorporating elements often associated with Chinese herbal practices renowned for their ability to support reproductive health. From restorative broths infused with warming herbs traditionally used for toning the uterus and relieving discomfort, to gentle teas promoting relaxation and hormonal regulation, each aspect is carefully curated towards fostering physical recovery.

At its core lies the understanding that proper nutrition alongside emotional support contributes significantly to enhancing the overall wellbeing of those navigating through miscarriage recovery.

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

Menu Highlight:

- NO Lactation Ingredients.
- NO MSG, Salt & Dark Soya Sauce.
- ONLY Vegetarian Sauce.
- EXTRA Ginger & Sesame Oil.





YUE ZI LE CONFINEMENT CATERING
小月子 SIGNATURE MENU
- 1ST Of The Month -



LUNCH

MEAT DISH

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

OR

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

SOUP

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

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)

DINNER

MEAT DISH

(A)
FuZhou Red
Wine Chicken
 (福州红酒鸡)

OR

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

SOUP

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

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)

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



YUE ZI LE CONFINEMENT CATERING
小月子 SIGNATURE MENU
- 2ND Of The Month -



LUNCH

MEAT DISH

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

OR

(B)
 Stir Fried Chicken Cube
 In Miso Honey Lemon Sauce
 (味增香柠蜜汁鸡丁)

SOUP

Spleen Strengthening
 ABC Soup
 (补脾ABC汤)

VEGETABLE DISH

Stir Fried Celery
 With Mushroom
 (西芹炒香菇)

CARB

Homemade Stir Fried Mee Sua
 (家乡面线)

DINNER

MEAT DISH

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

OR

(B)
 Ginger Sesame
 Oil Chicken
 (麻油鸡)

SOUP

Double Strength Six
 Combination Soup
 (双料六味汤)

VEGETABLE DISH

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

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
小月子 SIGNATURE MENU
- 3RD Of The Month -



LUNCH

MEAT DISH

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

OR

(B)
Signature Pork
Trotter Vinegar
 (月子乐招牌猪脚醋)



SOUP

Ginseng Chicken
Nourishing Soup
 (人参鸡汤)

VEGETABLE DISH

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

RICE

Tomato Rice
 (番茄饭)

DINNER

MEAT DISH

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

OR

(B)
Homestyle Marmite
Chicken With Cashew Nut
 (家乡腰果妈蜜鸡)

SOUP

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

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

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
小月子 SIGNATURE MENU
- 4TH Of The Month -



LUNCH

MEAT DISH



(A)

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

OR

(B)

**Seared Chicken Steak
 With Truffle Black Garlic Sauce**
 (松露黑蒜鸡扒)

SOUP

LingZhi Tonic Herbal Soup
 (灵芝大补汤)

VEGETABLE DISH

**Stir Fried French Bean
 With Egg & Tomato**
 (番茄四季豆炒蛋)

RICE

Dang Gui Rice
 (当归饭)

DINNER

MEAT DISH

(A)

Three Cup Chicken
 (三杯鸡)

OR

(B)

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

SOUP

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

VEGETABLE DISH

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

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
小月子 SIGNATURE MENU
- 5TH Of The Month -



LUNCH

MEAT DISH

(A)
Sautéed Chicken Fillet
With Yomeishu
 (香煎养命酒鸡柳)

OR

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



SOUP

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

VEGETABLE DISH

Stewed Spinach
With Minced Meat
 (红苋菜肉碎)

RICE

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

DINNER

MEAT DISH

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

OR

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

SOUP

Salmon Corn
Herbal Soup
 (三文鱼玉米药材汤)

VEGETABLE DISH

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

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
小月子 SIGNATURE MENU
- 6TH Of The Month -



LUNCH

MEAT DISH

(A)
Kyoto Vinaigrette
Pork Ribs
 (京都排骨)

OR

(B)
Braised Chicken Fillet
With Truffle Chinese Mushroom
 (松露香菇焖鸡柳)

SOUP

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

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)

DINNER

MEAT DISH

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

OR

(B)
Signature Pork
Trotter Vinegar
 (月子乐招牌猪脚醋)

SOUP

Eucommia Kidney
Nourishing Soup
 (杜仲补腰汤)

VEGETABLE DISH

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

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
小月子 SIGNATURE MENU
- 7TH Of The Month -



LUNCH

MEAT DISH

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

OR

(B)
Steamed Chicken In
Chicken Essence
 (鸡精炖鸡)

SOUP

Superior Strong
Nourishing Soup
 (十全大补汤)

VEGETABLE DISH

Braised Tofu
With Enoki
 (红烧豆腐)

RICE

Ginger Sesame Oil Rice
 (麻油姜饭)

DINNER

MEAT DISH

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

OR

(B)
Bentong Ginger
Dong Po Pork
 (文冬姜东坡肉)

SOUP

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

VEGETABLE DISH

Broccoli With Braised
Beancurd Stick
 (翡翠豆根)

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
小月子 SIGNATURE MENU
- 8TH Of The Month -



LUNCH

MEAT DISH

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

OR

(B)
Japanese Style Sesame Grilled Chicken Steak
 (日式芝麻烤鸡扒)

SOUP

Polygonum Multiflorum Chicken Soup
 (何首乌炖鸡汤)

VEGETABLE DISH

Buddha's Delight
 (罗汉斋)

RICE

Five Grain Rice
 (五谷饭)

DINNER

MEAT DISH

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

OR

(B)
Traditional Minced Ginger Chicken
 (姜蓉鸡)

SOUP

Strong Appetite Support Nourishing Soup
 (双料四神汤)

VEGETABLE DISH

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

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
小月子 SIGNATURE MENU
- 9TH Of The Month -



LUNCH

MEAT DISH

(A)
**Stewed Tomato
 Fish Slice**
 (炖番茄鱼片)

OR

(B)
**Black Garlic Stewed
 Pork Trotter**
 黑蒜香菇猪脚

SOUP

**Miso Tofu
 Fish Soup**
 (日式魚湯)

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)

DINNER

MEAT DISH

(A)
**Stewed Beetroot
 Fish Slice**
 (炖甜菜根鱼片)

OR

(B)
**Seared Chicken Steak In
 Cranberry Sauce**
 (香煎蔓越莓鸡扒)

SOUP

**Nourishing Cordyceps
 Soup**
 (虫草滋补汤)

VEGETABLE DISH

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

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
小月子 SIGNATURE MENU
- 10TH Of The Month -



LUNCH

MEAT DISH

(A)
**Stir-Fried Sesame
 Pork Slice**
 (肉片炒芝麻醬)

OR

(B)
**Beetroot Drumlets
 In Lemon Sauce**
 (檸檬甜菜小雞腿)

SOUP

**Spleen Strengthening
 ABC Soup**
 (補脾ABC湯)

VEGETABLE DISH

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

CARB

White Bee Hoon
 (白米粉)

DINNER

MEAT DISH

(A)
**Seared Salmon With
 Corn Cream Sauce**
 (玉米奶油三文魚)

OR

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

SOUP

**Qi And Blood
 Rejuvenating Soup**
 (補氣活血湯)

VEGETABLE DISH

**Mixed Vegetable
 With Yuzu Sesame Sauce**
 (柚子芝麻醬蔬菜)

RICE

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

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
小月子 SIGNATURE MENU
- 11TH Of The Month -



LUNCH

MEAT DISH

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

OR



(B)
 Ginger Sesame
 Oil Chicken
 (麻油鸡)

SOUP

Four Items Decoction
 Pork Ribs Soup
 (四物汤)

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

MEAT DISH

(A)
 Threadfin In
 Homemade Sauce
 (清蒸午鱼)

OR



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

SOUP

Tonify Sha Shen
 Yu Zhu Soup
 (沙参玉竹汤)

VEGETABLE DISH

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

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
小月子 SIGNATURE MENU
- 12TH Of The Month -



LUNCH

MEAT DISH

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

OR

(B)
Braised Chicken In Red
Wine With Beetroot
 (红酒甜菜根焖鸡)

SOUP

Cordyceps Blossom
Soup
 (蟲草花补汤)

VEGETABLE DISH

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

RICE

Brown Grain Rice
 (糙米饭)

DINNER

MEAT DISH

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

OR

(B)
Signature Pork
Trotter Vinegar
 (月子乐招牌猪脚醋)

SOUP

Japanese Salmon
Soup
 (日式三文魚湯)

VEGETABLE DISH

Stewed Potatoes
With Bean Curd
 (豆腐炖土豆)

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
小月子 SIGNATURE MENU
- 13TH Of The Month -



LUNCH

MEAT DISH

(A)
Sesame Pan Seared Salmon
 (芝麻三文鱼)

OR

(B)
Hakka Yellow Wine Chicken
 (客家黄酒鸡)

SOUP

Eucommia Kidney Nourishing Soup
 (杜仲补腰汤)

VEGETABLE DISH

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

RICE

Rice Berry
 (紫米飯)

DINNER

MEAT DISH

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

OR

(B)
Stewed Chicken With D.O.M Cordyceps Blossom
 (D.O.M冬虫夏草花炖鸡)

SOUP

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

VEGETABLE DISH

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

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
小月子 SIGNATURE MENU
- 14TH Of The Month -



LUNCH

MEAT DISH

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

OR

(B)
Lemongrass Chicken Chop
 (香茅鸡扒)

SOUP

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

VEGETABLE DISH

Truffle Shiitake Edamame
 (松露香菇毛豆)

CARB

Capsicum Aglio Olio
 (彩椒意粉)

DINNER

MEAT DISH

(A)
Teriyaki Salmon Slice
 (日式烧酱三文鱼)

OR

(B)
Steamed Herbal Chicken
 (药材蒸鸡)

SOUP

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

VEGETABLE DISH

Braised Tofu With Kai Lan
 (芥兰焖豆腐)

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
小月子 SIGNATURE MENU
- 15TH Of The Month -



LUNCH

MEAT DISH

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

OR

(B)
Signature Pork
Trotter Vinegar
 (月子乐招牌猪脚醋)



SOUP

Double Strength Six
Combination Soup
 (双料六味汤)

VEGETABLE DISH

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

RICE

Tomato Rice
 (番茄饭)

DINNER

MEAT DISH

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

OR

(B)
Braised Dang Gui Chicken
With Potato
 (当归马铃薯焖鸡)

SOUP

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

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)

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



YUE ZI LE CONFINEMENT CATERING
小月子 SIGNATURE MENU
- 16TH Of The Month -



LUNCH

MEAT DISH

(A)
Sakana no Nitsuke
 (日式焖鱼)

OR

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

SOUP

**Angelicae Sinensis (Dang Gui)
 Tonifying Chicken Soup**
 (当归炖鸡汤)

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)

DINNER

MEAT DISH

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

OR

(B)
**FuZhou Red
 Wine Chicken**
 (福州红酒鸡)

SOUP

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

VEGETABLE DISH

**Stir Fried French Bean
 With Egg & Tomato**
 (番茄四季豆炒蛋)

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
小月子 SIGNATURE MENU
- 17TH Of The Month -



LUNCH

MEAT DISH

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

OR

(B)
Bentong Ginger
Dong Po Pork
 (文冬姜东坡肉)

SOUP

Strong Appetite
Support Nourishing Soup
 (双料四神汤)

VEGETABLE DISH

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

RICE

Sweet Corn Rice
 (玉米饭)

DINNER

MEAT DISH

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

OR

(B)
Seared Chicken Steak
With Truffle Black Garlic Sauce
 (松露黑蒜鸡扒)

SOUP

Ginseng Chicken
Nourishing Soup
 (人参鸡汤)

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)

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



YUE ZI LE CONFINEMENT CATERING
小月子 SIGNATURE MENU
- 18TH Of The Month -



LUNCH

MEAT DISH



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

OR

(B)
Homestyle Marmite
Chicken With Cashew Nut
(家乡腰果妈蜜鸡)

SOUP

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

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)

DINNER

MEAT DISH

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

OR

(B)
Black Garlic
Stewed Pork Trotter
(黑蒜香菇猪脚)

SOUP

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

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)

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



YUE ZI LE CONFINEMENT CATERING
小月子 SIGNATURE MENU
- 19TH Of The Month -



LUNCH

MEAT DISH

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

OR

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

SOUP

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

VEGETABLE DISH

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

RICE

Ginger Sesame Oil Rice
 (麻油姜饭)

DINNER

MEAT DISH

(A)
 Kyoto Vinaigrette
 Pork Ribs
 (京都排骨)

OR

(B)
 Ginger Sesame
 Oil Chicken
 (麻油鸡)

SOUP

Spleen Strengthening
 ABC Soup
 (补脾ABC汤)

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)

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



YUE ZI LE CONFINEMENT CATERING
小月子 SIGNATURE MENU
- 20TH Of The Month -



LUNCH

MEAT DISH

(A)
**Sea Bass Capsicum
 in Black Bean Sauce**
 (金目卢炒黑豆酱)

OR

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

SOUP

**Salmon Corn
 Herbal Soup**
 (三文鱼玉米药材汤)

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)

DINNER

MEAT DISH

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

OR

(B)
**Sautéed Chicken Fillet
 With Yomeishu**
 (香煎养命酒鸡柳)

SOUP

**LingZhi Tonic
 Herbal Soup**
 (灵芝大补汤)

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)**

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



YUE ZI LE CONFINEMENT CATERING
小月子 SIGNATURE MENU
- 21ST Of The Month -



LUNCH

MEAT DISH

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

OR

(B)
Signature Pork Trotter Vinegar
 (月子乐招牌猪脚醋)



SOUP

Eucommia Kidney Nourishing Soup
 (杜仲补腰汤)

VEGETABLE DISH

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

RICE

Quinoa Mixed Rice
 (藜麦饭)

DINNER

MEAT DISH

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

OR

(B)
Korean Bulgogi Chicken
 (韩式烧酱鸡)

SOUP

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

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
 月子乐红棗黨参茶
 (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
小月子 SIGNATURE MENU
- 22ND Of The Month -



LUNCH

MEAT DISH

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

OR

(B)
Three Cup
Chicken
 (三杯鸡)

SOUP

Superior Strong
Nourishing Soup
 (十全大补汤)

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)

DINNER

MEAT DISH

(A)
Stewed Tomato
Fish Slice
 (炖番茄鱼片)

OR

(B)
Steamed Chicken
In Chicken Essence
 (鸡精炖鸡)

SOUP

Four Items Decoction
Pork Ribs Soup
 (四物汤)

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)

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



YUE ZI LE CONFINEMENT CATERING
小月子 SIGNATURE MENU
- 23RD Of The Month -



LUNCH

MEAT DISH

- (A)
**Lemongrass Fenugreek
 Braised 'Sheng Yu' Fish**
 (香茅葫芦巴炖生鱼片)
- OR
- (B)
**Braised Chicken Fillet
 With Truffle Chinese Mushroom**
 (松露香菇焖鸡柳)

SOUP

**LingZhi Tonic
 Herbal Soup**
 (灵芝大补汤)

VEGETABLE DISH

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

RICE

Brown Grain Rice
 (糙米饭)

DINNER

MEAT DISH

- (A)
**Traditional
 Braised Pork**
 (传统扣肉)
- OR
- (B)
**Lemongrass
 Chicken Chop**
 (香茅鸡扒)

SOUP

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

VEGETABLE DISH

Buddha's Delight
 (罗汉斋)

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
小月子 SIGNATURE MENU
- 24TH Of The Month -



LUNCH

MEAT DISH

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

OR

(B)
**FuZhou Red
 Wine Chicken**
 (福州红酒鸡)

SOUP

**Japanese
 Salmon Soup**
 (日式三文魚湯)

VEGETABLE DISH

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

RICE

Dang Gui Rice
 (当归饭)

DINNER

MEAT DISH

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

OR

(B)
**Signature Pork
 Trotter Vinegar**
 (月子乐招牌猪脚醋)

SOUP

**Polygonum Multiflorum
 Chicken Soup**
 (何首乌炖鸡汤)

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)**

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



YUE ZI LE CONFINEMENT CATERING
小月子 SIGNATURE MENU
- 25TH Of The Month -



LUNCH

MEAT DISH

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

OR



(B)
 Ginger Sesame
 Oil Chicken
 (麻油鸡)

SOUP

Qi And Blood
 Rejuvenating Soup
 (补气活血汤)

VEGETABLE DISH

Broccoli With Braised
 Beancurd Stick
 (翡翠豆根)

RICE

Sweet Potato Rice
 (番薯饭)

DINNER

MEAT DISH

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

OR

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

SOUP

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

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)

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



YUE ZI LE CONFINEMENT CATERING
小月子 SIGNATURE MENU
- 26TH Of The Month -



LUNCH

MEAT DISH

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

OR

(B)
 Steamed Herbal
 Chicken
 (药材蒸鸡)

SOUP

Nourishing
 Cordyceps Soup
 (虫草兹补汤)

VEGETABLE DISH

Stewed Spinach
 In Superior Stock
 (上汤苋菜)

CARB

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

DINNER

MEAT DISH

(A)
 Hakka Yellow Wine
 Chicken
 (客家黄酒鸡)

OR

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

SOUP

Double Strength Six
 Combination Soup
 (双料六味汤)

VEGETABLE DISH

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

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
小月子 SIGNATURE MENU
- 27TH Of The Month -



LUNCH

MEAT DISH

(A)
Threadfin In
Homemade Sauce
 (清蒸午鱼)

OR

(B)
Signature Pork
Trotter Vinegar
 (月子乐招牌猪脚醋)



SOUP

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

VEGETABLE DISH

Stir Fried French Bean
With Egg & Tomato
 (番茄四季豆炒蛋)

RICE

Five Grain Rice
 (五谷饭)

DINNER

MEAT DISH

(A)
Stir Fried Chicken Cube
In Miso Honey Lemon Sauce
 (味增香柠蜜汁鸡丁)

OR

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

SOUP

Ginseng Chicken
Nourishing Soup
 (人参鸡汤)

VEGETABLE DISH

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

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
小月子 SIGNATURE MENU
- 28TH Of The Month -



LUNCH

MEAT DISH

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

OR

(B)
Braised Dang Gui Chicken With Potato
 (当归马铃薯焖鸡)

SOUP

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

VEGETABLE DISH

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

RICE

Tomato Rice
 (番茄饭)

DINNER

MEAT DISH

(A)
Japanese Style Sesame Grilled Chicken Steak
 (日式芝麻烤鸡扒)

OR

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

SOUP

Cordyceps Blossom Soup
 (蟲草花补汤)

VEGETABLE 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)

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



YUE ZI LE CONFINEMENT CATERING
小月子 SIGNATURE MENU
- 29TH Of The Month -



LUNCH

MEAT DISH

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

OR

(B)
 Stewed Chicken With
 D.O.M Cordyceps Blossom
 (D.O.M冬虫夏草花炖鸡)

SOUP

Tonify Sha Shen
 Yu Zhu Soup
 (沙参玉竹汤)

VEGETABLE DISH

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

RICE

Sweet Corn Rice
 (玉米饭)

DINNER

MEAT DISH

(A)
 Braised Sea Cucumber & Abalone
 With Spinach & Mushroom
 (红烧海参鲍鱼菠菜蘑菇)

OR

(B)
 Beetroot Drumlets
 In Lemon Sauce
 (柠檬甜菜小鸡腿)

SOUP

Miso Tofu
 Fish Soup
 (日式魚湯)

VEGETABLE 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)

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



YUE ZI LE CONFINEMENT CATERING
小月子 SIGNATURE MENU
- 30TH Of The Month -



LUNCH

MEAT DISH

(A)
Teriyaki
Salmon Slice
 (日式烧酱三文鱼)

OR

(B)
Seared Chicken Steak In
Cranberry Sauce
 (香煎蔓越莓鸡扒)

SOUP

Strong Appetite
Support Nourishing Soup
 (双料四神汤)

VEGETABLE DISH

Celery With
Cashew Nut
 (腰果芹菜)

CARB

White Bee Hoon
 (白米粉)

DINNER

MEAT DISH

(A)
Sakana no Nitsuke
 (日式焖鱼)

OR

(B)
Braised Chicken In Red
Wine With Beetroot
 (红酒甜菜根焖鸡)

SOUP

Superior Strong
Nourishing Soup
 (十全大补汤)

VEGETABLE 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)

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



YUE ZI LE CONFINEMENT CATERING
小月子 SIGNATURE MENU
- 31ST Of The Month -



LUNCH

MEAT DISH

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

OR

(B)
Korean Bulgogi Chicken
 (韩式烧酱鸡)

SOUP

Japanese Salmon Soup
 (日式三文鱼汤)

VEGETABLE DISH

Stewed Potatoes With Bean Curd
 (豆腐炖土豆)

RICE

Five Grain Rice
 (五谷饭)

DINNER

MEAT DISH

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

OR

(B)
Signature Pork Trotter Vinegar
 (月子乐招牌猪脚醋)

SOUP

LingZhi Tonic Herbal Soup
 (灵芝大补汤)

VEGETABLE DISH

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

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