



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**  
 - 1<sup>ST</sup> 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**  
 - 2<sup>ND</sup> 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**  
 - 3<sup>RD</sup> 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**  
 - 4<sup>TH</sup> 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**  
 - 5<sup>TH</sup> 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**

Butter Garlic Rice  
 (蒜香饭)

**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**  
 - 6<sup>TH</sup> Of The Month -



**LUNCH**

**DINNER**

**SOUP**

Black Beans Lotus  
 Root Pork Rib Soup  
 (黑豆蓮藕排骨湯)

**SOUP**

Eucommia Kidney  
 Nourishing Soup  
 (杜仲補腰湯)

**MEAT DISH**

Kyoto Vinaigrette  
 Pork Ribs  
 (京都排骨)

**MEAT DISH**

Seared Salmon  
 With Lemon Garlic  
 (檸檬蒜香三文魚)

**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**  
 - 7<sup>TH</sup> 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**  
 - 8<sup>TH</sup> 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**  
 - 9<sup>TH</sup> 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  
 (炖甜菜根魚片)

**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**  
 - 10<sup>TH</sup> 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**  
 - 11<sup>TH</sup> 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**  
 - 12<sup>TH</sup> Of The Month -



**LUNCH**

**DINNER**

**SOUP**

Cordyceps Blossom  
 Soup  
 (蟲草花補湯)

**SOUP**

Japanese Salmon  
 Soup  
 (日式三文魚湯)

**MEAT DISH**

Braised Pork Cube With Beetroot  
 (甜菜根燜豬丁)

**MEAT DISH**

White Fish Capsicum  
 in Black Bean Sauce  
 (白魚炒黑豆醬)

**VEGETABLE DISH**

Shanghai Green  
 With Shiitake Mushroom  
 (上海綠炒香菇)

**VEGETABLE DISH**

Stewed Potatoes  
 With Bean Curd  
 (豆腐燉土豆)

**RICE**

Brown Grain Rice  
 (糙米飯)

**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

## - 13<sup>TH</sup> 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

Butter Garlic Rice  
(蒜香饭)

#### 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**  
 - 14<sup>TH</sup> 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**  
 - **15<sup>TH</sup>** 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**  
 - 16<sup>TH</sup> 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**  
 - 17<sup>TH</sup> 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**

White Fish Fillet In Tomato  
 Italian Herbs Sauce  
 (意式番茄白鱼)

**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**  
 - **18<sup>TH</sup> 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**  
 - 19<sup>TH</sup> 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**  
 - 20<sup>TH</sup> 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**  
 - 21<sup>ST</sup> 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**  
 - 22<sup>ND</sup> 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**

Butter Garlic Rice  
(蒜香饭)

**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**  
 - 23<sup>RD</sup> 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**  
 - 24<sup>TH</sup> 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  
 Bean Curd In Miso Sauce  
 (味增长豆豆腐)

**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**  
 - 25<sup>TH</sup> 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**  
 - 26<sup>TH</sup> 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**  
 - 27<sup>TH</sup> 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  
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 (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**  
 - 28<sup>TH</sup> 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  
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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**  
 - **29<sup>TH</sup>** 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  
 (肉片炒生薑东方酱)

**MEAT DISH**

Red Glutinous Rice  
 Wine Fish Sliced  
 (紅糟魚片)

**VEGETABLE DISH**

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

**VEGETABLE DISH**

Buddha's Delight  
 (罗汉斋)

**RICE**

Sweet Corn Rice  
 (玉米饭)

**RICE**

Quinoa Mixed Rice  
 (藜麦饭)

**BEVERAGE**

YZL Signature Red Dates Dang Shen Tea  
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 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  
 桃胶紅蜜枣汤



YUE ZI LE CONFINEMENT CATERING  
**RECOVERY MENU**  
 - 30<sup>TH</sup> 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**

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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**  
 - 31<sup>ST</sup> 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**

Butter Garlic Rice  
 (蒜香饭)

**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