



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

MEAT DISH

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

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

SOUP

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

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  
**RECOVERY MENU**  
 - 2<sup>ND</sup> Of The Month -



**LUNCH**

**MEAT DISH**

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

**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**

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

**SOUP**

Double Strength Six  
 Combination Soup  
 (双料六味汤)

**VEGETABLE DISH**

Stir Fried Green Papaya  
 With Black Fungus  
 (黑木耳炒青木瓜)

**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

MEAT DISH

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

SOUP

Ginseng Nourishing Soup  
 (人参排骨汤)

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

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

SOUP

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

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  
**RECOVERY MENU**  
 - 4<sup>TH</sup> Of The Month -



LUNCH

MEAT DISH

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

SOUP

LingZhi Tonic Herbal Soup  
 (灵芝大补汤)

VEGETABLE DISH

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

RICE

Dang Gui Rice  
 (当归饭)

DINNER

MEAT DISH

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)

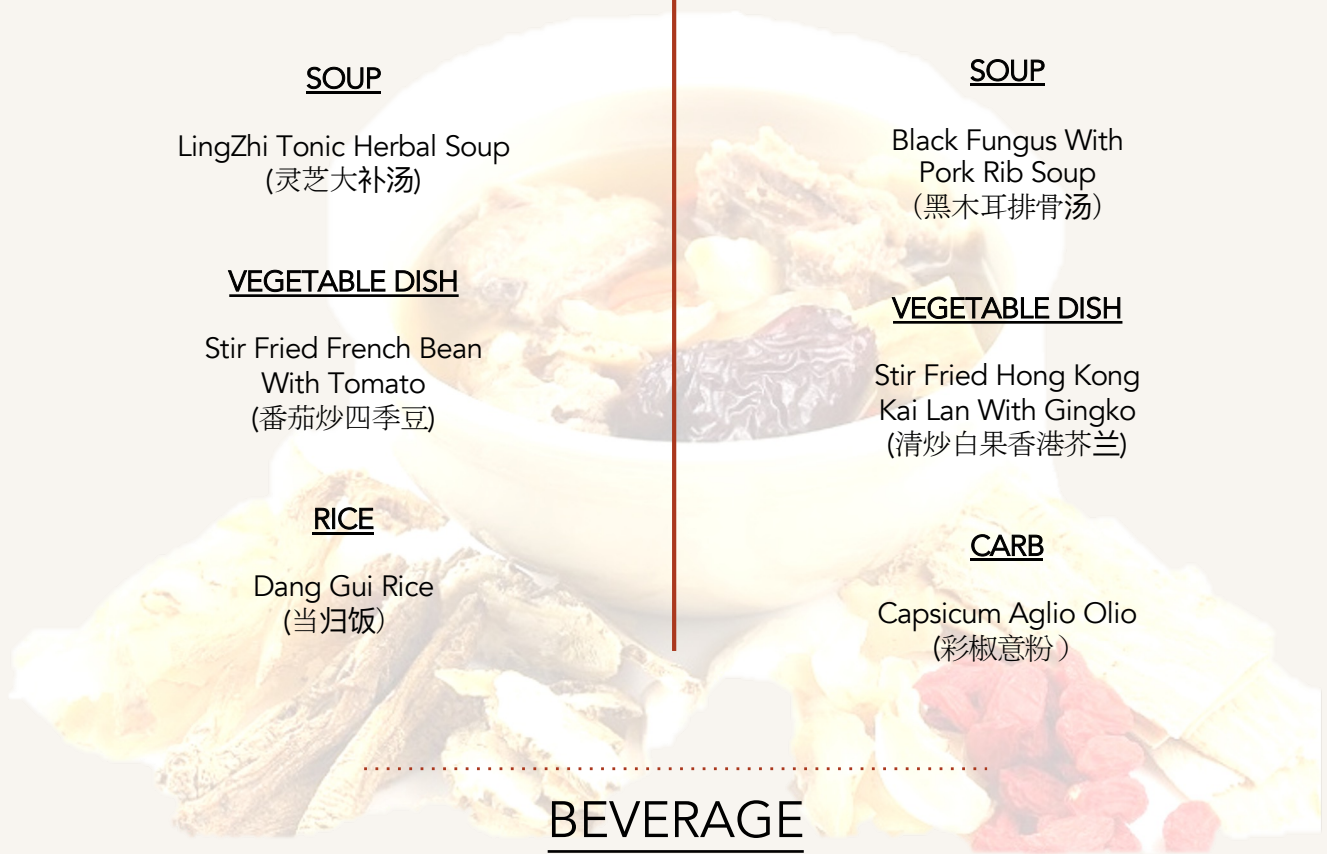
Rice Ball In  
 Ginger Soup  
 汤圆姜汁甜汤

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  
**RECOVERY MENU**  
 - 5<sup>TH</sup> Of The Month -



LUNCH

MEAT DISH

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

SOUP

Corn Pork Rib Soup  
 (薯玉米排骨汤)

VEGETABLE DISH

Stewed Spinach  
 With Minced Meat  
 (红苋菜肉碎)

RICE

Tri Colour Cargo Rice  
 (三色饭)

DINNER

MEAT DISH

Stir Fried Fish Slice  
 With Ginger & Onion  
 (姜葱生鱼片)

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

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



LUNCH

MEAT DISH

Kyoto Vinaigrette  
 Pork Ribs  
 (京都排骨)

SOUP

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

VEGETABLE DISH

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

CARB

Japanese Yaki Udon  
 (日式烏冬麵)

DINNER

MEAT DISH

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

SOUP

Eucommia Kidney  
 Nourishing Soup  
 (杜仲補腰湯)

VEGETABLE DISH

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

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

MEAT DISH

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

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

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

SOUP

Fenugreek Green  
 Papaya Fish Soup  
 (葫芦巴青木瓜鱼汤)

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  
**RECOVERY MENU**  
 - 8<sup>TH</sup> Of The Month -



**LUNCH**

**MEAT DISH**

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

**SOUP**

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

**VEGETABLE DISH**

Buddha's Delight  
 (罗汉斋)

**RICE**

Five Grain Rice  
 (五谷饭)

**DINNER**

**MEAT DISH**

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

**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 Fusilli 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

MEAT DISH

Stewed Papaya  
 Fish Slice  
 (炖木瓜鱼片)

SOUP

Miso Tofu  
 Fish Soup  
 (日式鱼汤)

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

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

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  
**RECOVERY MENU**  
 - **10<sup>TH</sup>** Of The Month -



**LUNCH**

**MEAT DISH**

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

**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**

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

**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)

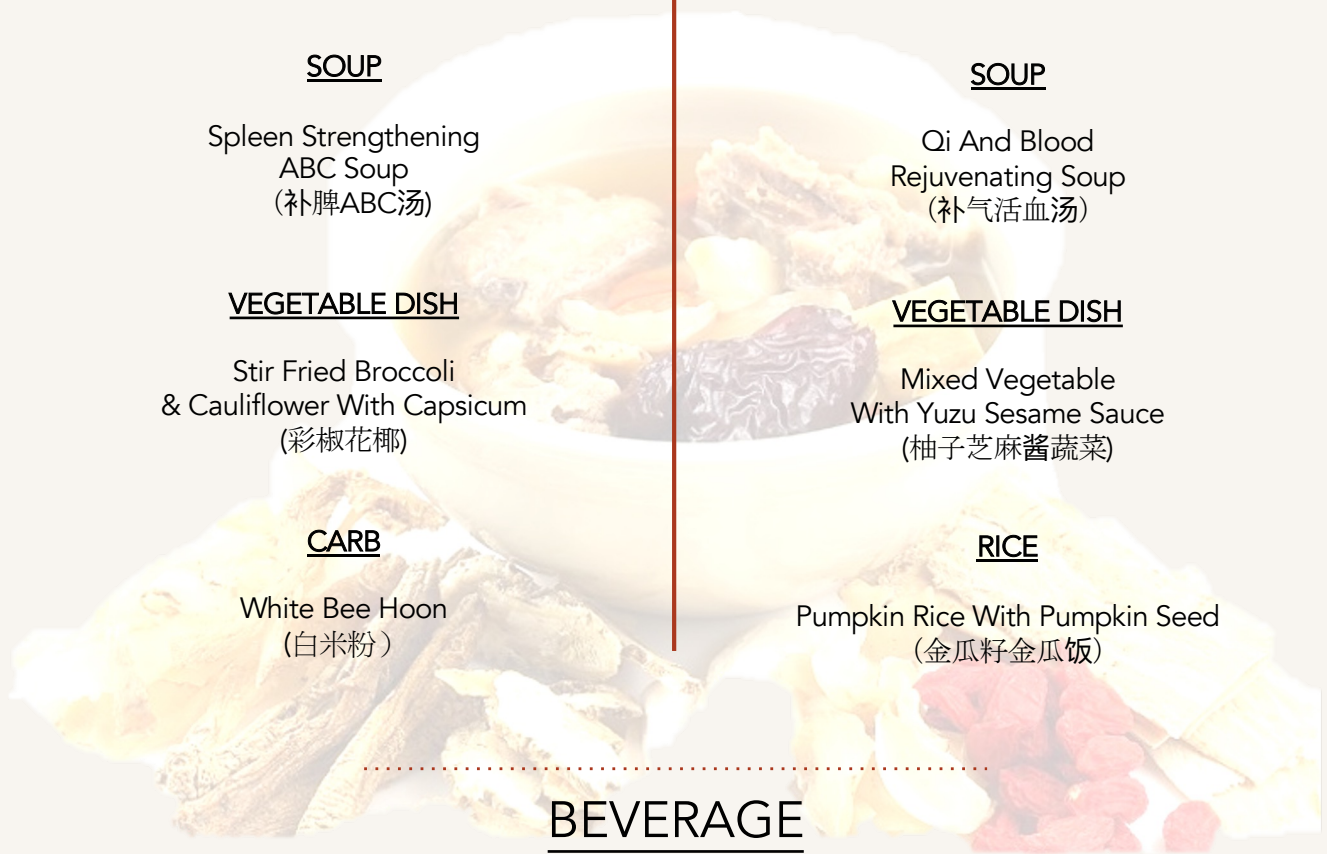
Rice Ball In  
 Ginger Soup  
 汤圆姜汁甜汤

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  
**RECOVERY MENU**  
 - 11<sup>TH</sup> Of The Month -



LUNCH

MEAT DISH

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

SOUP

Four Items Decoction  
 Pork Ribs Soup  
 (四物湯)

VEGETABLE DISH

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

RICE

Ginkgo Nut Rice  
 (白果飯)

DINNER

MEAT DISH

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

SOUP

Tonify Sha Shen  
 Yu Zhu Soup  
 (沙參玉竹湯)

VEGETABLE DISH

Stir Fried Spinach  
 With Silver Fish  
 (銀魚炒菠菜)

RICE

Ginger Sesame Oil Rice  
 (麻油姜飯)

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



**LUNCH**

**MEAT DISH**

Traditional Braised Pork  
 (传统扣肉)

**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**

White Fish Capsicum in Black Bean Sauce  
 (白鱼炒黑豆酱)

**SOUP**

Japanese Salmon Soup  
 (日式三文鱼汤)

**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  
**RECOVERY MENU**  
 - **13<sup>TH</sup>** Of The Month -



**LUNCH**

**MEAT DISH**

Sesame Pan Seared Salmon  
 (芝麻三文鱼)

**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**

Butter Garlic Rice  
 (蒜香饭)

**DINNER**

**MEAT DISH**

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

**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  
**RECOVERY MENU**  
 - **14<sup>TH</sup>** Of The Month -



**LUNCH**

**MEAT DISH**

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

**SOUP**

Fenugreek Green  
 Papaya Fish Soup  
 (葫芦巴青木瓜鱼汤)

**VEGETABLE DISH**

Truffle Shiitake  
 Edamame  
 (松露香菇毛豆)

**CARB**

Capsicum Aglio Olio  
 (彩椒意粉)

**DINNER**

**MEAT DISH**

Teriyaki  
 Salmon Slice  
 (日式烧酱三文鱼)

**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  
**RECOVERY MENU**  
 - **15<sup>TH</sup>** Of The Month -



**LUNCH**

**MEAT DISH**

French Cod With Tofu  
 In Superior Sauce  
 (清蒸特汁雪魚豆腐)

**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**

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

**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  
**RECOVERY MENU**  
 - 16<sup>TH</sup> Of The Month -



**LUNCH**

**MEAT DISH**

Sakana no Nitsuke  
 (日式焖鱼)

**SOUP**

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

**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**

Sweet & Sour Fish  
 (酸甜鱼片)

**SOUP**

Corn Pork Rib Soup  
 (薯玉米排骨汤)

**VEGETABLE DISH**

Stir Fried French Bean  
 With Bean Curb  
 (四季豆炒豆干)

**CARB**

Japanese Yaki Udon  
 (日式烏冬麵)

**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**

**MEAT DISH**

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

**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**

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

**SOUP**

Ginseng Nourishing Soup  
 (人参药材汤)

**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  
**RECOVERY MENU**  
 - **18<sup>TH</sup>** Of The Month -



**LUNCH**

**MEAT DISH**

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

**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 Fusilli In Tomato Sauce  
(義大利番茄粉)

**DINNER**

**MEAT DISH**

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

**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  
**RECOVERY MENU**  
 - **19<sup>TH</sup>** Of The Month -



**LUNCH**

**MEAT DISH**

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

**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**

Kyoto Vinaigrette  
 Pork Ribs  
 (京都排骨)

**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)

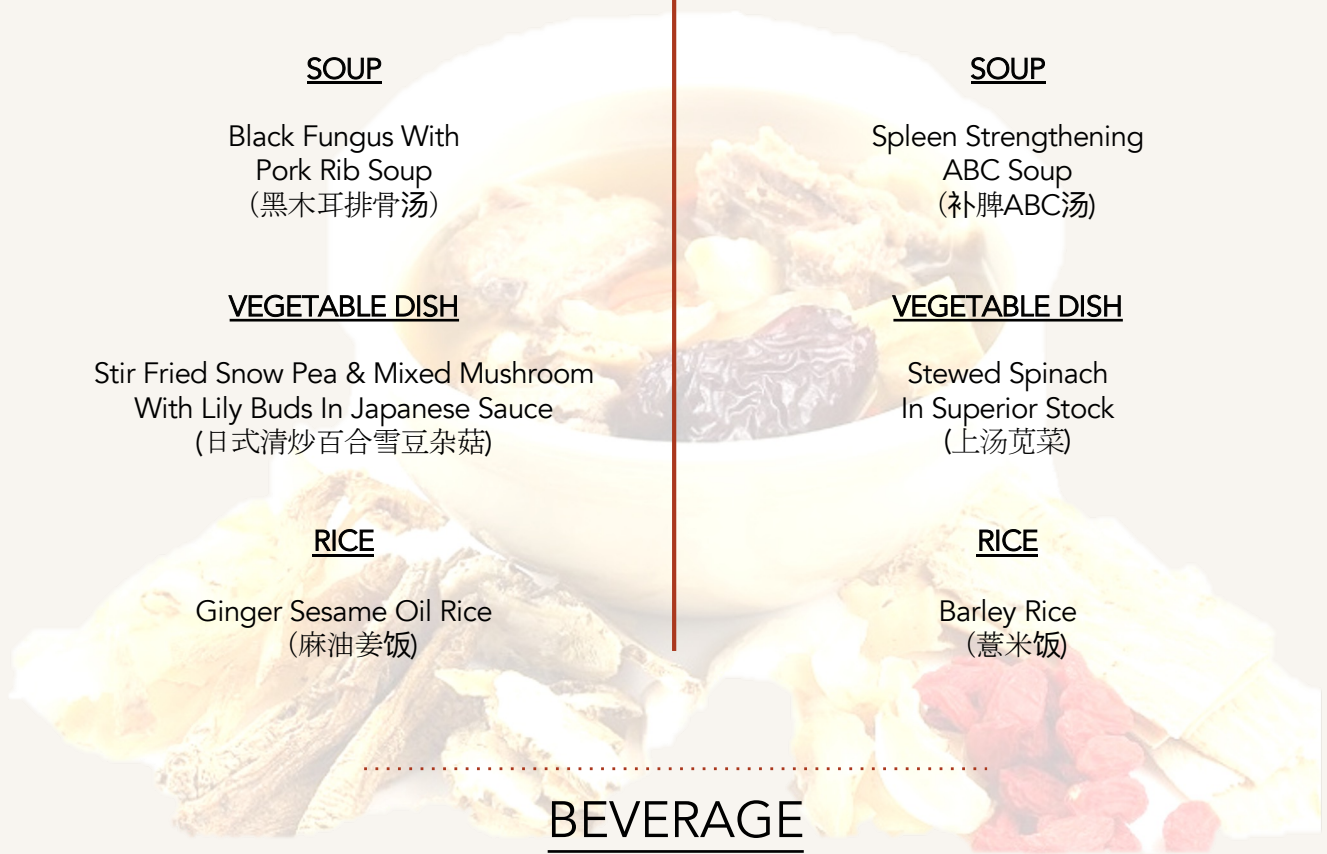
Rice Ball In  
 Ginger Soup  
 汤圆姜汁甜汤

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  
**RECOVERY MENU**  
 - 20<sup>TH</sup> Of The Month -



LUNCH

MEAT DISH

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

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

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  
**RECOVERY MENU**  
 - 21<sup>ST</sup> Of The Month -



LUNCH

MEAT DISH

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

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

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

SOUP

Fenugreek Green  
Papaya Fish Soup  
(葫芦巴青木瓜鱼汤)

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)

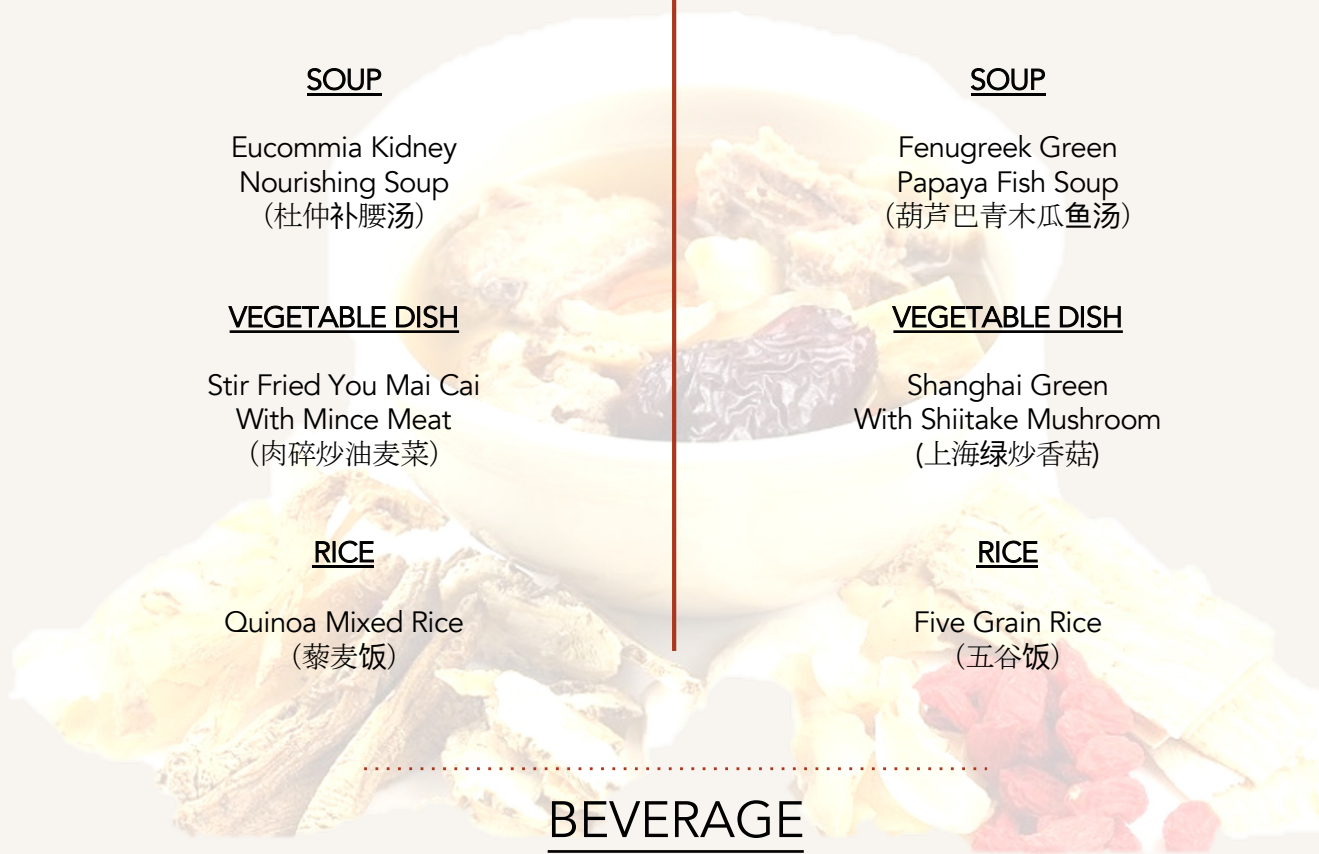
Rice Ball In  
Ginger Soup  
汤圆姜汁甜汤

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

MEAT DISH

MEAT DISH

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

Stewed Papaya  
 Fish Slice  
 (炖木瓜鱼片)

SOUP

SOUP

Superior Strong  
 Nourishing Soup  
 (十全大补汤)

Four Items Decoction  
 Pork Ribs Soup  
 (四物汤)

VEGETABLE DISH

VEGETABLE DISH

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

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

CARB

RICE

Homemade Stir Fried Mee Sua  
 (家乡面线)

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)

Wednesday  
 (Lunch)

Friday  
 (Lunch)

Saturday  
 (Dinner)

Black Glutinous  
 Sticky Rice  
 With Gula Melaka  
 椰糖黑糯米

Rice Ball In  
 Ginger Soup  
 汤圆姜汁甜汤

Red Bean Soup With  
 Lily Blub  
 And Orange Peel  
 百合陈皮红豆汤

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**

**MEAT DISH**

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

**SOUP**

LingZhi Tonic  
 Herbal Soup  
 (灵芝大补汤)

**VEGETABLE DISH**

Stir Fried Green Papaya  
 With Black Fungus  
 (黑木耳炒青木瓜)

**RICE**

Brown Grain Rice  
 (糙米饭)

**DINNER**

**MEAT DISH**

Traditional  
 Braised Pork  
 (传统扣肉)

**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  
**RECOVERY MENU**  
 - 24<sup>TH</sup> Of The Month -



**LUNCH**

**MEAT DISH**

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

**SOUP**

Japanese  
 Salmon Soup  
 (日式三文魚湯)

**VEGETABLE DISH**

Long Bean With  
 BeanCurd In Miso Sauce  
 (味增长豆腐)

**RICE**

Dang Gui Rice  
 (当归饭)

**DINNER**

**MEAT DISH**

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

**SOUP**

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

**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  
**RECOVERY MENU**  
 - 25<sup>TH</sup> Of The Month -



LUNCH

MEAT DISH

Braised Pork With  
 Beancurd Skin And Mushroom  
 (香燜猪软骨)

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

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  
**RECOVERY MENU**  
 - 26<sup>TH</sup> Of The Month -



**LUNCH**

**MEAT DISH**

Stir Fried Fish Slice  
 With Ginger & Onion  
 (姜葱生鱼片)

**SOUP**

Nourishing  
 Cordyceps Soup  
 (虫草兹朴汤)

**VEGETABLE DISH**

Stewed Spinach  
 In Superior Stock  
 (上汤苋菜)

**CARB**

Japanese Yaki Udon  
 (日式烏冬麵)

**DINNER**

**MEAT DISH**

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  
**RECOVERY MENU**  
 - 27<sup>TH</sup> Of The Month -



**LUNCH**

**MEAT DISH**

Threadfin In  
Homemade Sauce  
(清蒸午鱼)

**SOUP**

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

**VEGETABLE DISH**

Stir Fried French Bean  
With Bean Curb  
(四季豆炒豆干)

**RICE**

Five Grain Rice  
(五谷饭)

**DINNER**

**MEAT DISH**

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

**SOUP**

Ginseng Nourishing Soup  
(人参排骨汤)

**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  
**RECOVERY MENU**  
 - 28<sup>TH</sup> Of The Month -



LUNCH

MEAT DISH

Sweet & Sour Fish  
 (酸甜魚片)

SOUP

Fenugreek Green  
 Papaya Fish Soup  
 (葫蘆巴青木瓜魚湯)

VEGETABLE DISH

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

RICE

Tomato Rice  
 (番茄飯)

DINNER

MEAT DISH

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

SOUP

Cordyceps  
 Blossom Soup  
 (蟲草花補湯)

VEGETABLE DISH

Stir Fried Sweet Potato Leaves  
 With Pumpkin  
 (番薯葉炒金瓜)

CARB

Italian Fusilli 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**  
 - 29<sup>TH</sup> Of The Month -



LUNCH

MEAT DISH

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

SOUP

Tonify Sha Shen  
 Yu Zhu Soup  
 (沙參玉竹湯)

VEGETABLE DISH

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

RICE

Sweet Corn Rice  
 (玉米飯)

DINNER

MEAT DISH

Red Glutinous Rice  
 Wine Fish Sliced  
 (紅糟魚片)

SOUP

Miso Tofu  
 Fish Soup  
 (日式魚湯)

VEGETABLE DISH

Buddha's Delight  
 (羅漢齋)

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



**LUNCH**

**MEAT DISH**

Teriyaki  
 Salmon Slice  
 (日式烧酱三文鱼)

**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**

Sakana no Nitsuke  
 (日式焖鱼)

**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  
**RECOVERY MENU**  
 - 31<sup>ST</sup> Of The Month -



LUNCH

MEAT DISH

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

SOUP

Japanese  
 Salmon Soup  
 (日式三文魚湯)

VEGETABLE DISH

Stewed Potatoes  
 With Bean Curd  
 (豆腐炖土豆)

RICE

Five Grain Rice  
 (五谷饭)

DINNER

MEAT DISH

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

SOUP

LingZhi Tonic  
 Herbal Soup  
 (灵芝大补汤)

VEGETABLE DISH

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

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

