



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

# FIRST WEEK MENU

## - 首星期菜单 -

Yue Zi Le Confinement Catering First week menu is meticulously designed with overall wellness in mind. Recognizing the significance of a seamless recovery process, this specially crafted menu aims to provide nourishment and healing through a careful selection of ingredients. Drawing from the wisdom of traditional Chinese medicine, each meal incorporates elements that support and promote physical restoration and emotional well-being. Whether it's nutrient-rich soups packed with vital minerals or gentle steamed dishes to replenish energy levels, every item on this unique menu serves its purpose in enhancing recovery. From promoting recovery to alleviating discomfort, these thoughtfully curated meals intricately understand the specific needs during this crucial period.

\*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.
- EXTRA Sesame Oil.





YUE ZI LE CONFINEMENT CATERING  
FIRST WEEK MENU 首星期菜单

- MONDAY -



LUNCH

SOUP

Ling Zhi Tonic  
Herbal Soup  
(灵芝大补汤)

*Soup Benefits:*  
Helps speed up the metabolism of the  
medicine and reduce the toxicity of the liver.  
Ling Zhi also helps in reducing dizziness and  
fatigue after childbirth.

MEAT DISH

Ginger Sesame Oil Pork Slice  
(麻油猪肉片)

VEGETABLE DISH

Japanese Style Trio Mushroom Broccoli  
(日式三菇西兰花)

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)

DINNER

SOUP

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

*Soup Benefits:*  
Rich in antioxidant, black garlic aids in the  
overall recovery. With the additional of the  
goodness of traditional herbal bak kut teh,  
your overall wellness will be enhanced.

MEAT DISH

Truffle Seared Salmon With Mushroom  
(松露双菇三文鱼)

VEGETABLE DISH

Stir Fried Seasonal Vegetable  
(素炒时蔬)

RICE

Red Dates Rice  
(红枣饭)

BEVERAGE

YZL Signature Red Dates Dang Shen  
Tea  
(月子樂紅棗黨參茶)

DESSERT

Black Glutinous With Gula Melaka  
(椰糖黑糯米)



YUE ZI LE CONFINEMENT CATERING  
FIRST WEEK MENU 首星期菜单

- TUESDAY -



LUNCH

SOUP

Miso Tofu Fish Soup  
(日式魚湯)

*Soup Benefits:*  
Miso support gut health. Miso promotes levels of beneficial bacteria, known as probiotics. This soup will promote vitamin levels & immunity. Sheng Yu is known to help wound recovery.

MEAT DISH

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

VEGETABLE DISH

Veg. XO Long Bean with Minced Meat  
(素X.O肉碎长豆)

RICE

Lemongrass Rice  
(香茅饭)

BEVERAGE

Osmanthus Red Dates Tea  
(桂花紅棗茶)

DINNER

SOUP

Revitalising Tonic Soup  
(大补汤)

*Soup Benefits:*  
Has the effect of warming and nourishing qi and blood, improving the symptoms of women's qi and blood deficiency, and has a good effect on improving patients with qi deficiency and fatigue.

MEAT DISH

Tioman Slice With  
Ginger & Onion  
(姜葱生鱼片)

VEGETABLE DISH

Cauliflower With Beancurd Stick  
(花椰菜炒面筋)

RICE

Saffron Rice  
(红花饭)

BEVERAGE

Osmanthus Red Dates Tea  
(桂花紅棗茶)



YUE ZI LE CONFINEMENT CATERING  
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- WEDNESDAY -



LUNCH

SOUP

Spleen Strengthening  
ABC Soup  
(补脾ABC汤)

*Soup Benefits:*  
Helps to stimulate your appetite but also nourishes the kidney and reduced water retention. It contains protein that will strengthen the body, spleen and stomach.

MEAT DISH

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

VEGETABLE DISH

Stewed King Oyster And Chayote  
(杏鲍菇炖佛手瓜)

RICE

Sweet Potato Rice  
(番薯饭)

BEVERAGE

YZL Signature Red Dates Dang Shen  
Tea  
(月子樂紅棗黨參茶)

DESSERT

Rice Ball In Ginger Soup  
(汤圆姜汁甜汤)

DINNER

SOUP

Six Combination  
Soup  
(双料六味汤)

*Soup Benefits:*  
Has a good effect of invigorating the spleen and benefiting the lungs, while nourishing and moistening the lungs. The family soup is suitable for all ages, and those who are recovering.

MEAT DISH

Sautéed Pork Slice With Yomeishu  
(香煎养命酒肉片)

VEGETABLE DISH

Stir Fried Potato With Shiitake  
Mushroom  
(马铃薯炒香菇)

RICE

Brown Grain Rice  
(糙米饭)

BEVERAGE

YZL Signature Red Dates Dang Shen  
Tea  
(月子樂紅棗黨參茶)



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- THURSDAY -



**LUNCH**

**SOUP**

**Qi And Blood  
Rejuvenating Soup  
(补气活血汤)**

*Soup Benefits:*

Well-known for tonifying Qi and blood for vitality and rejuvenation, combining with carefully selected herbs, fresh ingredients, and slow-cooked to extract the essence and flavor, this soup has a deep taste with a hint of natural sweetness.

**MEAT DISH**

**Japanese Style Sesame Grilled Pork  
Steak  
(日式芝麻烤猪扒)**

**VEGETABLE DISH**

**Stir Fried Baby Kai Lan With  
Lemongrass  
(香茅炒芥兰)**

**RICE**

**Barley Rice  
(薏米饭)**

**BEVERAGE**

**Osmanthus Red Dates Tea  
(桂花紅棗茶)**

**DINNER**

**SOUP**

**Appetite Support  
Nourish Soup  
(双料四神汤)**

*Soup Benefits:*

Lotus Seeds (Xiang Lian Zi), Poria (Fu Ling), Chinese Yam (Huai Shan) and Gordon Euryale Seeds (Qian Shi) strengthen a weak digestive system and improves the absorption of nutrients via the digestive tract.

**MEAT DISH**

**Braised Sheng Yu With  
Beancurd  
(豆腐炖生鱼)**

**VEGETABLE DISH**

**Lotus Root & Sweet Pea With  
Ginko Nut  
(莲藕甜豆炒白果)**

**RICE**

**Mixed Mushroom Rice  
(蘑菇香菇饭)**

**BEVERAGE**

**Osmanthus Red Dates Tea  
(桂花紅棗茶)**

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- FRIDAY -



LUNCH

SOUP

Nourish Cordyceps  
Blossom Soup  
(虫草花苕朴汤)

*Soup Benefits:*

According to Traditional Chinese Medicine, cordyceps flower have the following health benefits: Nourish lungs, Reduce fatigue, Enhance our immune system, Improve sleep, Tonify kidneys and liver, Moisten the throat, Anti-aging.

MEAT DISH

Steamed Salmon With Ginkgo  
(白果蒸三文鱼)

VEGETABLE DISH

Stir Fried Spinach With Black Fungus  
(黑木耳菠菜炒豆卜)

RICE

Tri Colour Cargo Rice  
(三色饭)

BEVERAGE

YZL Signature Red Dates Dang Shen  
Tea  
(月子樂紅棗黨參茶)

DESSERT

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

DINNER

SOUP

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

*Soup Benefits:*

Lotus roots and black beans are naturally high in fiber, high in vitamin C, high in potassium, copper, which increase iron level, boost immunity, and promotes glowing skin, and cardiovascular health.

MEAT DISH

Hakka Yellow Wine Pork Slice  
(客家黄酒肉片)

VEGETABLE DISH

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

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)



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- SATURDAY -



LUNCH

SOUP

Salmon Corn Herbal Soup  
(三文鱼玉米药材汤)

*Soup Benefits:*

This soup is highly beneficial for your heart. Sweet corn soup has omega 3 fatty acids which helps in reducing the risk of heart-related issues. It also has natural oil which has a good fatty acid combination.

MEAT DISH

Korean Bulgogi Pork Slice  
(韩式烧酱猪肉片)

VEGETABLE DISH

Steamed Tofu  
With Homemade Sauce  
(清蒸豆腐与自制酱)

RICE

Lotus Seed Rice  
(莲子饭)

BEVERAGE

Osmanthus Red Dates Tea  
(桂花红棗茶)

DINNER

SOUP

Tonify Sha Shen YuZhu Soup  
(沙参玉竹汤)

*Soup Benefits:*

Sha Shen is sweet and slightly bitter. It has the functions of nourishing Lung Yin and clearing Lung. Additionally, it nourishes Stomach Yin and generates fluids.

MEAT DISH

Stir-Fried White Fish With Capsicum  
(青椒炒白鱼)

VEGETABLE DISH

Pumpkin with Green Pea & Minced  
Meat  
(清炒金瓜肉碎)

RICE

Sweet Corn Rice  
(玉米饭)

BEVERAGE

Osmanthus Red Dates Tea  
(桂花红棗茶)

DESSERT

Peach Resin In Honey Dates Soup  
(桃胶红蜜枣汤)

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- SUNDAY -



LUNCH

SOUP

Eight Treasure  
Tonic Soup  
(双料八珍排骨汤)

*Soup Benefits:*

This medicinal soup helps one regain strength and stamina. Formulated specifically to combat what Traditional Chinese Medicine refer to as 'Blood and Qi deficiency', it helps improves pale complexion, shortness of breath, and irregular or painful menstruation.

MEAT DISH

Sweet & Sour Fish Slice  
(酸甜鱼片)

VEGETABLE DISH

Capsicum & Baby Corn with  
Mushroom  
(灯笼椒玉米笋炒双菇)

RICE

Butter Garlic Rice  
(蒜香饭)

BEVERAGE

YZL Signature Red Dates Dang Shen  
Tea  
(月子樂紅棗黨參茶)

DINNER

SOUP

Red Date Saffron Tioman  
Soup  
(滋养红枣红花生鱼汤)

*Soup Benefits:*

Heralded as a superfood and as the King of Nuts in China, Red dates are often present in TCM prescriptions and brewed herbal tonics. Chinese dates can strengthen the spleen and stomach Qi (energy) which helps to digest food, tonify blood and tranquilize the mind.

MEAT DISH

Stewed Red Wine Pork Rib  
(红酒炖排骨)

VEGETABLE DISH

Poached Nai Bai  
In Tofu Sauce  
(奶白豆腐)

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)