



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**  
**- 1<sup>ST</sup> Of The Month -**



**LUNCH**

**MEAT DISH**

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

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

Butter Garlic Rice  
 (蒜香饭)

**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**  
**- 6<sup>TH</sup> 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  
 月子乐红棗黨參茶  
 (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**  
**- 7<sup>TH</sup> 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**  
**- 8<sup>TH</sup> 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**  
**- 9<sup>TH</sup> 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  
 (虫草兹朴汤)

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



**LUNCH**

**MEAT DISH**

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

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**  
**- 12<sup>TH</sup> 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)**  
 White Fish Capsicum  
 in Black Bean Sauce  
 (白鱼炒黑豆酱)

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**  
**- 13<sup>TH</sup> 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**

**Butter Garlic Rice**  
 (蒜香饭)

**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**  
**- 14<sup>TH</sup> 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**  
**- 15<sup>TH</sup> 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 Chicken**  
**With Potato**  
 (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**  
**- 16<sup>TH</sup> 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**  
**- 17<sup>TH</sup> 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)**  
**White Fish Fillet In Tomato**  
**Italian Herbs Sauce**  
 (意式番茄白鱼)

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**  
**- 18<sup>TH</sup> 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**  
**- 19<sup>TH</sup> 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**  
**- 20<sup>TH</sup> Of The Month -**



**LUNCH**

**MEAT DISH**

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

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**  
**- 21<sup>ST</sup> 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**  
 桂花红棗茶  
 (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**  
**- 22<sup>ND</sup> 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**

**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  
**小月子 SIGNATURE MENU**  
**- 23<sup>RD</sup> 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**  
**- 24<sup>TH</sup> 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**  
**- 25<sup>TH</sup> 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**  
**- 26<sup>TH</sup> 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  
 (虫草兹朴汤)

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



**LUNCH**

**MEAT DISH**

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

OR

**RECOMMENDED**  
 (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**  
**- 28<sup>TH</sup> Of The Month -**



**LUNCH**

**MEAT DISH**

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

OR

**(B)**  
**Braised Chicken With Potato**  
 (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**  
**- 29<sup>TH</sup> 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**  
**- 30<sup>TH</sup> 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**  
**- 31<sup>ST</sup> 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**

**Butter Garlic Rice**  
 (蒜香饭)



**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**  
 桂花红棗茶  
 (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