



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

MINI CONFINEMENT SIGNATURE MENU

- 小月子康復菜單 -

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

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

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

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

Menu Highlight:

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





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



LUNCH

MEAT DISH

(A)
 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

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

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
小月子 SIGNATURE MENU
- 2ND Of The Month -



LUNCH

MEAT DISH

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

OR

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

SOUP

Spleen Strengthening
 ABC Soup
 (补脾ABC汤)

VEGETABLE DISH

Stir Fried Celery
 With Mushroom
 (西芹炒香菇)

CARB

Homemade Stir Fried Mee Sua
 (家乡面线)

DINNER

MEAT DISH

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

OR

(B)
 Ginger Sesame
 Oil Chicken
 (麻油鸡)

SOUP

Double Strength Six
 Combination Soup
 (双料六味汤)

VEGETABLE DISH

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

RICE

Five Grain Rice
 (五谷饭)



BEVERAGE

YZL Signature Red Dates Dang Shen Tea
 月子樂紅棗黨參茶
 (Served Every Monday, Wednesday,
 Friday & Sunday)

Osmanthus Red Dates Tea
 桂花紅棗茶
 (Served Every Tuesday, Thursday & Saturday)

DESSERT

Monday
 (Dinner)

Black Glutinous
 Sticky Rice
 With Gula Melaka
 椰糖黑糯米

Wednesday
 (Lunch)

Rice Ball In
 Ginger Soup
 汤圆姜汁甜汤

Friday
 (Lunch)

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

Saturday
 (Dinner)

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



YUE ZI LE CONFINEMENT CATERING
小月子 SIGNATURE MENU
- 3RD Of The Month -



LUNCH

MEAT DISH

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

OR

RECOMMENDED
 (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

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
- 4TH Of The Month -



LUNCH

MEAT DISH



(A)

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

OR

(B)

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

SOUP

LingZhi Tonic Herbal Soup
 (灵芝大补汤)

VEGETABLE DISH

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

RICE

Dang Gui Rice
 (当归饭)

DINNER

MEAT DISH

(A)

Three Cup Chicken
 (三杯鸡)

OR

(B)

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

SOUP

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

VEGETABLE DISH

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

CARB

Capsicum Aglio Olio
 (彩椒意粉)

BEVERAGE

YZL Signature Red Dates Dang Shen Tea
 月子樂紅棗黨參茶
 (Served Every Monday, Wednesday,
 Friday & Sunday)

Osmanthus Red Dates Tea
 桂花紅棗茶
 (Served Every Tuesday, Thursday & Saturday)

DESSERT

Monday
 (Dinner)

Black Glutinous
 Sticky Rice
 With Gula Melaka
 椰糖黑糯米

Wednesday
 (Lunch)

Rice Ball In
 Ginger Soup
 汤圆姜汁甜汤

Friday
 (Lunch)

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

Saturday
 (Dinner)

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



YUE ZI LE CONFINEMENT CATERING
小月子 SIGNATURE MENU
- 5TH Of The Month -



LUNCH

MEAT DISH

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

OR

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



SOUP

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

VEGETABLE DISH

Stewed Spinach
 With Minced Meat
 (红苋菜肉碎)

RICE

Tri Colour Cargo Rice
 (三色饭)

DINNER

MEAT DISH

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

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

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
- 6TH Of The Month -



LUNCH

MEAT DISH

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

OR

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

SOUP

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

VEGETABLE DISH

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

CARB

Japanese Yaki Udon
 (日式烏冬麵)

DINNER

MEAT DISH

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

OR

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

SOUP

Eucommia Kidney
 Nourishing Soup
 (杜仲补腰汤)

VEGETABLE DISH

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

RICE

Brown Grain Rice
 (糙米饭)



BEVERAGE

YZL Signature Red Dates Dang Shen Tea
 月子樂紅棗黨參茶
 (Served Every Monday, Wednesday,
 Friday & Sunday)

Osmanthus Red Dates Tea
 桂花紅棗茶
 (Served Every Tuesday, Thursday & Saturday)

DESSERT

Monday
 (Dinner)

Black Glutinous
 Sticky Rice
 With Gula Melaka
 椰糖黑糯米

Wednesday
 (Lunch)

Rice Ball In
 Ginger Soup
 汤圆姜汁甜汤

Friday
 (Lunch)

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

Saturday
 (Dinner)

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



YUE ZI LE CONFINEMENT CATERING
小月子 SIGNATURE MENU
- 7TH Of The Month -



LUNCH

MEAT DISH

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

OR

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

SOUP

Superior Strong
 Nourishing Soup
 (十全大补汤)

VEGETABLE DISH

Braised Tofu
 With Enoki
 (红烧豆腐)

RICE

Ginger Sesame Oil Rice
 (麻油姜饭)

DINNER

MEAT DISH

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

OR

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

SOUP

Corn Pork Rib Soup
 (薯玉米排骨汤)

VEGETABLE DISH

Broccoli With Braised
 Beancurd Stick
 (翡翠豆根)

RICE

Sweet Potato Rice
 (番薯饭)

BEVERAGE

YZL Signature Red Dates Dang Shen Tea
 月子樂紅棗黨參茶
 (Served Every Monday, Wednesday,
 Friday & Sunday)

Osmanthus Red Dates Tea
 桂花紅棗茶
 (Served Every Tuesday, Thursday & Saturday)

DESSERT

Monday
 (Dinner)

Black Glutinous
 Sticky Rice
 With Gula Melaka
 椰糖黑糯米

Wednesday
 (Lunch)

Rice Ball In
 Ginger Soup
 汤圆姜汁甜汤

Friday
 (Lunch)

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

Saturday
 (Dinner)

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



YUE ZI LE CONFINEMENT CATERING
小月子 SIGNATURE MENU
- 8TH Of The Month -



LUNCH

MEAT DISH

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

OR

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

SOUP

Polygonum Multiflorum
 Chicken Soup
 (何首乌炖鸡汤)

VEGETABLE DISH

Buddha's Delight
 (罗汉斋)

RICE

Five Grain Rice
 (五谷饭)

DINNER

MEAT DISH

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

OR

(B)
 Traditional Minced
 Ginger Chicken
 (姜蓉鸡)

SOUP

Strong Appetite
 Support Nourishing Soup
 (双料四神汤)

VEGETABLE DISH

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

CARB

Italian 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
小月子 SIGNATURE MENU
- 9TH Of The Month -



LUNCH

MEAT DISH

(A)
 Red Glutinous Rice Wine
 Fish Sliced
 (紅糟魚片)

OR

(B)
 Black Garlic Stewed
 Pork Trotter
 黑蒜香菇豬腳

SOUP

Miso Tofu
 Fish Soup
 (日式魚湯)

VEGETABLE DISH

Stir Fried Baby Kai Lan
 With King Oyster Mushroom
 (芥蘭香炒雞腿菇)

RICE

Longan And Wolfberry Rice
 (桂圓枸杞飯)

DINNER

MEAT DISH

(A)
 Stir Fried Fish Slice
 in Rice Wine & Saffron
 (米酒紅花燜生魚)

OR

(B)
 Seared Chicken Breast In
 Cranberry Sauce
 (香煎蔓越莓雞胸)

SOUP

Nourishing Cordyceps
 Soup
 (蟲草滋朴湯)

VEGETABLE DISH

Long Bean With
 Bean Curd In Miso Sauce
 (味噌長豆豆腐)

RICE

Sweet Corn Rice
 (玉米飯)

BEVERAGE

YZL Signature Red Dates Dang Shen Tea
 月子樂紅棗黨參茶
 (Served Every Monday, Wednesday,
 Friday & Sunday)

Osmanthus Red Dates Tea
 桂花紅棗茶
 (Served Every Tuesday, Thursday & Saturday)

DESSERT

Monday
 (Dinner)

Black Glutinous
 Sticky Rice
 With Gula Melaka
 椰糖黑糯米

Wednesday
 (Lunch)

Rice Ball In
 Ginger Soup
 汤圆姜汁甜汤

Friday
 (Lunch)

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

Saturday
 (Dinner)

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





YUE ZI LE CONFINEMENT CATERING
小月子 SIGNATURE MENU
- 10TH Of The Month -



LUNCH

MEAT DISH

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

OR

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

SOUP

Spleen Strengthening
 ABC Soup
 (補脾ABC湯)

VEGETABLE DISH

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

CARB

White Bee Hoon
 (白米粉)

DINNER

MEAT DISH

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

OR

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

SOUP

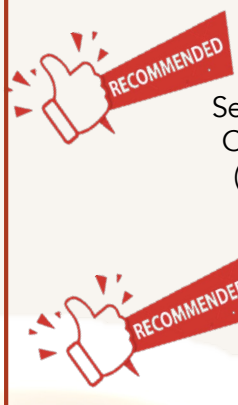
Qi And Blood
 Rejuvenating Soup
 (補氣活血湯)

VEGETABLE DISH

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

RICE

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



BEVERAGE

YZL Signature Red Dates Dang Shen Tea
 月子樂紅棗黨參茶
 (Served Every Monday, Wednesday,
 Friday & Sunday)

Osmanthus Red Dates Tea
 桂花紅棗茶
 (Served Every Tuesday, Thursday & Saturday)

DESSERT

Monday
 (Dinner)

Black Glutinous
 Sticky Rice
 With Gula Melaka
 椰糖黑糯米

Wednesday
 (Lunch)

Rice Ball In
 Ginger Soup
 汤圆姜汁甜汤

Friday
 (Lunch)

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

Saturday
 (Dinner)

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



YUE ZI LE CONFINEMENT CATERING
小月子 SIGNATURE MENU
- 11TH Of The Month -



LUNCH

MEAT DISH

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

OR



(B)
 Ginger Sesame
 Oil Chicken
 (麻油鸡)

SOUP

Four Items Decoction
 Pork Ribs Soup
 (四物汤)

VEGETABLE DISH

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

RICE

Ginkgo Nut Rice
 (白果饭)

DINNER

MEAT DISH

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

OR



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

SOUP

Tonify Sha Shen
 Yu Zhu Soup
 (沙参玉竹汤)

VEGETABLE DISH

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

RICE

Ginger Sesame Oil Rice
 (麻油姜饭)

BEVERAGE

YZL Signature Red Dates Dang Shen Tea
 月子樂紅棗黨參茶
 (Served Every Monday, Wednesday,
 Friday & Sunday)

Osmanthus Red Dates Tea
 桂花紅棗茶
 (Served Every Tuesday, Thursday & Saturday)

DESSERT

Monday
 (Dinner)

Black Glutinous
 Sticky Rice
 With Gula Melaka
 椰糖黑糯米

Wednesday
 (Lunch)

Rice Ball In
 Ginger Soup
 汤圆姜汁甜汤

Friday
 (Lunch)

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

Saturday
 (Dinner)

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



YUE ZI LE CONFINEMENT CATERING
小月子 SIGNATURE MENU
- 12TH Of The Month -



LUNCH

MEAT DISH

(A)
 Traditional Braised Pork
 (传统扣肉)

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
 月子乐紅棗黨參茶
 (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
 桃胶紅蜜枣汤





YUE ZI LE CONFINEMENT CATERING
小月子 SIGNATURE MENU
- 13TH Of The Month -



LUNCH

MEAT DISH

(A)
 Sesame Pan Seared Salmon
 (芝麻三文鱼)

OR

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

SOUP

Eucommia Kidney Nourishing Soup
 (杜仲补腰汤)

VEGETABLE DISH

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

RICE

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
- 14TH Of The Month -



LUNCH

MEAT DISH

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

OR

(B)
 Lemongrass
 Chicken Chop
 (香茅鸡扒)

SOUP

Corn Pork Rib Soup
 (薯玉米排骨汤)

VEGETABLE DISH

Truffle Shiitake
 Edamame
 (松露香菇毛豆)

CARB

Capsicum Aglio Olio
 (彩椒意粉)

DINNER

MEAT DISH

(A)
 Teriyaki
 Salmon Slice
 (日式烧酱三文鱼)

OR

(B)
 Steamed Herbal
 Chicken
 (药材蒸鸡)

SOUP

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

VEGETABLE DISH

Braised Tofu
 With Kai Lan
 (芥兰焖豆腐)

RICE

Tri Colour Cargo Rice
 (三色饭)

BEVERAGE

YZL Signature Red Dates Dang Shen Tea
 月子樂紅棗黨參茶
 (Served Every Monday, Wednesday,
 Friday & Sunday)

Osmanthus Red Dates Tea
 桂花紅棗茶
 (Served Every Tuesday, Thursday & Saturday)

DESSERT

Monday
 (Dinner)

Black Glutinous
 Sticky Rice
 With Gula Melaka
 椰糖黑糯米

Wednesday
 (Lunch)

Rice Ball In
 Ginger Soup
 汤圆姜汁甜汤

Friday
 (Lunch)

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

Saturday
 (Dinner)

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





YUE ZI LE CONFINEMENT CATERING
小月子 SIGNATURE MENU
- 15TH Of The Month -



LUNCH

MEAT DISH

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

OR

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



SOUP

Double Strength Six
 Combination Soup
 (双料六味汤)

VEGETABLE DISH

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

RICE

Tomato Rice
 (番茄饭)

DINNER

MEAT DISH

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

OR

(B)
 Braised 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
- 16TH Of The Month -



LUNCH

MEAT DISH

(A)
 Sakana no Nitsuke
 (日式焖鱼)

OR

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

SOUP

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

VEGETABLE DISH

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

RICE

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

DINNER

MEAT DISH

(A)
 Sweet & Sour Fish
 (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

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
小月子 SIGNATURE MENU
- 17TH Of The Month -



LUNCH

MEAT DISH

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

OR

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

SOUP

Strong Appetite
 Support Nourishing Soup
 (双料四神汤)

VEGETABLE DISH

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

RICE

Sweet Corn Rice
 (玉米饭)

DINNER

MEAT DISH

(A)
 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
- 18TH Of The Month -



LUNCH

MEAT DISH



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

OR

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

SOUP

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

VEGETABLE DISH

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

CARB

Italian Fusilli In Tomato Sauce
 (義大利番茄粉)

DINNER

MEAT DISH

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

OR

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

SOUP

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

VEGETABLE DISH

Stir Fried Broccoli
 With Mushroom
 (西兰花炒香菇)

RICE

Sweet Potato Rice
 (番薯饭)

BEVERAGE

YZL Signature Red Dates Dang Shen Tea
 月子樂紅棗黨參茶
 (Served Every Monday, Wednesday,
 Friday & Sunday)

Osmanthus Red Dates Tea
 桂花紅棗茶
 (Served Every Tuesday, Thursday & Saturday)

DESSERT

Monday
 (Dinner)

Black Glutinous
 Sticky Rice
 With Gula Melaka
 椰糖黑糯米

Wednesday
 (Lunch)

Rice Ball In
 Ginger Soup
 汤圆姜汁甜汤

Friday
 (Lunch)

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

Saturday
 (Dinner)

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



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



LUNCH

MEAT DISH

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

OR

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

SOUP

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

VEGETABLE DISH

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

RICE

Ginger Sesame Oil Rice
 (麻油姜饭)

DINNER

MEAT DISH

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

OR

(B)
 Ginger Sesame
 Oil Chicken
 (麻油鸡)

SOUP

Spleen Strengthening
 ABC Soup
 (补脾ABC汤)

VEGETABLE DISH

Stewed Spinach
 In Superior Stock
 (上汤苋菜)

RICE

Barley Rice
 (薏米饭)



BEVERAGE

YZL Signature Red Dates Dang Shen Tea
 月子樂紅棗黨參茶
 (Served Every Monday, Wednesday,
 Friday & Sunday)

Osmanthus Red Dates Tea
 桂花紅棗茶
 (Served Every Tuesday, Thursday & Saturday)

DESSERT

Monday
 (Dinner)

Black Glutinous
 Sticky Rice
 With Gula Melaka
 椰糖黑糯米

Wednesday
 (Lunch)

Rice Ball In
 Ginger Soup
 汤圆姜汁甜汤

Friday
 (Lunch)

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

Saturday
 (Dinner)

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



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



LUNCH

MEAT DISH

(A)
 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
- 21ST Of The Month -



LUNCH

MEAT DISH

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

OR

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



SOUP

Eucommia Kidney
 Nourishing Soup
 (杜仲补腰汤)

VEGETABLE DISH

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

RICE

Quinoa Mixed Rice
 (藜麦饭)

DINNER

MEAT DISH

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

OR

(B)
 Korean Bulgogi
 Chicken
 (韩式烧酱鸡)

SOUP

Corn Pork Rib Soup
 (薯玉米排骨汤)

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
- 22ND Of The Month -



LUNCH

MEAT DISH

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

OR

(B)
 Three Cup
 Chicken
 (三杯鸡)

SOUP

Superior Strong
 Nourishing Soup
 (十全大补汤)

VEGETABLE DISH

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

CARB

Homemade Stir Fried Mee Sua
 (家乡面线)

DINNER

MEAT DISH

(A)
 Red Glutinous Rice Wine
 Fish Sliced
 (红糟鱼片)

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
- 23RD Of The Month -



LUNCH

MEAT DISH

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

SOUP

LingZhi Tonic
 Herbal Soup
 (灵芝大补汤)

VEGETABLE DISH

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

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)	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
小月子 SIGNATURE MENU
- 24TH Of The Month -



LUNCH

MEAT DISH

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

OR

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

SOUP

Japanese
 Salmon Soup
 (日式三文魚湯)

VEGETABLE DISH

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

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)	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
小月子 SIGNATURE MENU
- 25TH Of The Month -



LUNCH

MEAT DISH

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

OR



(B)
 Ginger Sesame
 Oil Chicken
 (麻油鸡)

SOUP

Qi And Blood
 Rejuvenating Soup
 (补气活血汤)

VEGETABLE DISH

Broccoli With Braised
 Beancurd Stick
 (翡翠豆根)

RICE

Sweet Potato Rice
 (番薯饭)

DINNER

MEAT DISH

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

OR

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

SOUP

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

VEGETABLE DISH

Stir Fried Baby Kai Lan
 With King Oyster Mushroom
 (芥兰香炒鸡腿菇)

RICE

Quinoa Mixed Rice
 (藜麦饭)

BEVERAGE

YZL Signature Red Dates Dang Shen Tea
 月子樂紅棗黨參茶
 (Served Every Monday, Wednesday,
 Friday & Sunday)

Osmanthus Red Dates Tea
 桂花紅棗茶
 (Served Every Tuesday, Thursday & Saturday)

DESSERT

Monday
 (Dinner)

Black Glutinous
 Sticky Rice
 With Gula Melaka
 椰糖黑糯米

Wednesday
 (Lunch)

Rice Ball In
 Ginger Soup
 汤圆姜汁甜汤

Friday
 (Lunch)

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

Saturday
 (Dinner)

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



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



LUNCH

MEAT DISH

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

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

Japanese Yaki Udon
 (日式烏冬麵)

DINNER

MEAT DISH

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

OR

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

SOUP

Double Strength Six
 Combination Soup
 (双料六味汤)

VEGETABLE DISH

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

RICE

Tri Colour Cargo Rice
 (三色饭)

BEVERAGE

YZL Signature Red Dates Dang Shen Tea
 月子樂紅棗黨參茶
 (Served Every Monday, Wednesday,
 Friday & Sunday)

Osmanthus Red Dates Tea
 桂花紅棗茶
 (Served Every Tuesday, Thursday & Saturday)

DESSERT

Monday
 (Dinner)

Black Glutinous
 Sticky Rice
 With Gula Melaka
 椰糖黑糯米

Wednesday
 (Lunch)

Rice Ball In
 Ginger Soup
 汤圆姜汁甜汤

Friday
 (Lunch)

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

Saturday
 (Dinner)

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



YUE ZI LE CONFINEMENT CATERING
小月子 SIGNATURE MENU
- 27TH Of The Month -



LUNCH

MEAT DISH

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

OR



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

SOUP

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

VEGETABLE DISH

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

RICE

Five Grain Rice
(五谷饭)

DINNER

MEAT DISH

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

OR

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

SOUP

Ginseng Chicken
Nourishing Soup
(人参鸡汤)

VEGETABLE DISH

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

RICE

Toasted Oats Millet Rice
(燕麦片饭)

BEVERAGE

YZL Signature Red Dates Dang Shen Tea
月子乐红棗黨參茶
(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
- 28TH Of The Month -



LUNCH

MEAT DISH

(A)
Sweet & Sour Fish
(酸甜鱼片)

OR

(B)
Braised Chicken
With Potato
(马铃薯焖鸡)

SOUP

Corn Pork Rib Soup
(薯玉米排骨汤)

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 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)

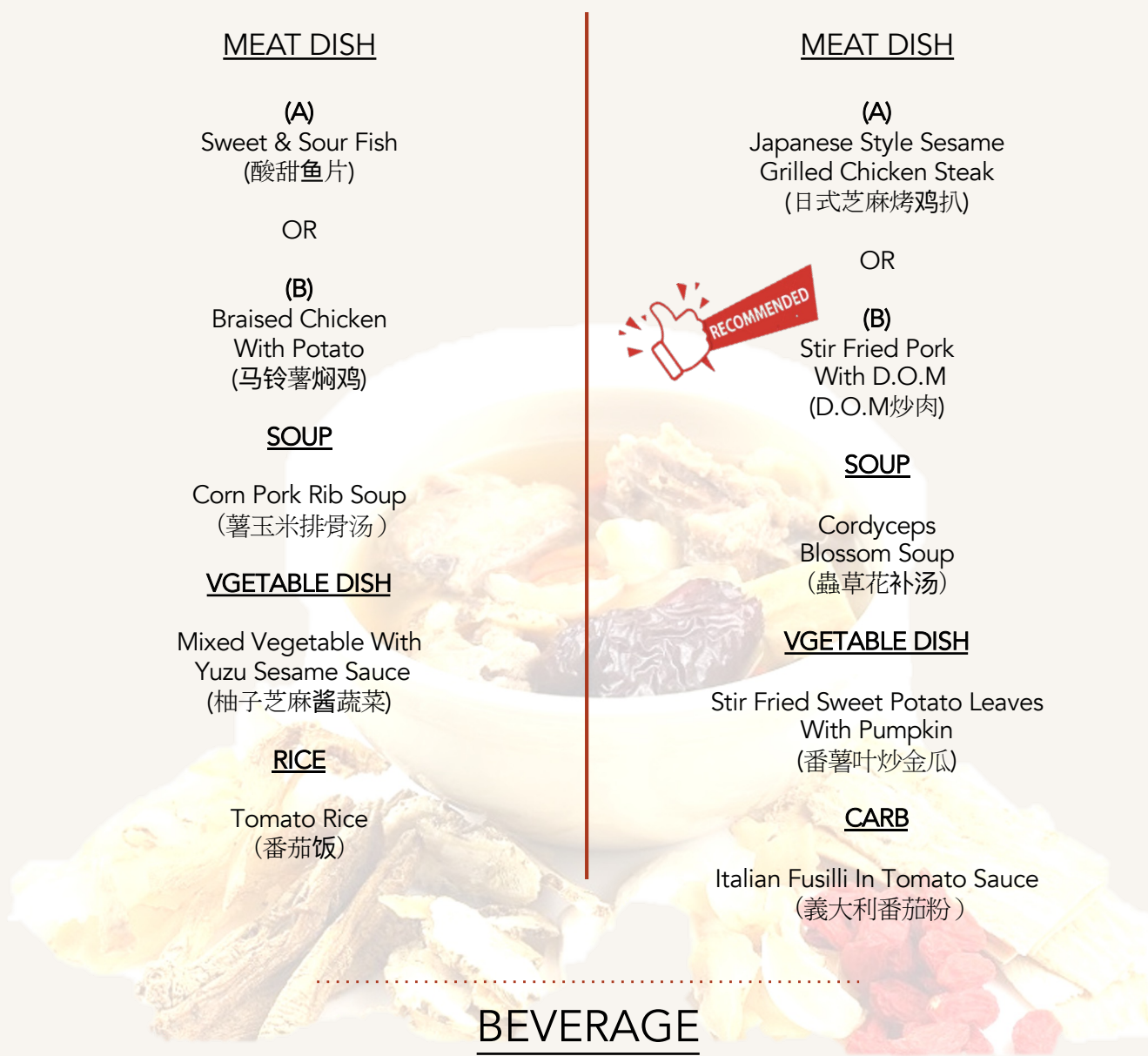
Rice Ball In
Ginger Soup
汤圆姜汁甜汤

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
小月子 SIGNATURE MENU
- 29TH Of The Month -



LUNCH

MEAT DISH

(A)

Stir Fried Pork Slice In
 Oriental Ginger Sauce
 (肉片炒生薑東方醬)

OR

(B)

Stewed Chicken With
 D.O.M Cordyceps Blossom
 (D.O.M冬虫夏草炖鸡)

SOUP

Tonify Sha Shen
 Yu Zhu Soup
 (沙参玉竹汤)

VEGETABLE DISH

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

RICE

Sweet Corn Rice
 (玉米饭)

DINNER

MEAT DISH

(A)

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

OR

(B)

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

SOUP

Miso Tofu
 Fish Soup
 (日式魚湯)

VEGETABLE DISH

Buddha's Delight
 (罗汉斋)

RICE

Quinoa Mixed Rice
 (藜麦饭)

BEVERAGE

YZL Signature Red Dates Dang Shen Tea
 月子樂紅棗黨參茶
 (Served Every Monday, Wednesday,
 Friday & Sunday)

Osmanthus Red Dates Tea
 桂花紅棗茶
 (Served Every Tuesday, Thursday & Saturday)

DESSERT

Monday
 (Dinner)

Black Glutinous
 Sticky Rice
 With Gula Melaka
 椰糖黑糯米

Wednesday
 (Lunch)

Rice Ball In
 Ginger Soup
 汤圆姜汁甜汤

Friday
 (Lunch)

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

Saturday
 (Dinner)

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



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



LUNCH

MEAT DISH

(A)
 Teriyaki
 Salmon Slice
 (日式烧酱三文鱼)

OR

(B)
 Seared Chicken Breast In
 Cranberry Sauce
 (香煎蔓越莓鸡胸)

SOUP

Strong Appetite
 Support Nourishing Soup
 (双料四神汤)

VEGETABLE DISH

Celery With
 Cashew Nut
 (腰果芹菜)

CARB

White Bee Hoon
 (白米粉)

DINNER

MEAT DISH

(A)
 Sakana no Nitsuke
 (日式焖鱼)

OR

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

SOUP

Superior Strong
 Nourishing Soup
 (十全大补汤)

VEGETABLE DISH

Stewed Spinach
 With Minced Meat
 (苋菜肉碎)

RICE

Brown Grain Rice
 (糙米饭)

BEVERAGE

YZL Signature Red Dates Dang Shen Tea
 月子樂紅棗黨參茶
 (Served Every Monday, Wednesday,
 Friday & Sunday)

Osmanthus Red Dates Tea
 桂花紅棗茶
 (Served Every Tuesday, Thursday & Saturday)

DESSERT

Monday
 (Dinner)

Black Glutinous
 Sticky Rice
 With Gula Melaka
 椰糖黑糯米

Wednesday
 (Lunch)

Rice Ball In
 Ginger Soup
 汤圆姜汁甜汤

Friday
 (Lunch)

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

Saturday
 (Dinner)

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





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



LUNCH

MEAT DISH

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

OR

(B)
 Korean
 Bulgogi Chicken
 (韩式烧酱鸡)

SOUP

Japanese
 Salmon Soup
 (日式三文鱼汤)

VEGETABLE DISH

Stewed Potatoes
 With Bean Curd
 (豆腐炖土豆)

RICE

Five Grain Rice
 (五谷饭)

DINNER

MEAT DISH

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

OR

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

SOUP

LingZhi Tonic
 Herbal Soup
 (灵芝大补汤)

VEGETABLE DISH

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

RICE

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

