

BENTO DELIVERY MENU 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>
Menu A Stir-Fried Chicken with Sesame Oil Sardine Fish with Onion Fried Long Bean with Egg White Rice	Menu A Braised Chicken with Potato Deep-fried Batang Fish Chinese Cabbage with Fungus White Rice	Menu A Steamed Chicken with Black Fungus Braised Beancurd with Oyster Sauce Fried Chayote with Dried Shrimps White Rice	Menu A Braised Chicken with Black Bean Sauce Sweet and Sour Fish Wok fried Broccoli with Garlic White Rice	Menu A Braised Chicken with Mushroom Deep-Fried Kuning Fish Wok-Fried Garden Green with Garlic White Rice	Menu A Wok-Fried Chicken with Dried Chili Dace Fish with Black Bean Sauce Wok-Fried Chinese Spinach White Rice	Menu A BBQ Chicken Dory Fish with Thai Sauce Young Cabbage with Mushroom White Rice
Menu B Fish & Chips, Tartare Sauce Side Salad, Cut Fruits	Menu B Chicken Lasagne Side Salad, Cut Fruits	Menu B Tomato Pilaf, Chicken Sausage Side Salad, Cut Fruits	Menu B Swedish Meatball Pasta, Broccoli Side Salad, Cut Fruits	Menu B Chicken Aglio Olio Pasta Side Salad and Cut Fruits	Menu B Curry Paella and Seafood Side Salad and Cut Fruits	Menu B Duk Leg Confit, Mash Potato, Cherry Jus Side Salad, Cut Fruits
Menu C Egg Mayonnaise Sandwich Fries, Cut Fruits	Menu C Grilled Cheese Panini Fries, Cut Fruits	Menu C Carrot and Hummus Toast Fries, Cut Fruits	Menu C Grilled Chicken Tortilla Wrap Fries, Cut Fruits	Menu C Grilled Zucchini and Egg Tortilla Wrap Fries and Cut Fruits	Menu C Smoked Salmon Sandwich Fries and Cut Fruits	Menu C Summer Veggie Sandwich Fries, Cut Fruits
Menu D (Vegetarian) Rice with Mixed Veg, Mushroom Ragout Side Salad, Cut Fruits	Menu D (Vegetarian) Tomato Cream Pasta, Semi-dried Tomato Side Salad, Cut Fruits	Menu D (Vegetarian) Roasted Potatoes, Seasonal Vegetables, Mornay Sauce Side Salad, Cut Fruits	Menu D (Vegetarian) Minestrone with Vegetable Side Salad, Cut Fruits	Menu D (Vegetarian) Carrot Gnocchi, Roasted Carrots and Black Olive Side Salad and Cut Fruits	Menu D (Vegetarian) Mediterranean Cous Cous, Zucchini and Tomato Side Salad and Cut Fruits	Menu D (Vegetarian) Vegetarian Lasagne Side Salad, Cut Fruits
<i>Dimmer</i>	<i>Dimmer</i>	<i>Dimmer</i>	<i>Dimmer</i>	<i>Dimmer</i>	<i>Dimmer</i>	<i>Dimmer</i>
Menu A Roasted Chicken Deep Fried Fish with Sambal Sauce Wok-fried Kang Kong White Rice	Menu A Baked Chicken with BBQ Sauce Marrow with Shrimps Wok-Fried Chye Sum with Dried Shallot White Rice	Menu A Baked Chicken with Satay Sauce Deep Fried Kampong Fish Wok-fried Mustard Green White Rice	Menu A Hainanese Chicken Deep-fried Dolly fish Fried Bean Sprouts Fragrant Rice	Menu A Steamed Herbal Chicken Braised Beancurd with Mushroom in Spicy Sauce Wok-Fried Eggplant with Soya Sauce Wok-Fried Vegetarian Mee Hoon	Menu A Roasted Chicken Deep-Fried Selar Fish Stir-Fried Cucumber with Beancurd Skin White Rice	Menu A Deep-Fried Chicken Wok-Fried Spinach Fried Egg with Onion White Rice
Menu B Fish and Pea, Bacon Side Salad, Sliced Cake	Menu B Roasted Chicken Thigh, Mushroom Gravy Side Salad, Sliced Cake	Menu B Japanese Curry with Rice, Potatoes & Carrot Sliced Cake	Menu B Butter Pilaf Rice, Chicken Tandoori Side Salad, Sliced Cake	Menu B Beef Lasagna Side Salad, Sliced Cake	Menu B Chicken and Mushroom Cream Pasta Side Salad and Sliced Cake	Menu B Seafood Arrabbiata Spaghetti Sliced Cake
Menu C Grilled Ham & Cheese Sandwich (Whole meal) Side Salad, Sliced Cake	Menu C Seared Beef with Thai Chili Sandwich Side Salad, Sliced Cake	Menu C Beef & Pickle Kebab Side Salad, Sliced Cake	Menu C Duck Rilletes with Green Side Salad, Sliced Cake	Menu C Stacked Chicken and Mushroom Side Salad and Sliced Cake	Menu C Egg and Cheese Grilled Sandwich Side Salad and Sliced Cake	Menu C Roast Beef with Capsicum Side Salad, Sliced Cake
Menu D (Vegetarian) Spicy Tomato Pasta, Edamame Bean Side Salad, Sliced Cake	Menu D (Vegetarian) Garlic Pilaf Rice, Roasted Cauliflower, Broccoli Side Salad, Sliced Cake	Menu D (Vegetarian) Spinach & Confit Tomato Pasta, Cream Sauce Side Salad, Sliced Cake	Menu D (Vegetarian) Braised Tofu, Soy Sauce, Asian Green Side Salad, Sliced Cake	Menu D (Vegetarian) Garlic Pilaf Rice and Dhal Curry Side Salad and Sliced Cake	Menu D (Vegetarian) Roasted Potatoes and Pumpkin and Tomato Sauce Side Salad and Sliced Cake	Menu D (Vegetarian) Raisin Pilaf Rice, Stewed Vegetables. Charred Corn Side Salad, Sliced Cake

BENTO DELIVERY MENU 2

Monday

Lunch

Menu A

Steamed Chicken with Black Fungus
Braised Beancurd with Oyster Sauce
Wok-fried Broccoli
White Rice

Menu B

Chicken Rice Risotto,
Chicken Roulade
Side Salad, Cut Fruits

Menu C

Garden Veggie
Fries, Cut Fruits

Menu D (Vegetarian)

Cream of Mushroom Pasta,
Spinach
Side Salad, Cut Fruits

Dimmer

Menu A

Stewed Chicken with Soya Sauce
Deep-fried Dolly fish
Cauliflower with Shrimps
White Rice

Menu B

Sweet and Sour Chicken,
Fried Rice
Seasonal Vegetables, Cut Fruits

Menu C

Smoked Salmon and Cheese
Side Salad, Sliced Cake

Menu D (Vegetarian)

Ratatouille with Tomato Sauce, Rye Toast
Side Salad, Sliced Cake

Tuesday

Lunch

Menu A

Roasted Chicken
Wok-fried Spinach
Fried Egg with Shrimp
White Rice

Menu B

Cream of Mushroom with Chicken Pasta
Side Salad, Cut Fruits

Menu C

Tuna and Avocado on Toast
Fries, Cut Fruits

Menu D (Vegetarian)

Cous Cous with Chickpea, Capsicum, Eggplant
Side Salad, Cut Fruits

Dimmer

Menu A

Stir-fried Chicken with Sesame Oil
Deep-fried Fish with Sambal Sauce
Wok-fried Broccoli
White Rice

Menu B

Baked Ratatouille with Poached Egg
Side Salad, Sliced Cake

Menu C

Grilled Cheese
Side Salad, Sliced Cake

Menu D (Vegetarian)

Tomato Pilaf Rice, Vegetable Curry, Eggplant
Side Salad, Sliced Cake

Wednesday

Lunch

Menu A

Braised Chicken with Potato
Ma Po Beancurd
Wok-fried Mix Vegetables
White Rice

Menu B

Grilled Teriyaki Salmon,
Japanese Rice
Side Salad, Cut Fruits

Menu C

Veggie with Cheese
Fries, Cut Fruits

Menu D (Vegetarian)

Tomato and Cheese Pasta,
Kidney Beans
Side Salad, Cut Fruits

Dimmer

Menu A

Hainanese Chicken
Deep-fried Dolly fish
Fried Bean Sprouts
Fragrant Rice

Menu B

Chicken Chop, Mushroom Gravy, Fries
Side Salad, Sliced Cake

Menu C

Pulled Pork Sandwich
Side Salad, Sliced Cake

Menu D (Vegetarian)

Raisin Pilaf Rice, Bean Stew
Side Salad, Sliced Cake

Thursday

Lunch

Menu A

Steamed Chicken with Ginger Sambal Lady Finger
Fried Egg with Onion
White Rice

Menu B

Raisin Pilaf Rice, Roasted Cajun Chicken
Side Salad, Cut Fruits

Menu C

Roasted Beef with Mustard Fries, Cut Fruits

Menu D (Vegetarian)

Pesto Cream Penne Pasta,
Tomato, Eggplant
Side Salad, Cut Fruits

Dimmer

Menu A

Wok-fried Chicken with Dried Chili
Dace Fish with Black Bean Sauce
Wok-fried Chinese Spinach
White Rice

Menu B

Baked Teriyaki Salmon, Roasted Pumpkins
Side Salad, Sliced Cake

Menu C

Chicken and Tomato Panini
Side Salad, Sliced Cake

Menu D (Vegetarian)

Butter Pilaf Rice, Vegetable Stew
Side Salad, Sliced Cake

Friday

Lunch

Menu A

Braised Chicken with Mushroom
Braised Egg Beancurd with Mushroom
Wok fried Garden Green with Garlic
White Rice

Menu B

Garlic Pilaf, Roasted Chicken
Side Salad, Cut fruits

Menu C

Vegan Veggie Sandwich
Fries and Cut Fruits

Menu D (Vegetarian)

Seaweed and Mushroom Broth
Side Salad and Cut Fruits

Dimmer

Menu A

Braised Chicken with Mushroom
Braised Egg Beancurd with Mushroom
Wok fried Garden Green with Garlic
White Rice

Menu B

Garlic Pilaf, Roasted Chicken
Side Salad, Cut fruits

Menu C

Vegan Veggie Sandwich
Fries and Cut Fruits

Menu D (Vegetarian)

Seaweed and Mushroom Broth
Side Salad and Cut Fruits

Saturday

Lunch

Menu A

Steamed Herbal Chicken
Braised Beancurd with Mushroom
Wok-Fried Eggplant with Soya sauce
White Rice

Menu B

Coq Au Vin Paste,
Vegetables
Side Salad and Cut Fruits

Menu C

Classic Club Sandwich
Fries and Cut Fruits

Menu D (Vegetarian)

Butter Pilaf Rice, Grilled Vegetables
Side Salad and Cut Fruits

Dimmer

Menu A

Baked Chicken with BBQ Sauce
Marrow with Shrimps
Wok-fried Chye Sum with Dried Shallot
White Rice

Menu B

Roasted Chicken Thigh,
Cajun Gravy
Side Salad and Sliced Cake

Menu C

Egg and Cheese Croissant,
Romaine, Tomato
Side Salad and Sliced Cake

Menu D (Vegetarian)

Raisin Pilaf Rice, Grilled Eggplant, Tomato Salsa
Side Salad and Sliced Cake

Sunday

Lunch

Menu A

Wok-Fried Chicken with Ginger & Onion
Dolly Fish with Thai Sauce
Young Cabbage with Mushroom
Wok-fried Hor Fun with Egg

Menu B

Soba Noodles, Seaweed
Side Salad, Cut Fruits

Menu C

Toasted Chicken
Fries, Cut Fruits

Menu D (Vegetarian)

Tomato with Fusili, Seasonal Vegetables
Side Salad, Cut Fruits

Dimmer

Menu A

Stewed Chicken with Soya Sauce
Deep-fried Dolly Fish
Cauliflower with Shrimps
White Rice

Menu B

Sweet and Sour Chicken,
Fried Rice
Seasonal Vegetables, Cut Fruits

Menu C

Smoked Salmon and Cheese
Side Salad, Sliced Cake

Menu D (Vegetarian)

Ratatouille with tomato Sauce, Rye Toast
Side Salad, Sliced Cake