



REGULAR TINGKAT

✔️ Healthier Choice Oil ✔️ Lower Sodium Salt ✔️ Lower Sodium Sauce ✔️ No MSG

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29 Sep	30 Sep	1 Oct	2 Oct	3 Oct
Korean Garlic Soyu Fried Chicken 韩式蒜香酱油鸡	Mala Xiang Guo w Pork Sliced 猪肉麻辣香锅 Stirred Fry Pork w mixed Veg 杂菜炒肉片	Mongolian Chicken (Deep Fried)	Kong Bao Deep Fried Fish (Spicy) 宫保鱼 (辣) Kong Bao Deep Fried Fish (Son Spicy)	Steamed Pumpkin Chicken 南瓜蒸鸡
Onion Omettle 大葱蛋	Snow Tofu (Deep Fried) 雪花豆腐	Deep Fried Tou Pok W Minced Meat 炸豆包肉末酱	Stirred Fried Hotdog 炒热狗	Mini Wu Xiang Roll 小五香
Seasonal Veg 时菜	Seasonal Veg 时菜	Seasonal Veg 时菜	Seasonal Veg 时菜	Seasonal Veg 时菜
Shark Fin Melon Carrot Pork Slice Soup 鱼翅瓜萝卜瘦肉汤 Deep Fried Spring Roll 炸小春卷	Herbal Chicken Soup 药材鸡汤 Wanton 云吞	Chinese Cabbage Tomato Soup 番茄白菜汤 Stirred Fried Chinese Cabbage 炒大白菜	White Red Carrot Soup 白红萝卜汤 Braised White Red Carrot 焖红白萝卜	Seaweed Fish ball Soup 紫菜鱼圆汤 Sweet & Sour Fish ball 酸甜鱼圆
6 Oct	7 Oct	8 Oct	9 Oct	10 Oct
Sweet & Sour Pork (Deep Fried) 咕佬肉	Spring Onion Fish 姜葱鱼	Thai Basil Minced Pork (Spicy/ Non Spicy) 泰式九层塔炒猪肉粹 (辣/不辣)	Home Style Deep Fried Chicken 家乡炸鸡	Steamed Chicken w Shitake, Black Fungus & Wolfberry 冬菇黑木耳枸杞蒸鸡
Cai Po Egg 菜谱蛋	Stirred Hotdog w Potatoes 热狗炒土豆	Egg Tofu with Mixed Mushroom 杂菇蛋豆腐	Braised Peanut w Dou Pok 花生卤豆卜	Sweet and Sour Beancurd 酸甜豆腐
Seasonal Veg 时菜	Seasonal Veg 时菜	Seasonal Veg 时菜	Seasonal Veg 时菜	Seasonal Veg 时菜
Winter Melon with Chicken Soup 冬瓜鸡汤 Deep Fried Beancurd Roll 豆皮卷	Peanuts Lotus Root Soup 花生莲藕汤 / Stirred Fried Loutus Root 炒莲藕	Liu Wei Tang Herbal Soup 六味朴汤 / Deep Fried Cauliflower w Thousand Island Sauce 炸白菜花配千岛酱	Old Cucumber Pork sliced Soup 老黄瓜猪肉汤 Four Color Roll 四色卷	White Fungus Pumpkin Soup 木耳南瓜汤 / Braised Pumpkin 焖南瓜
13 Oct	14 Oct	15 Oct	16 Oct	17 Oct
Braised Pork Cube w Mei Cai 梅菜焖肉	Nyoya Assam Pedas Fish 娘惹阿叁鱼 Home Style Shallot Deep Fried Fish 家常洋葱酱油鱼	Szechuan Spicy Cispy Chicken 四川辣子鸡 (Deep Fried) Taiwanese Salted Pepper Chicken 盐苏鸡	Spring Onion Ginger Pork 葱姜猪	Plum Sauce Pork (Deep Fried) 梅酱
Braised Claypot Tofu (Deep Fried) 紅烧沙坡豆腐	Stirred Fried Potato w Minced Meat 土豆炒肉粹	Minced Meat w Fried Tanghoon 肉粹炒冬粉	Deep Fried Spring Roll 炸春卷	Tomato Egg 番茄蛋
Seasonal Veg 时菜	Seasonal Veg 时菜	Seasonal Veg 时菜	Seasonal Veg 时菜	Seasonal Veg 时菜
Black Bean RedDate Corn Soup 黑豆红汤 Chicken Nuggets 麦金鸡	Wolfberry White Red Carrot Soup 枸杞红白萝卜汤 Wu Xiang Ball 五香球	Watercress Soup 西洋菜汤 Sweet & Sour Fish Cake 酸甜大糕	Arrow Root Corn Soup粉葛玉米汤 Stirred Fried BeanCurd Skin 炒豆皮	Seaweed Enoki Soup 紫菜金针菇汤 Deep Fried Enoki 炸金针菇
20 Oct	21 Oct	22 Oct	23 Oct	24 Oct
PH - No Service	Salted Egg Pork (Deep Freid) 咸蛋猪	Breaded Fish w Mayo (Deep Fried) 面包炸鱼蛋黄酱	Stired Fried Pork w Black Bean Sauce 豉汁葱爆猪	Teriyaki Chicken 日式烤鸡排
	Ma Po Tofu 马婆豆腐 Minced Meat Tofu 肉碎豆腐	Long Bean Omettle 长豆炒蛋	Fish Finger 小鱼香	Teochew Steamed Fish Cake 潮州蒸鱼饼
	Seasonal Veg 时菜	Seasonal Veg 时菜	Seasonal Veg 时菜	Seasonal Veg 时菜
	Seaweed Fish ball Soup/ Stirred Fried Fish Ball 炒鱼圆	Pumpkin Mushroom Soup 南瓜香菇汤 / Braised Pumpkin 焖南瓜	ABC Soup ABC 汤 Stirred Fried Potatoes and Carrot 土豆炒萝卜	Tomato Corn Soup 番茄玉米汤 / Nuggets 麦金鸡
27 Oct	28 Oct	29 Oct	30 Oct	31 Oct
Hainanes Pork Chop (Deep Fried) 海南酸甜排骨	Nonya Curry Chicken 娘惹咖喱鸡 Braised Chicken w Potato&Carrots 红烧鸡配土豆和胡萝卜	Black Pepper Pork 黑胡椒 Stir-fried Pork with Wild Mushroom 酱皇野菌鸡柳	Sesame Chicken 麻油鸡	Deep Fried Fish w Black Bean Sauce 豆豉香脆鱼
Stirred Fried Mushroom 炒杂菇	Stirred Fried Yuba 炒腐皮	Sweet & Sour Hotdog 酸甜热狗	Stirred Fried Sichua veg 炒四川菜	Micead Meat Beancurd 肉碎豆腐
Seasonal Veg 时菜	Seasonal Veg 时菜	Seasonal Veg 时菜	Seasonal Veg 时菜	Seasonal Veg 时菜
Hairygourd Corn Soup 毛瓜玉米汤 / Stirred Fried Hairy Gourd w Tanghoon 毛瓜炒冬粉	White Carrot Lean Meat Soup 瘦肉白萝卜汤 Braised double carrot 焖双萝卜	Seaweed Tofu Eggdrop Soup 紫菜豆腐蛋花汤 Onion Scrumble Egg 大葱蛋	Winter Melon Carrot Soup 冬瓜胡萝卜汤 Fish Nuggets 鱼柳	Yu Zhu Longan Soup 玉竹龙眼汤 / Chicken Gyoza 饺子

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