



**SOUL DELICACIES**

心灵厨房

# Halal Certified Tingkat Meals



**JULY  
2026**



FPCA20230001107



8853 5087



6995 0998



Soul Delicacies



Souldelicaciessg



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# Achievement



**"Excellence: Our Journey, Our Commitment!"**



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## Healthier Sources , Healthier Meal 更健康的食源，更健康的膳食



**Healthier Choice certified Sauce**  
更健康的选择认证酱料



**Using Low GI Sugar**  
使用低GI糖



**Lower GI & Higher Fibre**  
for all rice & porridge served  
所有供应的米饭和粥都添加  
较低的 GI 和较高的纤维



**Low Sodium  
Iodized Salt**  
低钠碘盐



**HPB certified  
Healthier Choice Cooking Oils**  
HPB认证  
更健康的选择食用油



**Halal Certified**  
清真认证

FPCA20230001107



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**5 days  
Trial  
Package**



**10 days  
Tingkat  
Package**



**Free Gift:  
Stainless Steel Cutlery Set**



**20 days  
Tingkat  
Package**



**10%  
OFF**

**The prices shown above are the final discounted prices, including GST.**



# SOUL DELICACIES

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## Pricing for HDB / Landed Addresses

Pax/Days	5 Days	10 Days	20 Days	60 Days	120 Days
1 Pax	\$100.00	\$180.00	\$340.00	\$1,000.00	\$2,020.00
2 Pax	\$180.54	\$347.75	\$642.71	\$1,928.17	\$3,856.34
3 Pax	\$252.25	\$483.30	\$871.15	\$2,613.44	\$5,226.87
4 Pax	\$302.74	\$561.05	\$1,084.34	\$3,253.04	\$6,506.08
5 Pax	\$344.97	\$658.82	\$1,262.11	\$3,786.32	\$7,572.64
6 Pax	\$369.41	\$681.04	\$1,308.76	\$3,926.30	\$7,852.61

## Pricing for Condo / Apartment / Hotel / Office Addresses

Pax/Days	5 Days	10 Days	20 Days	60 Days	120 Days
1 Pax	\$105.00	\$190.00	\$360.00	\$1,060.00	\$2,140.00
2 Pax	\$185.54	\$357.75	\$662.71	\$1,988.17	\$3,976.34
3 Pax	\$257.25	\$493.30	\$891.15	\$2,673.44	\$5,346.87
4 Pax	\$307.74	\$571.05	\$1,104.34	\$3,313.04	\$6,626.08
5 Pax	\$349.97	\$668.82	\$1,282.11	\$3,846.32	\$7,692.64
6 Pax	\$374.41	\$691.04	\$1,328.76	\$3,986.30	\$7,972.61



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## Meal Options:

### 3+1 Healthy Tingkat Meal



### 4D Healthy Tingkat Meal



- **Special Daily Brewed Soup OR Special Curated 4th Dish**
- **Dish 1 (Chicken / Beef)**
- **Dish 2 (Fish / Prawn)**
- **Seasonal Vegetables of the Day**



# SOUL DELICACIES

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## Wholesome Add-On:



**Add on**  
**White Jasmine Rice with**  
**Alchemy Fibre™**  
**\$1.09 (w/GST) per pax**



**Add on**  
**SongHe (80/20) Brown Rice**  
**\$1.31 (w/GST) per pax**



**Add on**  
**Freshly cut assorted Fruit Bowl**  
**\$5.86 (w/GST) per pax**



**Add on**  
**Sweet Potato Porridge**  
**with Alchemy Fibre™**  
**\$1.09 (w/GST) per pax**



**Add on**  
**SongHe (80/20) Brown Rice Porridge**  
**\$1.31 (w/GST) per pax**

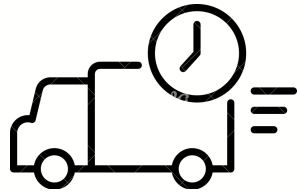


**Add on**  
**Dessert**  
**\$3.82 (w/GST) per pax**



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# Delivery Time Slots:

**Monday to Friday**  
**except Public Holidays**  
**Lunch : 10.30am to 1.30pm**  
**Dinner: 3.30pm to 6.30pm**

**Delivery will be strictly based on the timing stated above. Extra surcharge will be applied for any specific timing requests.**

**Terms and Conditions apply**

我们将严格按照上述时间安排递送服务，如有任何特定时间要求，我们将会收取额外费用。

条款和条件适用



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**Wednesday**  
**01/07/2026**

**Lunch / 午餐**

**Thai Style Tom Yum Prawns**  
泰式冬阴功虾

**Braised Taro Chicken**  
芋头焖鸡

**Seasonal Vegetables**  
时蔬

**Option:**

- A) **Herbal Chicken Soup**  
药材鸡汤
- B) **Crabstick Omelette**  
蟹柳蛋

**Dessert Add On:**

**Sweet Potato w Longan (H)**  
龙眼番薯糖水 (热)

**Dinner / 晚餐**

**Fried Fish Fillet w Spicy Bean Sauce**  
香煎鱼配辣豆瓣酱

**Stew Beef w Potato**  
土豆炖牛肉

**Seasonal Vegetables**  
时蔬

**Option:**

- A) **Egg Seaweed Soup**  
紫菜蛋花汤
- B) **Roasted Potato Cube w Herbs**  
香草烤土豆块

**Dessert Add On:**

**Sweet Potato w Longan (H)**  
龙眼番薯糖水 (热)

**Thursday**  
**02/07/2026**

**Lunch / 午餐**

**Teochew Style Steamed Fish**  
潮州蒸鱼

**Bulgogi Sliced Beef**  
韩式烤牛肉

**Seasonal Vegetables**  
时蔬

**Option:**

- A) **Fuzhou Fish Ball Soup**  
福州鱼丸汤
- B) **Cereal Egg Tofu**  
麦片蛋豆腐

**Dessert Add On:**

**Mango Sago (C)**  
芒果西米露 (冷)

**Dinner / 晚餐**

**Apple Waldorf Salad Prawns**  
苹果华都夫沙拉虾

**Steamed Herbal Chicken**  
药材蒸鸡

**Seasonal Vegetables**  
时蔬

**Option:**

- A) **Sichuan Vegetable Tofu Soup**  
四川菜豆腐汤
- B) **Seaweed Egg Omelette**  
海苔煎蛋卷

**Dessert Add On:**

**Mango Sago (C)**  
芒果西米露 (冷)

**Friday**  
**03/07/2026**

**Lunch / 午餐**

**Steamed Prawn w Garlic**  
蒜蓉蒸虾

**Honey Roasted Chicken**  
蜜汁烤鸡

**Seasonal Vegetables**  
时蔬

**Option:**

- A) **Japanese White Radish Egg Soup**  
日式白萝卜蛋花汤
- B) **Teriyaki King Oyster Mushroom**  
照烧杏鲍菇

**Dessert Add On:**

**Green Bean Soup (H)**  
绿豆汤 (热)

**Dinner / 晚餐**

**Gongbao Fish**  
宫保鱼

**Sliced Beef w Dark Soya Sauce**  
酱油炖牛肉片

**Seasonal Vegetables**  
时蔬

**Option:**

- A) **Tomato Mushroom Soup**  
番茄蘑菇汤
- B) **Osmanthus Honey Yam**  
桂花蜜汁芋

**Dessert Add On:**

**Green Bean Soup (H)**  
绿豆汤 (热)



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**Monday**  
**06/07/2026**

**Lunch / 午餐**

**Garlic Parmesan Crusted Salmon**  
蒜香帕玛森芝士脆皮三文鱼

**Beef w White Cream Sauce**  
白汁牛肉

**Seasonal Vegetables**  
时蔬

**Option:**

**A) French Onion Soup**  
法式洋葱汤

**B) Hashbrown w Chilli Dip**  
薯饼

**Dessert Add On:**

**Fruit Cocktail (C)**  
什锦水果 (冷)

**Dinner / 晚餐**

**Aglio Olio Prawns**  
蒜香橄榄油炒虾

**Western Style Roasted Chicken**  
西式烤鸡

**Seasonal Vegetables**  
时蔬

**Option:**

**A) Creamy Pumpkin & Corn Soup**  
奶油南瓜玉米汤

**B) Scrambled Egg w Tomato & Onions**  
番茄洋葱炒蛋

**Dessert Add On:**

**Fruit Cocktail (C)**  
什锦水果 (冷)

**Tuesday**  
**07/07/2026**

**Lunch / 午餐**

 **Laksa Prawns**  
叻沙虾

**Steamed Chicken w Black Fungus**  
木耳蒸鸡

**Seasonal Vegetables**  
时蔬

**Option:**

**A) Astragalus Codonopsis Soup**  
北芪党参汤

**B) Steamed Tofu w Soy Sauce, Onion & Garlic**  
酱油洋葱蒜蓉蒸豆腐

**Dessert Add On:**

**BuBor Cha Cha (H)**  
摩摩喳喳 (热)

**Dinner / 晚餐**

**H.K Style Steamed Fish Fillet**  
港式蒸鱼片

**Stir-Fried Beef w Leek**  
韭菜炒牛肉

**Seasonal Vegetables**  
时蔬

**Option:**

**A) Cabbage Tofu Soup**  
白菜豆腐汤

**B) Garlic Butter Mushroom**  
蒜香奶油蘑菇

**Dessert Add On:**

**BuBor Cha Cha (H)**  
摩摩喳喳 (热)

**Wednesday**  
**08/07/2026**

**Lunch / 午餐**

 **Mongolia Fish**  
蒙古鱼

**Fried Beef w Garlic**  
蒜香牛肉

**Seasonal Vegetables**  
时蔬

**Option:**

**A) Chinese Style Borscht**  
中式罗宋汤

**B) Tempura Vegetables**  
天妇罗蔬菜

**Dessert Add On:**

**Watermelon w Sago Milk (C)**  
西瓜配西米露 (冷)

**Dinner / 晚餐**

 **Sambal Pineapple Prawns**  
叁巴菠萝虾

**Sesame Oil Chicken**  
麻油鸡

**Seasonal Vegetables**  
时蔬

**Option:**

**A) Old Cucumber Chicken Soup**  
老黄瓜鸡汤

**B) Braised Aubergine w Tofu**  
红烧茄子豆腐

**Dessert Add On:**

**Watermelon w Sago Milk (C)**  
西瓜西米露 (冷)



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**Thursday**  
**09/07/2026**

**Lunch / 午餐**

**Prawn w Creamy White Pepper Sauce**  
奶油白胡椒虾

**Hong Shao Chicken Cube**  
红烧鸡丁

**Seasonal Vegetables**  
时蔬

**Option:**

A) **Chik Kut Teh**  
鸡骨茶

B) **Steamed Egg w Minced Chicken**  
鸡肉碎蒸蛋

**Dessert Add On:**

**Red Bean Sago (H)**  
红豆西米露 (热)

**Dinner / 晚餐**

**Fish w 3 Flavor Sauce**  
三味鱼

**Beef w Oyster Sauce**  
蚝油牛肉

**Seasonal Vegetables**  
时蔬

**Option:**

A) **ABC Soup**  
ABC汤

B) **Salt & Pepper Lotus Root**  
椒盐莲藕片

**Dessert Add On:**

**Red Bean Sago (H)**  
红豆西米露 (热)

**Friday**  
**10/07/2026**

**Lunch / 午餐**

**Ginger Scallion Fish Fillet**  
姜葱鱼片

**Steamed Beef Patty w Chinese Yam**  
山药蒸牛肉饼

**Seasonal Vegetables**  
时蔬

**Option:**

A) **Stew Chicken Soup w Mushroom**  
蘑菇炖鸡汤

B) **Ngeh Hiong w Sweet Sauce**  
五香配甜酱

**Dessert Add On:**

**Grass Jelly w Longan (C)**  
龙眼仙草冻 (冷)

**Dinner / 晚餐**

**Nyonya Assam Prawns**  
娘惹亚参虾

**Hainanese Steamed Chicken**  
海南鸡

**Seasonal Vegetables**  
时蔬

**Option:**

A) **Red Date & Goji Chicken Soup**  
红枣枸杞鸡汤

B) **Gyoza w Vinegar & Ginger Floss**  
饺子配醋和姜丝

**Dessert Add On:**

**Grass Jelly w Longan (C)**  
龙眼仙草冻 (冷)

**Monday**  
**13/07/2026**

**Lunch / 午餐**

**Prawns w Walnut & Honeydew**  
核桃哈密瓜虾

**Hawaii Chicken w Mozzarella Cheese**  
夏威夷鸡

**Seasonal Vegetables**  
时蔬

**Option:**

A) **Cream of Mushroom Soup**  
奶油蘑菇汤

B) **Stir-Fried Potato Cube w Sausage & Sweet Corn**  
香肠玉米炒土豆块

**Dessert Add On:**

**Snow Fungus w Pear (H)**  
雪耳炖梨 (热)

**Dinner / 晚餐**

**Salmon w Lemon Garlic Sauce**  
柠檬蒜香三文鱼

**Bulgogi Beef**  
韩式烤牛肉

**Seasonal Vegetables**  
时蔬

**Option:**

A) **Cream of Tomato Basil Soup**  
奶油番茄罗勒汤

B) **Buttered Cereal Fried Mushrooms**  
奶油麦片炒蘑菇

**Dessert Add On:**

**Snow Fungus w Pear (H)**  
雪耳炖梨 (热)



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**Tuesday**  
**14/07/2026**

**Lunch / 午餐**

**Assam Curry Fish**  
亚参咖喱鱼

**Salted Egg Fried Beef Slice**  
咸蛋炒牛肉片

**Seasonal Vegetables**  
时蔬

**Option:**

A) **Fish Maw Scallop Soup**  
鱼腩干贝汤

B) **Sweet & Sour Fish ball w  
Capsicum & Pineapple**  
甜酸鱼丸配灯笼椒和菠萝

**Dessert Add On:**

**Honeydew Sago (c)**  
蜜瓜西米露 (冷)

**Dinner / 晚餐**

**Har Lok Prawns**  
干煎虾

**Steamed Chicken w Black Fungus**  
黑木耳蒸鸡

**Seasonal Vegetables**  
时蔬

**Option:**

A) **Chicken Bone Four Herb Soup**  
四神汤

B) **Samosa**  
咖喱角

**Dessert Add On:**

**Honeydew Sago (c)**  
蜜瓜西米露 (冷)

**Wednesday**  
**15/07/2026**

**Lunch / 午餐**

**Typhoon Shelter Prawns**  
避风塘虾

**5 Spices Roasted Chicken**  
五香烧鸡

**Seasonal Vegetables**  
时蔬

**Option:**

A) **Wintermelon w Enoki, Goji Soup**  
冬瓜金针菇枸杞汤

B) **Curry Yong Tau Foo**  
咖喱酿豆腐

**Dessert Add On:**

**Cheng Teng (c)**  
清汤 (冷)

**Dinner / 晚餐**

**Miso-Glazed Fish Fillet**  
味噌鱼片

**Stew Beef w Black Bean Sauce**  
豆豉炖牛肉

**Seasonal Vegetables**  
时蔬

**Option:**

A) **Kelp Corn Soup**  
海带玉米汤

B) **Spinach Steamed Egg**  
菠菜蒸蛋

**Dessert Add On:**

**Cheng Teng (c)**  
清汤 (冷)

**Thursday**  
**16/07/2026**

**Lunch / 午餐**

**Korea Style Bulgogi Fish**  
韩式烤鱼

**Beef Pongteh**  
娘惹豆瓣酱焗牛肉

**Seasonal Vegetables**  
时蔬

**Option:**

A) **Egg Seaweed Soup**  
紫菜蛋花汤

B) **Fu Rong Egg**  
芙蓉蛋

**Dessert Add On:**

**Ice Jelly w Lime (c)**  
爱玉冰 (冷)

**Dinner / 晚餐**

**Steamed Prawns w Garlic & Vermicelli**  
蒜蓉粉丝蒸虾

**Chinese Braised Soya Chicken**  
中式卤鸡

**Seasonal Vegetables**  
时蔬

**Option:**

A) **Herbal Chicken Soup**  
药材鸡汤

B) **Thai Style Minced Chicken Tofu**  
泰式鸡肉碎豆腐

**Dessert Add On:**

**Ice Jelly w Lime (c)**  
爱玉冰 (冷)



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**Friday**  
**17/07/2026**

**Lunch / 午餐**

**Indonesia Curry Prawns**  
印尼咖喱虾

**Roasted BBQ Chicken Char Siew Style**  
叉烧烤鸡

**Seasonal Vegetables**  
时蔬

**Option:**

**A) Sichuan Vegetable Tofu Soup**  
四川菜豆腐汤

**Dessert Add On:**

**Green Bean w Brown Sugar (H)**  
红糖绿豆汤 (热)

**B) Thai Fish Cake**  
泰式鱼饼

**Dinner / 晚餐**

**Kam Hiong Fish Fillet**  
干香鱼片

**Stir-Fried Beef w Onion**  
洋葱炒牛肉

**Seasonal Vegetables**  
时蔬

**Option:**

**A) Fuzhou Fish Ball Soup**  
福州鱼丸汤

**Dessert Add On:**

**Green Bean w Brown Sugar (H)**  
红糖绿豆汤 (热)

**B) Crispy Salted Egg Pumpkin**  
咸蛋南瓜

**Monday**  
**20/07/2026**

**Lunch / 午餐**

**Butter Cereal Fish**  
麦片鱼

**Stew Beef w Radish**  
白萝卜炖牛肉

**Seasonal Vegetables**  
时蔬

**Option:**

**A) Creamy Pumpkin & Corn Soup**  
奶油南瓜玉米汤

**Dessert Add On:**

**Mini Cream Puff (C)**  
迷你泡芙 (冷)

**B) Baked Potato Cheese**  
焗芝士土豆

**Dinner / 晚餐**

**Shrimp w Creamy Cajun Sauce**  
奶油卡津酱虾

**Pan-Fried Honey & Lemon Chicken**  
蜂蜜柠檬鸡

**Seasonal Vegetables**  
时蔬

**Option:**

**A) French Onion Soup**  
法式洋葱汤

**Dessert Add On:**

**Mini Cream Puff (C)**  
迷你泡芙 (冷)

**B) Cheese Roll**  
芝士卷

**Tuesday**  
**21/07/2026**

**Lunch / 午餐**

 **Black Pepper Prawns**  
黑胡椒虾

**Imperial Herbal Chicken**  
皇帝药材鸡

**Seasonal Vegetables**  
时蔬

**Option:**

**A) Tomato Mushroom Soup**  
番茄蘑菇汤

**Dessert Add On:**

**Sago w Coconut Cream (C)**  
椰汁西米露 (冷)

**B) Chicken Yakitori**  
烤鸡肉串

**Dinner / 晚餐**

**Fish w Spicy Tomato Paste**  
辣味番茄酱鱼

**Chinese Herbal Beef Cube**  
药材牛肉块

**Seasonal Vegetables**  
时蔬

**Option:**

**A) Japanese White Radish Egg Soup**  
日式白萝卜蛋花汤

**Dessert Add On:**

**Sago w Coconut Cream (C)**  
椰汁西米露 (冷)

**B) Herbal Tea Leaf Egg**  
茶叶蛋



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**Wednesday**  
**22/07/2026**

**Lunch / 午餐**

**Laksa Fish**  
叻沙鱼

**Stir-Fried Beef w Leek**  
韭菜炒牛肉

**Seasonal Vegetables**  
时蔬

**Option:**

**A) Cabbage Tofu Soup**  
白菜豆腐汤

**Dessert Add On:**

**B) Teriyaki Chicken Meat Ball**  
照烧鸡肉丸

**Black & White Grass Jelly w Milk (C)**  
黑白仙草冻配牛奶 (冷)

**Dinner / 晚餐**

**Chinese Herbal Goji Prawns**  
药材枸杞虾

**Ayam Masak Merah**  
马来式香辣番茄鸡

**Seasonal Vegetables**  
时蔬

**Option:**

**A) Astragalus Codonopsis Soup**  
北芪党参汤

**Dessert Add On:**

**B) Spring Roll**  
春卷

**Black & White Grass Jelly w Milk (C)**  
黑白仙草冻配牛奶 (冷)

**Thursday**  
**23/07/2026**

**Lunch / 午餐**

**Fried Soya Sauce Prawn**  
酱油虾

**Chicken w Cordyceps Flower & Black Fungus**  
虫草花木耳鸡

**Seasonal Vegetables**  
时蔬

**Option:**

**A) Old Cucumber Chicken Soup**  
老黄瓜鸡汤

**Dessert Add On:**

**B) Steamed Egg w Stir Fried Mushroom**  
香菇蒸蛋

**Black Glutinous Rice w Longan (C)**  
黑糯米配龙眼 (冷)

**Dinner / 晚餐**

**Fried Fish Fillet w Salted Bean Paste Sauce**  
鱼配豆瓣酱

**Stir-Fried Thai Basil Beef**  
泰式罗勒牛肉

**Seasonal Vegetables**  
时蔬

**Option:**

**A) Chinese Style Borscht**  
中式罗宋汤

**Dessert Add On:**

**B) Hotplate Egg Tofu**  
铁板豆腐

**Black Glutinous Rice w Longan (C)**  
黑糯米配龙眼 (冷)

**Friday**  
**24/07/2026**

**Lunch / 午餐**

**Golden Salted Egg Fish**  
黄金咸蛋鱼

**Steamed Beef Loaf w Tangerine Peel**  
陈皮牛肉饼

**Seasonal Vegetables**  
时蔬

**Option:**

**A) ABC Soup**  
ABC汤

**Dessert Add On:**

**B) Taupok w Rojak Sauce**  
豆卜配罗惹酱

**Sea Coconut (C)**  
海底椰 (冷)

**Dinner / 晚餐**

**Sweet & Sour Prawns**  
糖醋虾

**Chinese Superior Soya Sauce Chicken**  
酱油鸡

**Seasonal Vegetables**  
时蔬

**Option:**

**A) Chik Kut Teh**  
鸡骨茶

**Dessert Add On:**

**B) Baked Bean w Egg**  
焗豆配蛋

**Sea Coconut (C)**  
海底椰 (冷)



**SOUL DELICACIES**

心灵厨房



**Monday**  
**27/07/2026**

**Lunch / 午餐**

**Mango Salsa Prawn**  
芒果莎莎虾

**Oven Roasted Chicken w Rosemary Herbs**  
迷迭香烤鸡

**Seasonal Vegetables**  
时蔬

**Option:**

**A) Cream of Tomato Basil Soup**  
奶油番茄罗勒汤

**Dessert Add On:**

**B) Baked Scallop w Garlic Butter**  
蒜蓉烤扇贝

**White Fungus w Longan (H)**  
银耳龙眼糖水 (热)

**Dinner / 晚餐**

**Salmon w Miso Glaze**  
味噌三文鱼

**Beef Shephard's Pie**  
牛肉牧羊人派

**Seasonal Vegetables**  
时蔬

**Option:**

**A) Cream of Mushroom Soup**  
奶油蘑菇汤

**Dessert Add On:**

**B) Grilled Garlic Butter Corn Cob**  
蒜香奶油烤玉米棒

**White Fungus w Longan (H)**  
银耳龙眼糖水 (热)

**Tuesday**  
**28/07/2026**

**Lunch / 午餐**

**Thai Steamed Fish w Ginger & Lemon Grass**  
泰式姜香茅蒸鱼

**Beef w Potato Cumin Herbs**  
土豆孜然牛肉

**Seasonal Vegetables**  
时蔬

**Option:**

**A) Red Date & Goji Chicken Soup**  
红枣枸杞鸡汤

**Dessert Add On:**

**B) Deep Fried Tofu w Sesame Sauce**  
炸豆腐配芝麻酱

**Fruit Cocktail (C)**  
什锦水果 (冷)

**Dinner / 晚餐**

**Udang Kicap Berempah**  
马来式酱油虾

 **Curry Chicken**  
咖喱鸡

**Seasonal Vegetables**  
时蔬

**Option:**

**A) Stew Chicken Soup w Mushroom**  
蘑菇炖鸡汤

**Dessert Add On:**

**B) Wanton w Mayo**  
云吞

**Fruit Cocktail (C)**  
什锦水果 (冷)

**Wednesday**  
**29/07/2026**

**Lunch / 午餐**

**Buttered Egg Floss Prawn**  
奶油蛋丝虾

**Stir-Fried Chicken w Onion**  
洋葱炒鸡

**Seasonal Vegetables**  
时蔬

**Option:**

**A) Chicken Bone Four Herb Soup**  
四神汤

**Dessert Add On:**

**B) Sotong Youtiao w Mayo**  
苏东油条

**Sweet Potato Soup (H)**  
番薯糖水 (热)

**Dinner / 晚餐**

**Korea Kimchi Fish Fillet**  
韩国泡菜鱼片

**Beef Meatball w BBQ Sauce**  
牛肉丸配烧烤酱

**Seasonal Vegetables**  
时蔬

**Option:**

**A) Fish Maw Scallop Soup**  
鱼腩干贝汤

**Dessert Add On:**

**B) Prawn Date**  
虾枣

**Sweet Potato Soup (H)**  
番薯糖水 (热)



**SOUL DELICACIES**

心灵厨房



**Thursday**  
**30/07/2026**

**Lunch / 午餐**

**Salmon w White Sauce**  
白酱三文鱼

**Hong Shao Beef**  
红烧牛肉

**Seasonal Vegetables**  
时蔬

**Option:**

**A) Kelp Corn Soup**  
海带玉米汤

**B) Steamed 3 Color Egg**  
三色蒸蛋 

**Dessert Add On:**

**Mango Sago Pomelo (C)**  
楊枝甘露 (冷)

**Dinner / 晚餐**

**Creamy Pumpkin Prawns**  
奶油南瓜虾

**Chicken Cutlet w Cheese Sauce**  
鸡排配芝士酱

**Seasonal Vegetables**  
时蔬

**Option:**

**A) Chinese Danggui Herbal Chicken Soup**  
当归药材鸡汤

**B) Seaweed Omelette**  
紫菜煎蛋

**Dessert Add On:**

**Mango Sago Pomelo (C)**  
楊枝甘露 (冷)

**Friday**  
**31/07/2026**

**Lunch / 午餐**

 **Onion Sambal Prawns**  
洋葱参巴虾

**Salt & Pepper Chicken**  
椒盐鸡

**Seasonal Vegetables**  
时蔬

**Option:**

**A) Burdock Chicken Soup**  
牛蒡鸡汤

**B) Hong Shao Tofu**  
红烧豆腐

**Dessert Add On:**

**Barley w Beancurd (H)**  
薏米腐竹 (热)

**Dinner / 晚餐**

**Teriyaki Fish Fillet**  
照烧鱼片

 **Beef Masak Merah w Capsicum**  
马来式香辣番茄牛肉

**Seasonal Vegetables**  
时蔬

**Option:**

**A) Chicken Soup w Lotus Root & Chinese Yam**  
莲藕山药鸡汤

**B) Fried Potato w Leek & Egg**  
土豆炒韭菜鸡蛋

**Dessert Add On:**

**Barley w Beancurd (H)**  
薏米腐竹 (热)