

SEPTEMBER 2026



Actual presentation may vary. Images are for illustration purposes only.





ISO 22000



Our *Achievements*

“Excellence:
Our Journey, Our Commitment!”



Actual presentation may vary. Images are for illustration purposes only.



Healthier *Sources,* Healthier *Meal*



Higher in Wholegrains



**Lower GI & Higher Fibre
for all Rice & Porridge served**



Lower GI Sugar



Healthier Choice Certified Sauce



Low Sodium Iodized Salt



**HPB Certified Healthier Choice
Cooking Oils**

Actual presentation may vary. Images are for illustration purposes only.

Special *Promo*

FREE GIFT



Stainless Steel
Cutlery Set

10 Days Package

10%
OFF

20 Days Package



10%
OFF + FREE
DESSERT

60 or 120 Days Package



Package Choices



5 DAYS Trial Package



Made with
ALCHEMY
FIBRE

10 DAYS Tingkat Package



Made with
ALCHEMY
FIBRE



20 DAYS Tingkat Package



Made with
ALCHEMY
FIBRE

10%
OFF

Actual presentation may vary.
Images are for illustration purposes only.



Meal *Options:*



3 + 1 Healthy Tingkat Meal



Chicken / Beef

+



Fish / Prawn

+



**Seasonal Vegetables
of the Day**

=



Daily brewed Soup

4D Healthy Tingkat Meal



Chicken / Beef

+



Fish / Prawn

+



**Seasonal Vegetables
of the Day**

=



Special Curated Side

Actual presentation may vary. Images are for illustration purposes only.

Package *Price List*



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	\$2,6143.44	\$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

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

Package *Price List*



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

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

Wholesome *Add - On:*



Add on
White Jasmine Rice
\$1.09 (w/GST) per pax



Add on
SongHe (50/50) 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
\$1.09 (w/GST) per pax



Add on
SongHe (50/50) 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.

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September 2026 *Menu*



TUESDAY 01/09/2026

Lunch / 午餐

Baked Fish with Teriyaki sauce
烤鱼照烧酱

 **Beef Stew with Radish**
白萝卜炖牛肉

Seasonal Vegetables
时蔬

Option:

A) Fuzhou Fish Ball Soup
福州鱼圆汤

B) Begedil
铃薯饼

Dessert Add on:
WhiteFungus Longan
雪耳龙眼

WEDNESDAY 02/09/2026

Lunch / 午餐

Chinese Claypot Chicken
鸡公煲

 **White Pepper Prawn**
白胡椒虾

Seasonal Vegetables
时蔬

Option:

A) Chicken Mushroom Soup
香菇鸡肉汤

 **B) Potato & Ikan Bilis Dry Sambal**
江鱼仔参巴 & 铃薯丁

Dessert Add on:
Bubur Cha Cha
摩摩喳喳

THURSDAY 03/09/2026

Lunch / 午餐

 **Korean Kimchi Fish Stew**
韩式泡菜炖鱼

Tomato Stew Beef Cube
番茄炖牛肉丁

Seasonal Vegetables
时蔬

Option:

A) Old Cucumber Chicken Soup
老黄瓜鸡汤

B) Golden Fried Prawn Date
黄金炸虾枣

Dessert Add on:
Mango Sago
芒果布丁

Dinner / 晚餐

Roasted Chicken with Sour Plum sauce
梅酱烤鸡

Lychee Sauce Prawn
荔枝虾

Seasonal Vegetables
时蔬

Option:

A) Chinese Style Borscht
中式罗宋汤

B) Ampang Yong Tau Foo
安邦酿豆腐

Dessert Add on:
WhiteFungus Longan
雪耳龙眼

Dinner / 晚餐

Kam Hiang Fish Fillet
甘香鱼片

 **Stir Fried Beef with Leek**
韭葱炒牛肉

Seasonal Vegetables
时蔬

Option:

A) ABC Soup
ABC汤

B) Neri Egg Pancake
紫菜煎蛋

Dessert Add on:
Bubur Cha Cha
摩摩喳喳

Dinner / 晚餐

Nyonya Assam Paste Prawn
亚参虾

Creamy Butter Chicken
奶油鸡

Seasonal Vegetables
时蔬

Option:

A) Astragalus Codonopsis Soup
黄芪党参汤

B) Tofu with Preserved Egg
皮蛋豆腐

Dessert Add on:
Mango Sago
芒果布丁

September 2026 *Menu*



FRIDAY 04/09/2026

Lunch / 午餐

Chicken Meat Ball with Mushroom sauce
蘑菇酱鸡肉丸

Cheesy Baked Prawn
芝士烤虾

Seasonal Vegetables
时蔬

Option:

A) Chik Ku Teh
鸡骨茶

B) Tempura Cauliflower
天妇罗白菜花

Dessert Add on:
Red Bean Soup
红豆汤

MONDAY 07/09/2026

Lunch / 午餐

Stir Fried Fish Fillet with Ginger & Spring Onion
姜葱炒鱼片

Beef Pongteh
娘惹卤牛肉

Seasonal Vegetables
时蔬

Option:

A) Arrowroot & Cordyceps Chicken Soup
竹芋虫草鸡汤

B) Hot Plate Tofu
铁板豆腐

Dessert Add on:
Mini Cream Puff
迷你奶油泡芙

TUESDAY 08/09/2026

Lunch / 午餐

Steamed Chicken with Ginger & Garlic Sauce
姜蒜酱蒸鸡

 **Black Pepper Prawn**
黑胡椒虾

Seasonal Vegetables
时蔬

Option:

A) Sichuan Vegetable Tofu Soup
四川菜豆腐汤

B) Tomato Egg
番茄蛋

Dessert Add on:
Tang Yuan
汤圆

Dinner / 晚餐

Teochew Style Steamed Fish Fillet
潮州蒸鱼片

Pumpkin Beef Stew
金瓜炖牛肉片

Seasonal Vegetables
时蔬

Option:

A) Creamy Cauliflower Soup
椰菜花浓汤

B) Baked Potato w Cheese
芝士烤马铃薯

Dessert Add on:
Red Bean Soup
红豆汤

Dinner / 晚餐

Stir Fried Chicken with Basil Leaf
罗勒叶炒鸡

 **Har Lok Prawn**
干煎虾碌

Seasonal Vegetables
时蔬

Option:

A) Purple Potato Snow Fungus Soup
紫薯银耳汤

B) Sotong Youtiao with Mayo
苏东油条配蛋黄酱

Dessert Add on:
Mini Cream Puff
迷你奶油泡芙

Dinner / 晚餐

Baked Salmon Teriyaki
照烧烤三文鱼

Beef Bak Kut Teh
牛肉骨茶

Seasonal Vegetables
时蔬

Option:

A) Kelp Corn Soup
海带玉米汤

B) Chicken Wanton Mayo
炸云吞

Dessert Add on:
Tang Yuan
汤圆

September 2026 *Menu*



WEDNESDAY 09/09/2026

Lunch / 午餐

Herbal Steamed Fish
药材蒸鱼

Ham Hiong Beef Sliced
咸香牛肉片

Seasonal Vegetables
时蔬

Option:

A) Winter Melon Chicken Soup
冬瓜鸡汤

B) Yakitori Chicken Ball
铁板烤鸡肉丸

Dessert Add on:

Passion Fruit Pudding
百香果布丁

THURSDAY 10/09/2026

Lunch / 午餐

 **Curry Chicken**
咖喱鸡

Typhoon Shelter Fried Prawn
避风塘炸虾

Seasonal Vegetables
时蔬

Option:

A) Egg Seaweed Soup
紫菜蛋花汤

B) Honey Osmanthus Yam
蜜汁桂花芋头

Dessert Add on:

Bubur Hitam
黑糯米粥

FRIDAY 11/09/2026

Lunch / 午餐

Baked Salmon Fillet with Cream sauce
西式白酱三文鱼

Beef Ball with Tomato paste White Cheese Powder
牛肉丸番茄酱芝士粉

Seasonal Vegetables
时蔬

Option:

A) Mushroom Creamy Soup
西式蘑菇浓汤

B) Whole Tomato Baked Cheese
番茄烤芝士

Dessert Add on:

Eclair
甜点

Dinner / 晚餐

Battered Egg Floss Chicken
牛油蛋丝鸡

 **Indonesia Curry Prawn**
印尼咖喱虾

Seasonal Vegetables
时蔬

Option:

A) Chinese Pear Herbal Tonic Chicken Soup
川贝雪梨鸡汤

B) Onion Egg
大葱蛋

Dessert Add on:

Passion Fruit Pudding
百香果布丁

Dinner / 晚餐

Mongolian Fish Fillet
蒙古鱼片

Stir Fried Beef with Oyster Sauce
蚝油牛肉片

Seasonal Vegetables
时蔬

Option:

A) Pumpkin & Carrot Soup
南瓜萝卜汤

B) Hong Shao Tofu
红烧豆腐

Dessert Add on:

Bubur Hitam
黑糯米粥

Dinner / 晚餐

 **Ayam Masa Merah**
马来甜辣鸡

Salted Egg Prawn
咸蛋虾

Seasonal Vegetables
时蔬

Option:

A) Chicken & Corn Cream Soup
鸡肉玉米奶油汤

B) Hash Brown
马铃薯饼

Dessert Add on:

Eclair
甜点

 **Mild Spicy . 微辣**

September 2026 *Menu*



MONDAY 14/09/2026

Lunch / 午餐

 **Roasted Chicken with Five Spicy Powder**
五香烤鸡

Laksa Prawn with Tau Pok
叻沙豆卜虾

Seasonal Vegetables
时蔬

Option:

A) Dang Gui Herbal Chicken Soup
当归药材鸡汤

Dessert Add on:

B) Fried Egg with Baked Bean
茄汁豆蛋

Green Bean Soup
绿豆汤

TUESDAY 15/09/2026

Lunch / 午餐

Sweet & Sour Fish Fillet
糖醋鱼片

 **GongBao Beef Sliced**
宫保牛肉片

Seasonal Vegetables
时蔬

Option:

A) Beetroot Vegetable Soup
甜菜根蔬菜汤

Dessert Add on:

B) Egg Tofu with White Egg sauce
白蛋酱玉子豆腐

Watermelon Sago
西瓜西米露

WEDNESDAY 16/09/2026

Lunch / 午餐

 **Rendang Chicken**
仁当鸡

Buttered Cereal Prawn
奶油麦片虾

Seasonal Vegetables
时蔬

Option:

A) Chicken Soup with Chinese Yam & Danggi
淮山当归鸡汤

Dessert Add on:

B) Steamed Egg with Goji Berry Sauce
蒸蛋

Sweet Potato Sago
红薯西米露 热

Dinner / 晚餐

Steam Fish Fillet with Garlic
蒜蓉蒸鱼片

Beef Sliced with Mushroom sauce
牛肉炒香菇

Seasonal Vegetables
时蔬

Option:

A) Fish Maw Soup
魚鳔湯

Dessert Add on:

B) Tomato Egg
番茄蛋

Green Bean Soup
绿豆汤

Dinner / 晚餐

Honey BBQ Chicken Mid Wing
蜜汁烤鸡中翅

Butter Creamy Prawn
奶油虾

Seasonal Vegetables
时蔬

Option:

A) Lotus Root Peanuts Chicken Feet Soup
莲藕花生鸡爪汤

Dessert Add on:

B) Roasted Pumpkin with Sesame Sauce
芝麻酱烤南瓜

Watermelon Sago
西瓜西米露

Dinner / 晚餐

Buttered Cereal Fish Fillet
麦片鱼片

 **Black Pepper Beef Sliced**
黑胡椒牛肉片

Seasonal Vegetables
时蔬

Option:

A) Immunity Boosting Soup
蒜香白胡椒鸡汤

Dessert Add on:

B) Fried Goyza with Ginger Floss & Vinegar
餃子配醋和姜丝

Sweet Potato Sago
红薯西米露 热

September 2026 *Menu*



THURSDAY 17/09/2026

Lunch / 午餐

 **Assam Fish Fillet**
亚叁鱼片

Chinese Herbs Beef Cube
药材炖牛肉

Seasonal Vegetables
时蔬

Option:

A) Scallop Tofu Fish Ball Soup
干贝豆腐鱼丸汤

Dessert Add on:

Barley Soup
薏米糖水

B) Quail Egg Chicken Meat Ball
鹌鹑蛋鸡肉丸

FRIDAY 18/09/2026

Lunch / 午餐

Garlic Herb Butter Roasted Chicken
蒜香牛油烤鸡

BBQ Sauce Prawn (Western)
烧烤酱虾 (西式)

Seasonal Vegetables
时蔬

Option:

A) Creamy Potato Soup
马铃薯浓汤

Dessert Add on:

Cheng Tng
清汤

B) Breaded Scallop
面包糠炸带子

MONDAY 21/09/2026

Lunch / 午餐

Salted Egg Fish Fillet
咸蛋鱼片

Beef Cube Stew with Potato
土豆炖牛肉丁

Seasonal Vegetables
时蔬

Option:

A) Cordyceps Mushroom Soup
虫草花蘑菇汤

Dessert Add on:

Mixed Cocktail
杂果冰

B) Salted Egg French Bean
咸蛋四季豆

Dinner / 晚餐

Korean Fried Chicken
韩式炸鸡丁

Hong Shao Prawn
红烧虾

Seasonal Vegetables
时蔬

Option:

A) Cabbage Tofu Soup
白菜豆腐汤

Dessert Add on:

Barley Soup
薏米糖水

B) Osmanthus Egg
桂花蛋

Dinner / 晚餐

 **Black Pepper Fish**
黑胡椒鱼片

Ginger & Onion Beef Sliced
姜葱牛肉片

Seasonal Vegetables
时蔬

Option:

A) Creamy Pumpkin Bonito Soup
奶油南瓜鲣鱼汤

Dessert Add on:

Cheng Tng
清汤

B) Mash Potato
马铃薯泥

Dinner / 晚餐

Pumpkin Stew with Chicken
金瓜炖鸡

Chinese Herbs Prawn
药材蒸虾

Seasonal Vegetables
时蔬

Option:

A) Fresh Corn with Snow Fungus Soup
玉米银耳汤

Dessert Add on:

Mixed Cocktail
杂果冰

B) Sweet & Sour Chicken Meat Ball
糖醋鸡肉丸

 **Mild Spicy . 微辣**

September 2026 *Menu*



TUESDAY 22/09/2026

Lunch / 午餐

Ayam Ponteh
娘惹鸡

Prawn with Orange sauce & Soy sauce
橙汁酱油烤虾

Seasonal Vegetables
时蔬

Option:

A) Carrot & Zucchini Soup
萝卜西葫芦汤

B) Tofu with Century Egg
豆腐皮蛋

Dessert Add on:
White Fungus with Longan
白木耳配龙眼

WEDNESDAY 23/09/2026

Lunch / 午餐

Steamed Fish Teochew Style
潮州式蒸鱼

Fried Beef Sliced with Garlic
蒜香炒牛肉片

Seasonal Vegetables
时蔬

Option:

A) Spinach Tofu Soup
菠菜豆腐汤

B) Fu Rong Egg
芙蓉蛋

Dessert Add on:
Dragon Fruit Sago
火龙果西米露

THURSDAY 24/09/2026

Lunch / 午餐

Shrimp Paste Chicken Mid Winglet
虾酱鸡中翅

Sweet & Sour Prawn
糖醋虾 / 咕嚕虾

Seasonal Vegetables
时蔬

Option:

A) Choy Sim Fish Ball Soup
菜心鱼丸汤

B) Tea Leaf Egg
茶叶蛋

Dessert Add on:
Red Bean Sago
红豆西米露

Dinner / 晚餐

Hong Kong Style Fish Fillet
港式鱼片

Teriyaki Beef Sliced
照烧牛肉片

Seasonal Vegetables
时蔬

Option:

A) Chicken Meat Ball Soup
鸡肉丸汤

B) Salt & Pepper Shimeji Mushroom
椒盐白玉菇

Dessert Add on:
White Fungus with Longan
白木耳配龙眼

Dinner / 晚餐

Lemon Chicken Chop
柠檬鸡排

Steamed Prawn with Garlic Sauce
蒜蓉蒸虾

Seasonal Vegetables
时蔬

Option:

A) Seaweed Miso Soup
海藻味噌汤

B) Fried Lotus with Minced Chicken
酥炸莲藕酿鸡肉

Dessert Add on:
Dragon Fruit Sago
火龙果西米露

Dinner / 晚餐

Sambal Chili Fish Fillet
参巴辣椒鱼片

Hong Shao Beef Cube
红烧牛肉丁

Seasonal Vegetables
时蔬

Option:

A) Luffa Chicken Meat Ball Soup
丝瓜鸡肉丸汤

B) Buttered Cereal Egg Tofu
麦片蛋豆腐

Dessert Add on:
Red Bean Sago
红豆西米露

September 2026 *Menu*



FRIDAY 25/09/2026

Lunch / 午餐

 **Thai Garlic Lemon Sauce Fish**
泰式蒸鱼片

Beef Bolognese Shepherd Pie
牛肉酱薯蓉派

Seasonal Vegetables
时蔬

Option:

A) Cauliflower Cream Soup
花椰菜浓汤

B) Crispy Corn Fritters
酥脆玉米饼

Dessert Add on:

Black & White Grass Jelly with Milk
黑白仙草牛奶

MONDAY 28/09/2026

Lunch / 午餐

Chinese Style Braised Chicken
中式卤鸡

Cajun Shrimp Boil Vege with Corn
卡津风味虾煮玉米蔬菜

Seasonal Vegetables
时蔬

Option:

A) Black Bean Chicken Soup
黑豆鸡汤

B) Chinese Steamed 3 Color Egg
三色蒸蛋

Dessert Add on:

Black Glutinous Rice with Longan
龙眼黑糯米

TUESDAY 29/09/2026

Lunch / 午餐

Fish Fillet with Sarsar sauce
鱼片沙沙酱

Sliced Beef with Black Bean sauce
黑豆豉牛肉片

Seasonal Vegetables
时蔬

Option:

A) Burdock Chestnut Soup
牛蒡栗子汤

B) Ma Po Tofu
麻婆豆腐

Dessert Add on:

Ice Jelly with Longan
龙眼冰粉

Dinner / 晚餐

Chicken Gordon Bleu
蓝带芝士鸡卷

Truffle Oil Mushroom Prawn
松露油蘑菇虾

Seasonal Vegetables
时蔬

Option:

A) Tomato Vegetable Cream Soup
番茄蔬菜忌廉汤

B) Sliced Potato with Herbs
马铃薯炒香料

Dessert Add on:

Black & White Grass Jelly with Milk
黑白仙草牛奶

Dinner / 晚餐

Turmeric Fried Fish
姜黄炸鱼片

Cheesy Beef Patty with Au Gratin
芝士牛肉饼配法式焗烤薯片

Seasonal Vegetables
时蔬

Option:

A) Apple & Pear & Figs Chicken Soup
苹果水梨鸡汤

B) Teriyaki Chicken Meat Ball
照烧鸡肉丸

Dessert Add on:

Black Glutinous Rice with Longan
龙眼黑糯米

Dinner / 晚餐

 **Gong Bao Chicken Cube**
宫保鸡丁

Thai Mango Prawn
泰式芒果虾

Seasonal Vegetables
时蔬

Option:

A) Chicken Four Herbs Soup
鸡肉四神汤

B) Sauteed Trio Mushroom
炒三菇

Dessert Add on:

Ice Jelly with Longan
龙眼冰粉

 **Mild Spicy . 微辣**

September 2026 *Menu*



WEDNESDAY 30/09/2026

Lunch / 午餐

Steamed Chicken with Goji & Black Fungus

枸杞木耳蒸鸡



Sambal Pineapple Prawn

参巴菠萝虾

Seasonal Vegetables

时蔬

Option:

A) Vegetable Silken Tofu Soup

蔬菜豆腐汤

B) Spring Roll

春卷

Dessert Add on:

Green Bean Soup

绿豆汤

Dinner / 晚餐

Fish Fillet w Scallion Oil Garlic

葱蒜油鱼片



Dry Curry Beef Sliced

干咖喱牛肉片

Seasonal Vegetables

时蔬

Option:

A) White Radish Chicken Soup

白萝卜鸡汤

B) Stir Fried Egg with Silver Fish

银鱼炒蛋

Dessert Add on:

Green Bean Soup

绿豆汤



Mild Spicy . 微辣