

21-DAY MEAL PACKAGE MENU

DATE	BREAKFAST Main Course + Drink X 2	LUNCH Main Course + Soup + Fruit	DINNER Main Course + Dessert + Drink X 1
THUR MAR 11 APR 1	A Fresh Mixed Fruit Salad and Mini Pancake B Slices of Beef with Macaroni in Tomato Soup and Steamed Pork Dumpling with Crab Roe C Fried Noodles with Bean Sprout & Soy Sauce and Hot Soy Milk (V)	Fruit: Watermelon Soup: Roasted Pumpkin and Carrot Soup with Sago OR Chicken Soup with Winter Melon and Ching Po Leung Dessert: Mixed Fruit Salad Main Course: A Caesar Salad with Shrimps and Mango B Sweet and Sour Turkey with Pineapple and Rice C BBQ Duck and Soy Chicken with Rice D Baked Fish Fillet with Pumpkin and Rice in Japanese Style E Vegetables Lasagna (V) F Roasted Spicy Chicken Drumstick with Herbs and Rice	
FRI MAR 12 APR 2	A Boiled Eggs with Bacon, Baked Bean and Danish B Chicken Congee and Steamed Turnip Pudding C Mushroom Omelette with Banana Muffin and Baked Bean (V)	Fruit: Honeydew Melon Soup: Sweet Corn Cream Soup with Ginger OR Coconut and Chicken Soup Dessert: Chilled Mango Pudding with Sago & Pomelo Cream Main Course: A Fried Rice with Curry Crab Meat and Vegetables B Braised Rice Vermicelli with Preserved Potherb Mustard & BBQ Duck C BBQ Pork Spare Ribs and Beef Shin with Rice D Deep-fried Fish Fillet with Sea-weeds and Rice in Tartar Sauce E Penne Pasta with Mushrooms Cream Sauce (V) F Tandoori Chicken Rice with Mint and Cucumber Yogurt Dip	
SAT MAR 13 APR 3	A Tuna & Egg Mayonnaise Sandwich and Hot Porridge B Noodles with Spiced Diced Pork and Steamed Pork Dumpling with Crab Roe C French Toast with Hash Brown & Hot Porridge (V)	Fruit: Pineapple Soup: Barley Cream Soup OR Pork Soup with Old Yellow Cucumber and Bean Dessert: Strawberry Cream Cake Main Course: A Garden Salad with Orange and Beetroot with Balsamic Glaze B Stir-fried Noodles with Pork Spare Ribs in Black Bean Sauce C BBQ Duck, Red Sausage and Preserved Salt Egg with Rice D Slow-cooked Beef Ox-tail in Red Wine Sauce with Rice E Linguine with Basil, Mushroom and Tomato Sauce (V) F Nasi Goreng with Chicken Satay	
SUN MAR 14 APR 4	A Scrambled Eggs with Ham and Low Fat Fruit Yoghurt B Rice Vermicelli in Soup with Luncheon Meat & Fried Egg and Steamed Egg Custard Bun C Mixed Fruit Salad with Corn Flakes & Low Fat Fruit Yoghurt (V)	Fruit: Hami Melon Soup: Roasted Tomato Soup with Lemon Grass OR Pork Soup with Sea Coconut and Pear Dessert: Roselle and Hawthorn Tea Main Course: A Pan-fried Pork Chop with Onion, Black Pepper and Rice B Sakura Shrimp Fried Rice with Egg and Spring Onion C BBQ Pork and Soy Chicken with Rice Vermicelli in Soup D Roasted Chicken with Quinoa and Rice in Mediterranean Style E Capellini with Chilli, Mushroom and Tomato Sauce (V) F Indian Beef Curry with Rice	
MON MAR 15 APR 5	A Breakfast Burrito with Egg, Bacon, Sausage and Tomato & Low Fat Fruit Yoghurt B Noodles with Swiss Soy Chicken Wings & Crispy Spring Roll C Mushroom and Egg Omelette, Hot Porridge & Roasted Cherry Tomato (V)	Fruit: Honey Pear Soup: Mediterranean White Bean Soup OR Sweet Corn Soup with Crab Meat and Eggs Dessert: Raspberry & Vanilla Panna Cotta Main Course: A Crab-meat Salad with Soft-boiled Egg, Sweet Corn, Cherry Tomato, Cucumber and Apple B Stir-fried Curry Mince of Pork with Lettuce and Steamed Rice C Seafood Fried Rice in Fujian Style D BBQ Duck and Soy Chicken with Rice E Penne Pasta with Seasonal Vegetables and Tomato Sauce (V) F Braised Beef Ribs with Black Pepper Sauce	

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TUE MAR 16 APR 6	A Baked Jumbo Croissant Stuffed with Mortadella and Cheese & Watermelon B Plain Congee, Stir-fried Rice Roll with XO Chilli Sauce & Steamed Pork Dumpling with Crab Roe C French Toast, Hash Brown & Grilled Tomato (V)	Fruit: Red Apple Soup: Corn Chowder Soup with Quinoa OR Pork Soup with Green Turnip and Carrot Dessert: Sweet Red Bean Soup Main Course: A Grilled Cajun Chicken Fillet with Mango and Caesar Salad B Vegetarian Fried Rice with Tomato Sauce (V) C Roasted Chicken with Lemon Sauce with Vegetable and Steamed Rice D Swiss Chicken Wings, Pork Knuckle and Red Sausage with Rice E Teriyaki Style Fish Fillet with Roasted Pumpkin and Rice F Sicilian Style Braised Chicken Steak with Roasted Potato and Squash	
WED MAR 17 APR 7	A Swiss Muesli with Banana, Baked Bean & Danish B U-dong Noodle in Miso Soup with Spring Vegetable, Steamed Assorted Vegetables Dumpling with Pine Nuts (V) C Baked Potato Stuffed with Egg and Bacon, Baked Bean & Danish	Fruit: Banana Soup: Tomato Soup with Crab-meat OR Pork Soup with Lion's Mane Mushroom and White Fungu Dessert: Chocolate Brownie Cake Main Course: A Crayfish, Egg and Crab Roe Salad Sandwich B Stir-fried Glutinous Rice with Preserved Sausage C Stir-fried Rice Vermicelli with Pork Fillet, Bitter Melon in Black Bean Sauce D BBQ Pork & Roasted Duck with Rice E Portuguese Style Baked Fish Fillet with Roasted Potato and Vegetable F Vegetable Risotto with Edamame, Quinoa and Pumpkin Sauce (V)	
THU MAR 18 APR 8	A Soft-boiled Egg, Tomato and Avocado Salad & Pineapple (V) B Macaroni in Soup with Lemongrass Pork Chop & Steamed Fresh Shrimp Dumpling C Scrambled Eggs with Smoked Salmon, Baked Bean & Roasted Cherry Tomato	Fruit: Watermelon Soup: Chicken Soup with Vegetable and Lentil Bean OR Thick Minced Fish Soup with Snow Fungus Dessert: Sweet Potato with Ginger Syrup Main Course: A Shrimps Salad with Mango, Cherry Tomato, Cucumber, Capsicum with Balsamic Olive Oil B Braised Beef Brisket with Turnip, Vegetable and Steamed Rice C Deep-fried Fish Fillet with Sweet Corn Sauce, Vegetable and Steamed Rice D BBQ Pork, Red Sausage and Preserved Salt Egg with Rice E Tomato Penne Pasta with Mushroom and Ratatouille (V) F Marinated Pork Chop with Lemon Grass, Roasted Potato and Vegetable	
FRI MAR 19 APR 9	A Smoked Salmon and Cheese on Muffin & Dragon Fruit B Stir-fried Noodles with Bean Sprout and Soy Sauce & Steamed Pork Dumpling with Crab Roe C Spanish Omelette, Hash Brown & Banana Muffin (V)	Fruit: Pear Soup: Broccoli and Sweet Corn Cream Soup OR Pork Soup with Chayote, Chestnut and Carrot Dessert: Orange and Chocolate Mousse Main Course: A Beetroot, Tomato and Mozzarella Cheese Salad with Orange (V) B Steamed Chicken with Cordyceps, Shiitake Mushroom and Steamed Rice C Stir-fried Rice Noodle with Beef and Tri-colour Capsicum in Black Bean Sauce D BBQ Pork Spare Ribs & Beef Shin with Rice E Seoul Ox-tail Soup with Glass Noodle and Spring Onion F Baked Cheese Fish Fillet with Roasted Purple Potato and Vegetable	
SAT MAR 20 APR 10	A Fresh Mixed Fruit Salad & Swiss Muesli (V) B Rice Vermicelli in Soup with Veal Sausage & Vietnam Meat-loaf, Deep-fried Dumpling with Chicken & Dried Shrimp C Two Scrambled Eggs with Sausage, Mini Waffle & Roasted Herb Potato	Fruit: Pineapple Soup: Roasted Pumpkin Soup with Crab-meat OR Pork Soup with Night Blooming Cereus, White Fungus & Apple Dessert: Pandan and Coconut Pudding with Sago Main Course: A Tortilla Wrap with Shrimp, Crab-meat, Avocado, Cheese, Onion, Tomato & Lettuce B Sweet and Sour Pork Ribs with Vegetable and Steamed Rice C Steamed Chicken with Preserved Meat and Sausage on Rice D BBQ Pork and BBQ Duck with Lai Fan in Soup E Linguine with Basil, Mushroom and Tomato Sauce(V) F Hungarian Beef Goulash with Truffle Mashed Potato	

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SUN MAR 21 APR 11	A Soft-boiled Egg, Sweet Potato and Pumpkin Salad with Yuzu Dressing & Corn Flakes with Milk (V) B Chicken Congee & Assorted Dim Sum (Steamed Pork Dumpling with Crab Roe, Steamed Fresh Shrimp Dumpling & Steamed Assorted Vegetables Dumpling with Pine Nuts) C Japanese Breakfast: Miso Soup, Egg Omelette with Seaweed, Grilled Mackerel & Steamed Rice	Fruit: Honeydew Melon Soup: Lobster Bisque OR Fish Maw and Dark Chicken Soup with Sea Coconut Dessert: Osmanthus and Medlar Pudding Main Course: A Crystal Bird's Nest & Mango with Lobster Salad B Braised Abalone with Mushroom and Diced Chicken on Rice C Wok-fried Rice Noodle with Wagyu Beef and XO Chilli Sauce D Braised Pigeon with Soy Sauce with Rice E Pan-fried Lamb Chop with Roasted Potato and Truffle Red Wine Sauce F Baked Miso Salmon Fillet with Shiitake Mushroom, Vegetable & Rice	
MON MAR 22 APR 12	A Tuna and Egg Mayonnaise Sandwich with Hot Porridge and Watermelon B Glutinous Rice Dumpling and Crispy Spring Roll C Tomato and Egg Omelette with Hot Porridge and Watermelon (V)	Fruit: Mixed Fruit Salad Soup: Borscht Soup OR Pork Soup with Marrow Vegetables and Dried Octopus Dessert: Tiramisu Main Course: A Smoked Salmon Sandwich with Cream Cheese and Lettuce B Braised Baby Cabbage with Yunnan Ham in Broth with Rice C Curry Fried Rice with Minced Beef D BBQ Pork and Soy Chicken with Rice E Spaghetti Arrabbiata (V) F Baked Pork Chop with Pineapple with Rice	
TUE MAR 23 APR 13	A Macaroni in Soup with Ham and Scrambled Eggs B Plain Congee, Stir-fried Rice Roll with XO Chilli Sauce and Steamed Pork Dumpling with Crab Roe C French Toast with Hash Brown and Hot Porridge (V)	Fruit: Apple Soup: Leek and Potato Cream Soup OR Pork Soup with Kudzu Root and Rice Beans Dessert: Double-boiled Snow Fungus with Papaya Main Course: A Stir-fried Noodles with Shredded Pork and Bean Sprout B Sweet and Sour Fish with Pineapple with Rice C BBQ Duck and Pork Knuckle with Rice D Beef Burger (Bacon, Cheddar Cheese, Lettuce, Tomatoes, Onion & Gherkins) with French Fries E Penne Pasta with Mushroom and Truffle Sauce (V) F Char-grilled Chicken with Rice in Teriyaki Style	
WED MAR 24 APR 14	A Boiled Eggs with Bacon, Hash Brown and Hot Porridge B Rice Vermicelli in Soup with Luncheon Meat and Steamed Assorted Vegetables Dumpling with Pine Nuts C Grilled Vegetables Sandwich and Fruit Salad (V)	Fruit: Banana Soup: Clam Chowder Cream Soup OR Chicken Soup with Snow Fungus and Melon Dessert: Mango Pudding Main Course: A Tortilla Wrap with Tuna, Avocado, Cheese, Onion, Tomato & Lettuce B Baked E-fu Noodles with Mushrooms (V) C Minced Beef Fried Rice with Lettuce D Vietnam Beef Noodle in Soup E Fish Piccata Milanese with Spaghetti F Deep-fried Pork Culet with Tonkatsu Sauce with Rice	
THUR MAR 25 APR 15	A Pastrami & Egg Mayonnaise Sandwich and Low Fat Fruit Yoghurt B Silver Pin Noodles in Soup with BBQ Pork and Steamed Fresh Shrimp Dumpling C Poached Egg with Tomato on Toast, Sweet Corn and Honeydew Melon (V)	Fruit: Watermelon Soup: Red Kidney Bean Soup with Quinoa OR Chicken Soup with Ginseng Dessert: Mixed Fruit Salad Main Course: A Caesar Salad with Smoked Duck Breast, Peach and Shrimps B Stir-fried Slices of Beef with Black Bean Sauce with Rice C Fried Rice Vermicelli with Crab-meat, Hairy Crab roe and Vegetable D BBQ Duck and Soy Chicken with Rice E Deep-fried Fish Fillet Burger (Lettuce, Tomatoes & Onion) with French Fries F Vegetables Lasagna (V)	

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FRI MAR 26 APR 16	A Boiled Eggs with Bacon and Baked Bean B Fried Rice Vermicelli with Mixed Vegetables and Steamed Barbecued Pork Bun C Mushroom Omelette with Banana Muffin and Baked Bean (V)	Fruit: Hami Melon Soup: Vegetables Minestrone OR Bitter Melon Soup with Yellow Bean and Dried Oyster Dessert: Black Glutinous Rice with Coconut Milk Main Course: A Stir-fried Minced Pork with Spring Bean and Olive Pickles and Rice B Sweet Corn, Egg and Slice of Beef with Rice C BBQ Pork and Beef Shin with Rice D Pan-fried Fish Fillet with Spicy Tomato Sauce and Mashed Potato E Penne Pasta with Mushrooms Cream Sauce (V) F Sweet and Sour Chicken with Rice in Korean Style	
SAT MAR 27 APR 17	A Fresh Mixed Fruit Salad and Mini Pancake B Macaroni in Soup with Ham and Deep-fried Dumpling with Chicken and Dried Shrimp C Mushroom Omelette with Mini Pancake and Swiss Muesli (V)	Fruit: Pineapple Soup: Lentil Soup with Vegetable and Chicken OR Thick Minced Fish Soup with Snow Fungus Dessert: Blueberry Cheese Cake Main Course: A Crab Meat, Crab Roe and Egg Mayonnaise Sandwich B Stir-fried Rice Vermicelli with Shrimp and Pork in Xiamen Style C Soy Chicken, Red Sausage and Preserved Salt Egg with Rice D Slow-cooked Beef Ox-tail in Red Wine Sauce with Rice E Linguine with Basil, Mushroom and Tomato Sauce (V) F Braised Spicy Chicken with Rice in Sichuan Style	
SUN MAR 28 APR 18	A Scrambled Eggs with Sausage, Baked Bean and Pastries B Noodles with Satay Beef and Steamed Fresh Shrimp Dumpling C Scrambled Eggs with Banana Muffin and Watermelon (V)	Fruit: Melon Soup: Beef Goulash Soup with Vegetables OR Pork Soup with Old Yellow Cucumber and Bean Dessert: Mai Dong, Luo Han Guo and Pear Tea Main Course: A Caesar Salad with Pepper Tuna, Mango and Roasted Pumpkin B Broccoli with Stew Mushroom, Crab Meat and Egg White with Rice C Fried Noodles with Assorted Vegetables and Mushrooms (V) D BBQ Pork Spare Ribs and BBQ Duck with Oil Noodles in Soup E Roasted Chicken with Quinoa and Rice in Mediterranean Style F Pan-fried Fish Fillet with Mashed Potato, Seasonal Vegetables and Dill & Lime Butter Sauce	
MON MAR 29 APR 19	A Truffle & Egg Mayonnaise Salad with Turkey Sandwich and Low Fat Fruit Yoghurt B Macaroni in Soup with Ham and Pineapple Bun C Fried Rice with Vegetables & Tomato in Western Style and Honeydew Melon(V)	Fruit: Mixed Fruit Salad Soup: Broccoli Cream Soup with Crab Meat OR Watercress Soup with Pork and Luo Han Guo Dessert: Strawberry Cream Cake Main Course: A Fried Rice Vermicelli in Singaporean Style B Fujian Fried Rice C BBQ Pork and Soy Chicken with Rice D Roasted Pork Neck and Roasted Potato with Herbs in Thai Style E Ratatouille Spaghetti (V) F Braised Turkey with Chestnut and Mushrooms and Spaghetti in Red Wine Sauce	
TUE MAR 30 APR 20	A Boiled Eggs with Bacon, Grilled Tomato and Hot Porridge B Rice Vermicelli in Soup with Luncheon Meat and Steamed Assorted Vegetables Dumpling with Pine Nuts C Poached Egg with Tomato on Toast, Mini Pancake and Pineapple (V)	Fruit: Apple Soup: Wild Mushroom Cream Soup OR Sweet Corn Soup with Crab Meat and Eggs Dessert: Fluffy Bean Curd Main Course: A Fried Rice with Shrimp and Egg B Braised E-fu Noodles with Spicy Eggplant and Minced Pork C BBQ Duck and Pork Knuckle with Rice D Deep-fried Fish Fillet Burger (Lettuce, Tomatoes & Onion) with French Fries E Penne Pasta with Mushroom and Truffle Sauce (V) F Braised Beef Ox-tail with Red Curry and Rice in Thai Style	

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WED MAR 31	A Scrambled Eggs with Ham, Sausage and Pastries B Silver Pin Noodles in Soup with BBQ Pork and Steamed Beef Ball with Bean Curd Sheet C Fresh Mixed Fruit Salad with Corn Flakes and Low Fat Fruit Yoghurt (V)	Fruit: Banana Soup: Vegetable Soup in Swiss Style OR Pork Soup with Apple and Snow Fungus Dessert: Serradura Main Course: A Fried Rice Noodles with Stir-fried Beef and Vegetables B Braised Broccoli with Mushrooms and Rice (V) C Soy Chicken Drumstick and Roasted Duck with Rice Spaghetti in Soup D Roasted BBQ Pork Spare Ribs with Rice E Pan-fried Fish Fillet Meunière and Roasted Potato with Herbs F Malaysian Chicken Curry with Rice	

(V) – Vegetarian

Drink Options						
1. Coffee	2. English Breakfast Tea	3. Hong Kong Style Milk Tea	4. Chinese Jasmine Tea	5. Green Tea	6. Tea with Lemon	7. Lemon Water
8. Soyabean Milk	9. Malted Soyabean Milk	10. Orange Juice	11. Grape Juice	12. Apple Juice	13. Whole Milk	14. Skimmed Milk