

# Helping you to Eat Well !

## Wholesome 500kcal Family Meal (Lunch/ Dinner)



No. of Persons	Dishes	Rate Per 20 Days (Before GST)	Rate Per 5 Days (Trial)
1	Steam Rice + 3 Dishes + Soup	\$238	\$60
2	Steam Rice + 3 Dishes + Soup	\$342	\$100
3	Steam Rice + 3 Dishes + Soup	\$450	\$150
4	Steam Rice + 3 Dishes + Soup	\$533	\$200
5	Steam Rice + 3 Dishes + Soup	\$650	\$250
10	Special Office Lunch (twice a week delivery)	\$8/delivery (min: 10 pax/drop)	\$640/month (8 deliveries)

### MAIN MEALS

MON	STIR FRIED GINGER TOFU, SHRIMP PASTE CHICKEN & SHITAKE MUSHROOM
TUE	SABA FISH, ASIAN GREENS & POTATO BALL
WED	GRILLED LEMONGRASS CHICKEN, SNOW PEAS & TOMATO
THURS	OTAH CAKE, OAT CEREAL FISH & CELERY
FRI	PILAF BUTER RICE WITH CAJUN CHICKEN AND BAKED CORN

### SOUPS

MON	WATERCRESS SOUP
TUE	ABC CHICKEN SOUP
WED	CHICKEN CORN SOUP
THURS	LOTUS ROOT SOUP
FRI	CREAM OF MUSHROOM SOUP

### REMARKS

- Meals are delivered chilled (Mon & Wed) twice a week for freshness
- Enjoy a HOT nutritious meal simply by following the reheating instructions