

# Helping you to Eat Well !

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



Family Meal Plan (Lunch of Dinner)	No. of Pax	5 Days	20 Days	30 Days
<b>Steam Rice + 3 Dishes + Soup</b>	1	\$60	\$238	\$345
	2	\$100	\$342	\$480
	3	\$150	\$450	\$648
	4	\$200	\$533	\$780

### MAIN MEALS

<b>MON</b>	Steam Rice, Oat Butter Cereal Fish, Sambal Long Bean, Seafood Egg Tofu
<b>TUE</b>	Cauliflower Chicken Fried Rice, Garlic Shitake Mushroom, Fried Baby Squid
<b>WED</b>	Steam Rice, Sesame Crusted Baked Chicken Fingers, Roasted Bell Peppers, Zesty Lemon Potatoes
<b>THURS</b>	Steamed Yam Rice, Braised Duck, Fried Cabbage with Tanghoon, Baked paprika tau kwa
<b>FRI</b>	Honey Sriracha Chicken Noodle, Kai Lan, Baked Spring Roll

### SOUPS

<b>MON</b>	Chinese Yam Soup
<b>TUE</b>	Old Cucumber Soup
<b>WED</b>	Pumpkin Soup
<b>THURS</b>	Green Papaya Fish Soup
<b>FRI</b>	Cream of Corn Soup

### REMARKS

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

Call us at 6243 1468 or [enquiry@yeyeahdelights.com](mailto:enquiry@yeyeahdelights.com)

