

Healthier Menu

TIFIED althier oi MUM'S KITCHEN CATERING PTE LTD (200917408H) 3015, Bedok North Street 5, Shimei East Kitchen #02-06 Singapore 486350 Tel: 6346 0969 Fax: 6346 7194 www.mumskitchen.com.sg

HEALTHIER DINING PROGRAMME LUNCH / DINNER BUFFET MENU A

\$17.00 Per Guest | \$18.19 with GST | Minimum 30pax ~ All dishes are prepared using Healthier Oil ~

STARTER

Asian Quinoa Salad (Vegetarian) Nicoise Salad with Tuna Flakes

HOT SELECTION

Slow-Roasted Chicken Breast Honey Glaze

Steamed Fish Fillet Topped with Julienne Vegetables

> Stir Fry Tiger Prawn Premium Soy Sauce

Broccoli with Poku Mushroom **Oyster Sauce/Vegetarian**

Healthy Brown Rice with Hazelnut and Raisin (Vegetarian)

~Brown Rice~

NOODLE BAR

OPTIONAL: Chef in Action Fu Zhou Fish Ball Noodle Soup Fish Ball, Fuzhou Fish Ball, Fish Cake, Lettuce Complete with Clear Chicken Broth

~Wholegrain Yellow Noodle / Brown Rice Vermicelli~

OR

Mum's Signature Mee Siam Tiger Prawn, Quail Egg, Tao Pok, Lime and Sambal Chilli ~Brown Rice Vermicelli~



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DESSERTS

Double Boiled White Fungus with Papaya, Red Dates and Apricot Seeds

(Vegetarian) Hot / Cold

OR

Seasonal Fresh Fruits Platter

BEVERAGES

Green Tea Complimentary Ice Water

For catering order:

Healthier

Menu

- Full buffet setting with food warmer, table, table cloth and skirting.
- Full set of disposable biodegradable ware will be provided.
- Food is best consumed within 3 Hours (as per NEA's guideline).
- Please adhere to the time stamping accompany to the food order.
- We reserve the rights to change the item of equivalent value without prior notice, due to availability.
- Optional Rental of Chinaware or Melamine ware are available from \$3.50 (with GST \$ 3.75) per person.
- Other Terms & Conditions apply.

Transport charge:

- Transport and Set-up charge @ \$50 (with GST \$53.50).
- Transport will be waived for 55pax & above (Min \$11.00 Buffet Menu).

- All prices are subjected to 7% GST.
- For catering enquiries or pre-order: 63460969.



Healthier Menu Eat al foods in moderation. We use Realthier oil Sat tote in recorder

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HEALTHIER DINING PROGRAMME LUNCH / DINNER BUFFET MENU B

\$15.00 Per Guest | \$16.05 with GST | Minimum 30pax ~ All dishes are prepared using Healthier Oil ~

STARTER

Simple Corn Salad (Vegetarian) Tomatoes, Carrot, Coriander Crunchy Apple and Celery Salad with Toasted Nuts

HOT SELECTION

Roasted Fresh Chicken Breast Infused with Fresh Rosemary, Au Jus

Stir Fry Sliced Fish *Spring Onion and Ginger*

Sautéed Tiger Prawns Cilantro and Trio Peppers

Steamed Silken Tofu Topped with Green Peas and Egg White

Steamed Crystal Dumpling Vegetarian / Non Vegetarian

Eight Treasures Wok Fried Rice

~Brown Rice~

OR Xing Chow Bee Hoon (Vegetarian) ~Brown Rice Vermicelli~



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DESSERTS Mum's Signature Cheng Tng (Vegetarian) *Hot / Cold*

OR

Seasonal Fresh Fruits Platter

BEVERAGES

Green Tea Complimentary Ice Water

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HEALTHIER DINING PROGRAMME COCKTAIL / TEA RECEPTION MENU A \$10.90 Per Guest | \$11.66 with GST | Minimum 30 Pax

~ All dishes are prepared using Healthier Oil ~

SANDWICHES

Tuna Mousse Tomato and Green (Vegetarian)

~ Wholemeal Bread ~

SAVOURY

Slow Roasted Chicken Wing Sticks Honey Asian Spice Steamed Soon Kueh Vegetarian / Non-Vegetarian Shell curry Puffs (DF) Curry Potato / Sardine Homemade Pizza Vegetarian / Non-Vegetarian

WOK SPECIAL

Xing Chow Bee Hoon

~ Brown Rice Vermicelli ~ (Windowan Vegetarian / Non-Vegetarian

SWEETS

Seasonal Fresh Fruits Platter

DESSERT

Green Tea

OR

Freshly Brewed Coffee or Tea ~Syrup/Sugar/Creamer are served separately~ Complimentary Ice Water



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HEALTHIER DINING PROGRAMME COCKTAIL / TEA RECEPTION MENU B

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SANDWICHES

Tuna Mousse Tomato and Green (Vegetarian)

~ Wholemeal Bread ~

CANAPE

Prawn Cocktail with Mango Salsa (In Glass) Smoked Duck Crepe Roll (In Dish) Open Face Roasted Vegetables Sandwich

~Wholemeal Bread~ (Vegetarian)

SAVOURY

Chicken Breast BBQ Sauce Steamed Crystal Dumpling Vegetarian / Non Vegetarian Freshly Baked Puff Chicken / Tuna Mini Quiche Chicken / Mushroom / Spinach

SWEETS

Seasonal Fresh Fruits and Berries (In Glass)

BEVERAGE

Green Tea

OR

Freshly Brewed Coffee or Tea ~Syrup/Sugar/Creamer are served separately~ Complimentary Ice Water





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HEALTHIER DINING PROGRAMME EXECUTIVE BENTO MENU A

\$7.80 Per Guest | \$8.35 with GST | Minimum 30 Pax ~ All dishes are prepared using Healthier Oil ~

<u>MENU</u>

Mixed Garden Salad (Vegetarian)

Roasted Fresh Chicken Breast Infused with Fresh Rosemary, Au Jus

Oven Roasted Vegetables Vegetarian / Non-Vegetarian

Healthy Brown Rice Steamed (Vegetarian) ~Brown Rice~

Complimentary Fruit of the Day

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<u>MENU</u>

Mixed Garden Salad (Vegetarian)

Stir Fry Sesame Chicken with Ginger Fresh Chicken Breast

Stir Fry Seasonal Vegetables with Poku Mushroom Oyster Sauce /Vegetarian

Healthy Brown Rice

Steamed / Simple Wok Fried (Vegetarian)

~Brown Rice~

Complimentary Fruit of the Day

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HEALTHIER DINING PROGRAMME EXECUTIVE BENTO MENU C

\$12.00 Per Guest | \$12.84 with GST | Minimum 30 Pax ~ All dishes are prepared using Healthier Oil ~

<u>MENU</u>

Mixed Garden Salad (Vegetarian)

Chicken Breast Roulade BBQ Sauce

Steamed Fish Fillet Topped with Julienne Vegetables

Mushroom Omelette

Steamed Vegetable Medley Vegetarian / Non Vegetarian

Healthy Brown Rice Steamed / Simple Wok Fried (Vegetarian) ~Brown Rice~

Complimentary Fruit of the Day







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