

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**

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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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### HEALTHIER DINING PROGRAMME EXECUTIVE BENTO MENU B

\$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)

\*\*\*\*

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~

\*\*\*\*

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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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