

WEEKLY MEAL PLAN



4 PAX
\$165.00 / 5 DAYS
(W/GST \$176.55)

5 PAX
\$200.00 / 5 DAYS
(W/GST \$214.00)

5 - 9 OCT WEEK 1

MON

JAPANESE YAKITORI DON

Steam Japanese Rice | Yakiniiku Glazed Chicken
Yakitori | Shredded Nori, Shinko, Cherry Tomato

TUE

MUM'S SIGNATURE PRAWN NOODLE

Thin Kway Teow Noodle | Shredded Chicken |
Sliced Fish | Tiger Prawn | Chye Sim

WED

GRILLED CHICKEN CHOP W/ MUSHROOM SAUCE

Freshly Tossed Salad | Potato Wedges

THU

PESTO LINGUINE AGLIO OLIO

Grilled Herbs Crusted Salmon Fillet | Sauteed
Mushroom | Cherry Tomato

FRI

SALTED EGG CHICKEN RICE

Steamed Fragrant Rice | Salted Egg Chicken Cutlet |
Fried Egg | Shanghai Green |

12 - 16 OCT WEEK 2

MON

CURRY CHICKEN NOODLE

Yellow Noodle | Curry Chicken with Potatoes |
Tao Pok | Beansprouts | Coriander

TUE

NASI PADANG

Steam Rice | Lemak Chilli Padi Chicken | Sambal
Kangkong | Sunny Side Up Egg | Bege dil

WED

LAKSA AGLIO OLIO

Spaghetti | Diced Prawn | Diced Fishcake

THU

CHICKEN RENDANG RICE

Nasi Kuning | Mum's Signature Chicken Rendang |
Fried Egg | Archar Salad

FRI

SEAFOOD HOKKIEN NOODLE

Yellow Noodle | Thick Bee Hoon | Fish Cake |
Tiger Prawn | Squid | Chives | Sambal Chili

19 - 23 OCT WEEK 3

MON

SEAFOOD CHAR KWAY TEOW

Thin Kway Teow Noodles | Tiger Prawn | Squid Ring |
Bean Sprouts

TUE

NASI AYAM PENYET

Steamed Fragrant Rice | Smashed Crispy Fried Chicken |
Fried Beancurd | Fried Tempeh | Cherry Tomato | Lettuce

WED

LAKSA YONG TAU FOO

Thick Bee Hoon | Sliced Fishcake | Boiled Egg | Served
with Laksa Gravy

THU

THAI CHICKEN CUTLET RICE

Mum's Thai Pineapple Rice | Thai Chicken Cutlet
| Shanghai Green | Thai Shrimp Cake

FRI

IPOH CHICKEN HOR FUN

Thin Kway Teow Noodles | Shredded Chicken |
Fishcake | Braised Mushroom | Local Lettuce

26 - 30 OCT WEEK 4

MON

THAI BASIL CHICKEN RICE

Steamed Fragrant Rice | Thai Basil Chicken | Cucumber |
Fried Egg

TUE

PENNE CHICKEN ALFREDO

Penne Pasta | Chicken Tenders | Alfredo Sauce

WED

TERIYAKI CHICKEN DON

Fragrant Jasmine Rice | Grilled Teriyaki Chicken Chop |
Teriyaki Sauce | White Sesame Seeds, Shredded Nori, |
Spring Onion

THU

MUM'S SIGNATURE LAKSA

Thick Bee Hoon | Tiger Prawn | Fishcake | Boiled Egg |
Served with Laksa Gravy

FRI

NASI GORENG KAMPUNG

Fried Rice with Ikan Bilis | Fried Chicken Wing |
Fried Egg | Belacan Chilli

