

## Fish

Steamed Threadfin with Sliced Ginger  
Steamed Fish with Golden Mushroom & Fungus  
Steamed Fish with Mushroom  
Pan fried Fish with Ginger Julienne

## Chicken

Sesame Chicken  
Sliced Chicken with Ginger & Black Fungus  
Baked Chicken in Salt  
Steamed Chicken with Red Wine  
Sesame Chicken with Ginger  
Soya Chicken  
Steamed Herbal Chicken

## Vegetables & Side Dishes

Steamed Sliced Meat with Golden Mushroom  
Stir fried Chinese Spinach with Fish Maw  
Broccoli with Sea Cucumber  
Long Bean with Shredded Chicken  
Sliced Fish Fillet with Kailan  
Stir fried Asparagus with Sliced Meat  
Chinese Spinach in Superior Broth  
Stir fried Spinach with Shredded Meat  
Sautéed Broccoli & Cauliflower with Sliced Meat  
Steamed Golden Mushroom  
Stir fried French Bean with Scallop

Steamed Fish with Ginger Slice  
Stir fried Fish Fillet with Ginger & Wine  
Pan fried Fish with Ginger Julienne  
Sautéed Sliced Fish with Mashed Ginger

Stewed Chicken with Black Fungus in Red Wine  
Red Wine Chicken  
Stewed Chicken with Herbs  
Chicken Chop  
Soya Mid Wings  
Steamed Chicken with Fungus  
Stewed Chicken with Mushroom

Stir fried Snow pea with Scallop  
Preserved Vegetable with Sliced Meat  
Stir fried Pig Liver with Lily Buds  
Stir fried Shredded Meat with Black Fungus  
Omelette with Black Fungus and Ginger Slice  
Stir fried Chicken Slices with Dried Lily Buds  
Steamed Egg with Basil  
Stir fried Spinach with Fish Slices  
Steamed Egg with Scallop  
Stir fried French Bean with Shredded Chicken  
Stir fried Snow pea with Chicken & Mushroom

Steamed Fish with Juliennes of Ginger  
Fish Fillet with Ginger & Spring Onion  
Steamed Pomfret with Ginger Slice

Steamed Chicken with Mashed Ginger  
Honey Chicken Cutlet  
Stewed Chicken with Mushroom & Sea Cucumber  
Steamed Chicken with Essence of Chicken  
Steamed Chicken with Wine  
Stewed Chicken with Red Wine  
Chicken with Rice Wine

Stir fried Leek flower with Shredded Meat  
Stir fried Kailan with Chicken Slices  
Stir fried Spinach with Wolfberries  
Stir fried Broccoli with Mushrooms  
Omelette with Ginger Julienne  
Spinach Omelette  
Stir fried Cauliflower with Sliced Meat  
Stir fried Kailan with Pig Liver  
Stir fried Cai Xin with Tofu  
Stir fried Snow pea with Chicken  
French Bean Omelette

# Confinement Meal



*The Tingkat  
Specialist*

# Confinement Meal

## Pork

Stewed Lean Pork with Wine  
Sautéed Pig Liver with Black pepper  
Black pepper Pork Chop  
Steamed Meatball  
Red Wine Pork Trotter

## Rice / Vermicelli

White Rice  
Red Wine Chicken Vermicelli

## Beverages

Red Date with Longan Drink

## Soup

Lemongrass & Ginger Chicken Soup  
Sliced Fish Soup with Celery  
Chicken Soup with Polygonatum Root (Yu Zhu) & Red Dates  
Pig Kidney with Eucommia Bark (Du Zhong) Soup  
Black Chicken Soup with Si Sheng  
Snow Fungus with Wolfberries Soup  
Chicken Soup with Red Date, Wolfberries & Codonopsis Pulosula (Dang Sheng)  
Pork Ribs Soup with Si Sheng  
Eight Treasure Chicken Soup  
Pig Trotter Soup with Peanuts  
Double Boiled Chicken Soup with American Ginseng  
Omelette Seaweed Soup  
Black Chicken Herbal Soup  
Scallop & Fish Maw Soup  
Pork Ribs with Blackpepper Soup

Pork Ribs with Black Vinegar  
Pig Trotter in Vinegar  
Lemongrass Pork Ribs  
Stir fried Pig Liver & Kidney

Fried Rice  
Mushroom & Meat Slice Vermicelli

Ginger Tea

Double Boiled Chicken Soup with Motherwort Herb  
American Ginseng Chicken Soup  
Chicken Soup with Chinese Angelica Root (Dang Gui)  
Omelette Soup with Sesame Ginger Slice  
Chicken Soup with Red Date & Polygonatum Root (Yu Zhu)  
Mixed Vegetable Soup

Eucommia Bark (Du Zhong) Chicken Soup

Chicken with Peanuts Soup  
Double Boiled Chicken Soup with DOM  
Chicken Soup with Si Sheng  
Papaya & Sliced Meat Soup  
Pig Stomach Soup with Lemongrass  
Papaya with Pork Ribs Soup  
Double Boiled Ginseng Chicken Soup  
Pig Trotter with Peanut Soup

Lemongrass Pork Chop  
Stir fried Meat Slices with Sesame Oil  
Red Wine Pork Ribs  
Stewed Pork Ribs with Mushrooms & Chestnuts

Pork Ribs Soup with Pseudoginseng Root (Tian Qi)  
Pork Ribs Soup with Black Bean  
Pork Ribs Soup with Chinese Knotweed (He Shou Wu)  
Pork Ribs Soup with Seaweed  
Pork Ribs Soup w Chinese Angelica Root (Dang Gui) & Scallop  
Chicken Herbal Soup  
Seaweed with Pork Soup  
Pork Ribs Soup with Yellow Bean  
Double Chicken Soup with Chinese Yam (Huai Shan)  
Chicken Drumstick Soup with Black Beans  
Pig Stomach Soup with Black Bean  
Sliced Fish Soup with Ginger  
Pig Trotter Soup with Chinese Yam (Huai Shan)  
Chicken Soup with Rice Wine & Herbs



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