

Vegetarian Bento Lunch Menu

	Dish 1	Dish 2	Dish 3	Soup
DAY 1	Cereal Vegan Chicken Diced 麦片纯素鸡丁	Tofu Skin Stir-fry 豆腐皮炒	Diced Preserved Radish Long Beans Stir Fry 萝卜丁长豆炒	Lotus Soup 莲子汤
DAY 2	Curry Vegan Lamb Meat 咖喱素食羊肉	Salad Minced Floss Almond Mushroom Slices 沙拉碎肉松杏仁蘑菇片	Butter Milk Fried Pumpkin 奶油炸南瓜	Herbal Soup 草药汤
DAY 3	Cantonese Steamed Fish Slices 广式蒸鱼片	Potstickers 锅贴	Stir Fried French Bean With Minced Vegan Meat 素肉碎炒四季豆	Chinese Yam Soup 山药汤
DAY 4	Salad Fried Prawn Ball 沙拉炸虾球	Claypot Tofu 砂锅豆腐	Stir Fried Tofu Skin with Luffa 丝瓜炒豆腐皮	Salted Vegetables Fish Slices Soup 咸菜鱼片汤
DAY 5	Stir Fried Celery with Sotong Flower 苏东花炒芹菜	Claypot Mushroom Tofu Skin With Dong Fen 冬粉香菇豆腐皮	Four Heavenly Kings (Stir-Fried Mixed Vegetables) 四大天王	Seaweed Tofu Soup 紫菜豆腐汤
DAY 6	Plant Based Meat Slices 黑板肉片	Vegetarian Tasty Jade Roll 素翡翠卷	Oven Roasted Cauliflower with Turmeric and Ginger 姜黄姜烤花椰菜	Tomyum Soup 冬宫汤
DAY 7	Roasted Duck 烤鸭	Stir Fried Mini Sausage with Potatoes 土豆炒迷你香肠	Braised Vegetables with Red Fermented Bean Curd 罗汉斋	Sichuan Soup 四川汤
DAY 8	Cereal Prawn 麦片虾	Mongolian Yuzi Tofu 蒙古玉子豆腐	Braised Mushroom With Broccoli 兰花炖蘑菇	Old Cucumber Soup 老黄瓜汤
DAY 9	Rendang Vegan Chicken 仁当素鸡	Vegan Samosa 素食咖喱角	Seasonal Green with Black Fungus and Carrots 青菜黑木耳胡萝卜	Black & Red Bean Soup 黑红豆汤
DAY 10	Steamed Vegan Pork Belly with Preserved Mustard Greens 客家素梅菜扣肉	Salad Wonton 沙拉馄饨	Stir Fry Chinese cabbage 手撕包菜	White Cabbage Dry Soup 白菜汤
DAY 11	Spicy Mala Fish Fillet 辣子鱼片	Fried Shrimp Rolls 香炸甘蕉虾卷	Red fermented bean curd Vegetables 红腐乳上素	White Raddish Soup 白萝卜汤
DAY 12	Hainan Vegetarian Meat Steak 海南素肉扒	Mapo Tofu 麻婆豆腐	Lotus Roots Vegetarian Stir-fry Slices 莲藕三丝	White Raddish With Carrots Soup 白萝卜萝卜汤
DAY 13	Ginger Fried Vegetarian Duck 姜爆素鸭	Red Oil Wonton 红油抄手	Mixed Stir-fry Broccoli 炒什西兰菜	Corn Cream Sou 玉米奶油汤
DAY 14	Lemongrass Vegan Chicken 香茅草素食鸡	Satay Vegan Meat Diced 沙爹素肉丁	Goji-berry Supreme Spinach Soup 枸杞菠菜汤	Goji Berry Pumpkin Soup 枸杞南瓜汤
DAY 15	Nonya Vegan Prawn 娘惹素虾	Sweet & Sour Vegan Goose 糖醋斋鹅	Curry Mixed Vegetables 咖喱杂菜	Yam Fish Head Soup 山药鱼头汤
DAY 16	Sizzling Venison Slice 铁板鹿肉片	Red Braised Trio Mushroom Clay Pot 红烧三重菇煲	Spicy Szechuan Cabbage Stir Fry 手撕包菜三丝	Mix Mushroom soup 混合蘑菇汤
DAY 17	Kong Bao Vegan Snail Slices 港式纯素蜗牛片	Potatoes Cake With Sauce 土豆饼酱	Stir Fry Vegan Fish Sauce Brinjal 炒素鱼露茄子	Winter Melon with Carrots Soup 冬瓜萝卜汤
DAY 18	Longan Sweet And Sour Vegan Pork Meat 龙眼糖醋素肉	Vegetarian Loh Bak 斋卤三味	Braised Bean Curd Bag With Seasonal Vegetables 时蔬红烧豆腐包	Arrowroots Soup 葛根汤
DAY 19	Basil Leaves Stir Fry With Vegan Minced Meat 肉末炒罗勒叶	Stir-fry Pineapples with Vegan Mini Sausages 素食香肠炒菠萝	Nonya Vegan Vegetables 娘惹纯素蔬菜	Sichuan vegetables with tomatoes Sou 川菜西红柿汤
DAY 20	Almond Salad Vegan Prawn 杏仁沙拉素食虾	Fragrance Mixed Spicy Tofu 香辣豆腐	Thai-stir Fry Broccoli 泰式炒西兰花	Truffle Soup 松露汤
DAY 21	Plant Based Chicken Meat Slices 黑板鸡肉片	Vegan-floss Brinjal 纯素茄子	Eight treasure Stir-fry Crystal White Cabbages 八宝炒白菜	Salted Vegetables With Tofu Skin Soup 咸菜豆腐皮汤
DAY 22	Hong-kong style Steamed Vegan Fish 港式清蒸素鱼	Masala Potatoes Mash 马萨拉土豆泥	Sambal Stir-fry French Bean 参巴炒四季豆	Japanese Miso Soup 日本味噌汤
DAY 23	Zhenjiang Sweet And Sour Pork Ribs 糖醋镇江排骨	Thai-style Fish Cake 泰式鱼饼	Japanese Tempura Vegetables 日本天妇罗蔬菜	Korean Kimchi Soup 韩国泡菜汤
DAY 24	Butter Sotong Flower 黄油苏东花	Minced meat with Mushroom and Egg Tofu 香菇蛋豆腐肉末	Nonya Malay Mixed Vegetable Pickles 娘惹马来杂菜泡菜	Hairy Gourd with Glass Noodles Soup 冬瓜凉粉汤
DAY 25	Hainanese Steamed Cut Chicken 海南蒸切鸡	Fried Vegan Spring Rolls 炒素春卷	Broccoli In Assam Sauce 阿萨姆酱西兰花	Lotus With Peanuts Soup 莲藕花生汤
DAY 26	Sauce Popped Vegan Kidney Flower 酱爆腰子花	Tomato Soy Slices 番茄黄豆片	Sichuan Fried Vegan Minced Pork 四川炒肉末	Winter Melon With Corn Soup 冬瓜玉米汤
DAY 27	Mango Vegan Fish 芒果素食鱼	Fried Salted & Pepper Needles Mushroom 炒椒盐针菇	Fried Cauliflower & Broccoli 炒花椰菜和西兰花	ABC Soup ABC汤
DAY 28	Salted Vegetables With Vegan Pork Belly 咸菜素五花肉	Cold Dishes Fragrance Oil Black Fungus 凉菜香油黑木耳	Steamed Luffa With Garlic Vermice Li蒜蓉蒸丝瓜	Shuzi Cai and Wolfberry Soup 舒子菜枸杞汤
DAY 29	Teochew Vegan Braised Duck 潮州素卤鸭	Petal Bean Spicy Tofu 臭豆辣豆腐	Mala Korean BaoCa 麻辣韩国包菜	Bak Kut Teh 肉骨茶
DAY 30	Lemon Sauce Vegan Chicken 柠檬酱素食鸡	Fried Five Spice Sauce Spring Rolls 香炸春卷	Teochew Fragrance Oil Stir Fry Bitter Gourd 潮州香油炒苦瓜	Papaya Corn Milky Soup 木瓜玉米牛奶汤

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Vegetarian Bento Dinner Menu

	Dish 1	Dish 2	Dish 3	Soup
DAY 1	Thai Pandan Leaf Vegan Chicken Recipe 泰式香兰素鸡	Vegetarian Satay Meat Diced 素沙爹肉丁	Amaranth Soup With Wolfberry 枸杞上汤苋菜	Lotus Soup 莲子汤
DAY 2	Nonya Vegan Prawn 娘惹素虾	Sweet & Sour Vegan Goose 糖醋斋鹅	Curry Mixed Vegetables 咖喱杂菜	Herbal Soup 草药汤
DAY 3	Sizzling Venison Slice 铁板鹿肉片	Red Braised Trilo Mushroom 红烧三重菇煲	Spicy Szechuan Cabbage Stir Fry 手撕包菜三丝	Chinese Yam Soup 山药汤
DAY 4	Kong Bao Vegan Snail Slices 港宝纯素蜗牛片	Potatoes Cake With Sauce 土豆饼酱	Stir Fry Vegan Fish Sauce Brinjal L炒素鱼露茄子	Salted Vegetables Fish Slices Soup 咸菜鱼片汤
DAY 5	Longan Sweet And Sour Vegan Pork Meat 龙眼糖醋素肉	Vegetarian Loh Bak 斋卤三味	Braised Bean Curd Bag With Seasonal Vegetables 时蔬红烧豆腐包	Seaweed Tofu Soup 紫菜豆腐汤
DAY 6	Basil leaves stir fry with vegan minced meat 肉末炒罗勒叶	Stir-fry Pineapples with Vegan Mini Sausages 素食香肠炒菠萝	Nonya Vegan Vegetables 娘惹纯素蔬菜	Tomyum Soup 冬官汤
DAY 7	Almond Salad Vegan Prawn 杏仁沙拉素食虾	Fragrance Mixed Spicy Tofu 香辣豆腐	Thai-stir Fry Broccoli 泰式炒西兰花	Sichuan Soup 四川汤
DAY 8	Plant Based Chicken Meat Slices 黑板鸡肉片	Vegan-floss Brinjal 纯素茄子	Eight Treasure Stir-fry Crystal White Cabbages 八宝炒白菜	Old Cucumber Soup 老黄瓜汤
DAY 9	Hong-kong style Steamed Vegan Fish 港式清蒸素鱼	Masala Potatoes Mash 马萨拉土豆泥	Sambal Stir-fry French Bean 参巴炒四季豆	Black & Red Bean Soup 黑红豆汤
DAY 10	Zhenjiang Sweet And Sour Pork Ribs 糖醋 镇江排骨	Thai-style Fish Cake 泰式鱼饼	Japanese Tempura Vegetables 日本天妇罗蔬菜	White Cabbage Dry Soup 白菜汤
DAY 11	Butter Sotong Flower 黄油苏东花	Minced meat with Mushroom and Egg Tofu 香菇蛋豆腐肉末	Nonya Malay Mixed Vegetable Pickle 娘惹马来杂菜泡菜	White Raddish Soup 白萝卜汤
DAY 12	Hainanese Steamed Cut Chicken 海南蒸切鸡	Fried Vegan Spring Rolls 炒素春卷	Broccoli in Assam sauce 阿萨姆酱西兰花	White Raddish With Carrots Soup 白萝卜萝卜汤
DAY 13	Sauce Popped Vegan Kidney Flower 酱爆腰子花	Tomato Soy Slices 番茄黄豆片	Sichuan Fried Vegan Minced Pork 四川炒肉末	Corn Cream Sou 玉米奶油汤
DAY 14	Mango Vegan Fish 芒果素食鱼	Fried Salted & Pepper Needles Mushroom 炒椒盐针菇	Fried Cauliflower & Broccoli 炒花椰菜和西兰花	Goji Berry Pumpkin Soup 枸杞南瓜汤
DAY 15	Salted Vegetables With Vegan Pork Belly 咸菜素五花肉	Cold Dishes Fragrance Oil Black Fungus 凉菜香油黑木耳	Steamed Loofah With Garlic Vermicelli 蒜蓉蒸丝瓜	Yam Fish Head Soup 山药鱼头汤
DAY 16	Teochew Vegan Braised Duck 潮州素卤鸭	Petal Bean Spicy Tofu 臭豆辣豆腐	Mala Korean BaoCai 麻辣韩国包菜	Mix Mushroom soup 混合蘑菇汤
DAY 17	Lemon Sauce Vegan Chicken 柠檬酱素食鸡	Fried Five Spice Sauce Spring Rolls 五香炸春卷	Teochew Fragrance Oil Stir Fry Bitter Gourd 潮州香油炒苦瓜	Winter Melon with Carrots Soup 冬瓜萝卜汤
DAY 18	Cereal Vegan Chicken Diced 麦片纯素鸡丁	Tofu Skin Stir-fry 豆腐皮炒	Diced Preserved Radish Long Beans Stir Fr 萝卜丁长豆炒	Arrowroots Soup 葛根汤
DAY 19	Curry Vegan Lamb Meat 咖喱素食羊肉	Salad Minced Floss Almond Mushroom Slice 沙拉碎肉松杏仁蘑菇片	Butter Milk Fried Pumpkin 奶油炸南瓜	Sichuan vegetables with tomatoes Sou 川菜西红柿汤
DAY 20	Cantonese Steamed Fish Slices 广式蒸鱼片	Potstickers 锅贴	Stir Fried French Bean With Minced Vegan Meat 素肉碎炒四季豆	Truffle Soup 松露汤
DAY 21	Salad Fried Prawn Bal 沙拉炸虾球	Claypot Tofu 砂锅豆腐	Stir Fried Tofu Skin with Luffa 丝瓜炒豆腐皮	Salted Vegetables With Tofu Skin Soup 咸菜豆腐皮汤
DAY 22	Stir Fried Celery with Sotong Flower 苏东花炒芹菜	Vegetarian Tasty Jade Roll 素翡翠卷	Oven Roasted Cauliflower with Turmeric and Ginger 姜黄姜烤花椰菜	Japanese Miso Soup 日本味噌汤
DAY 23	Plant Based Meat Slices 黑板肉片	Vegetarian Tasty Jade Roll 素翡翠卷	Oven Roasted Cauliflower with Turmeric and Ginger 姜黄姜烤花椰菜	Korean Kimchi Soup 韩国泡菜汤
DAY 24	Roasted Vegan Duck 烤素鸭	Stir Fried Mini Sausage with Potatoes 土豆炒迷你香肠	Braised Vegetables with Red Fermented Bean Curd 罗汉斋	Hairy Gourd with Glass Noodles Soup 冬瓜凉粉汤
DAY 25	Cereal Prawn 麦片虾	Mongolian Yuzi Tofu 蒙古玉子豆腐	Braised Mushroom with broccoli 西芹花炖蘑菇	Lotus With Peanuts Soup 莲藕花生汤
DAY 26	Rendang Vegan Chicken 仁当素鸡	Vegan Samosa 素食咖喱角	Seasonal Green with Black Fungus and Carrots 青菜黑木耳胡萝卜	Winter Melon With Corn Soup 冬瓜玉米汤
DAY 27	Steamed Vegan Pork Belly with Preserved Mustard Greens 客家素梅菜扣肉	Salad Wonton 沙拉馄饨	Stir Fry Chinese Cabbage 手撕包菜	ABC Soup ABC汤
DAY 28	Spicy Mala Fish Fillet 辣子鱼片	Fried Shrimp Rolls 香炸甘煎虾卷	Red fermented bean/curd Vegetables 红腐乳上素	Shuzi Cai and Wolfberry Soup 舒子菜枸杞汤
DAY 29	Hainan Vegetarian Meat Steak 海南素肉扒	Mapo Tofu 麻婆豆腐	Lotus Roots Vegetarian Stir-fry Slices 莲藕三丝	Bak Kut Teh 肉骨茶
DAY 30	Ginger Fried Vegetarian Duck 姜爆素鸭	Red Oil Wonton 红油抄手	Mixed Stir-fry Broccoli 炒什西兰菜	Papaya Corn Milky Soup 木瓜玉米牛奶汤

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