

## FULL BOARD MENU

### MONDAY

#### BREAKFAST

(Serving Time: 6am to 10am)

Steamed fish fillet, ginger, lemongrass, light soy sauce  
Fried rice

Bottled water

#### LUNCH

(Serving Time: 11:30pm to 2pm)

Asian style braised pork, vegetables  
Steamed rice

Bottled water

#### DINNER

(Serving Time: 5:30pm to 8:30pm)

Wok-fried sole fillet, black beans sauce, vegetables  
Steamed rice

Bottled water

## FULL BOARD MENU

### TUESDAY

#### BREAKFAST

(Serving Time: 6am to 10am)

Chicken congee

Sous vide egg, youtiao

Bottled water

#### LUNCH

(Serving Time: 11:30am to 2pm)

Green curry chicken, root vegetables

Steamed rice

Bottled water

#### DINNER

(Serving Time: 5:30pm to 8:30pm)

Yeung chow fried rice

Fried fish fillet

Bottled water

## FULL BOARD MENU

### WEDNESDAY

#### BREAKFAST

(Serving Time: 6am to 10am)

Meatloaf with gravy, soft rolls  
Scrambled egg

Bottled water

#### LUNCH

(Serving Time: 11:30pm to 2pm)

Chicken teriyaki, beansprouts  
Steamed rice

Bottled water

#### DINNER

(Serving Time: 5:30pm to 8:30pm)

Sweet and sour pork  
Sauteed vegetables  
Steamed rice

Bottled water

## FULL BOARD MENU

### THURSDAY

#### BREAKFAST

(Serving Time: 6am to 10am)

Nasi goreng, fried egg  
Cucumber, tomato, onion

Bottled water

#### LUNCH

(Serving Time: 11:30am to 2pm)

'Kung pao' chicken, cashew nuts  
Sautéed seasonal vegetables  
Steamed rice

Bottled water

#### DINNER

(Serving Time: 5:30pm to 8:30pm)

Stir fried beef, Mandarin sauce  
Sautéed seasonal vegetables  
Steamed rice

Bottled water

## FULL BOARD MENU

### FRIDAY

#### BREAKFAST

(Serving Time: 6am to 10am)

Pork tocino

Garlic rice

Bottled water

#### LUNCH

(Serving Time: 11:30am to 2pm)

Fish fillet, cream corn sauce

Sauteed vegetables

Steamed rice

Bottled water

#### DINNER

(Serving Time: 5:30pm to 8:30pm)

E-fu noodles, pork, vegetables

Steamed bun

Bottled water

## FULL BOARD MENU

### SATURDAY

#### BREAKFAST

(Serving Time: 6am to 10am)

Vegetarian pancit canton

Pandesal

Bottled water

#### LUNCH

(Serving Time: 11:30am to 2pm)

Deep fried breaded fish fillet

Steamed pandan rice

Bottled water

#### DINNER

(Serving Time: 5:30pm to 8:30pm)

Pork adobo

*Braised in vinegar, soy sauce*

Steamed okra

Steamed rice

Bottled water

## FULL BOARD MENU

### SUNDAY

#### BREAKFAST

(Serving Time: 6am to 10am)

Fish fillet escabeche

Garlic fried rice

Bottled water

#### LUNCH

(Serving Time: 11:30am to 2pm)

Sauteed beef, vegetables

Steamed rice

Bottled water

#### DINNER

(Serving Time: 5:30pm to 8:30pm)

Chicken a la king

Sauteed seasonal vegetables

Steamed rice

Bottled water