



Love, Jingkat!

Eat Healthy Eat Real Food

LOVE, TINGKAT! BY FATTYDADDYFATTYMUMMY
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DEC 2021

MON
星期一
29 Nov

Pork Cutlet (Deep Fried)
炸猪扒
Onion Omelet
大葱炒蛋
Xiao Bai Cai w meat sliced
小白菜炒肉片
Papaya White Fungus Soup
木瓜银耳汤

6 Dec

Braised Chicken w Mushroom
冬菇焖鸡
Tomato Egg
番茄炒蛋
Beijing Cabbage w Meat sliced
北京包菜炒肉片
Hairygourd Corn Soup
毛瓜玉米汤

13 Dec

Korean Soy Garlic Chicken (Deep Fried)
韩式蒜香炸鸡
Steamed Mincd Meat
蒸肉末
Fried Nai Bai
炒奶白
Herbal Chicken Soup
药材鸡汤

20 Dec

Roasted Duck
烤鸭
Home Style Tofu (Deep Fried)
家乡豆腐
Garlic Xiao Bai Cai
蒜蓉小白菜
Yu Zhu Longan Soup
玉竹龙眼汤

27 Dec

Cereal Chicken (Deep Fried)
麦片鸡
Steamed Mincd Meat w Black Fungus
黑木耳蒸肉
Xiao Bai Cai w Abalone Sauce
小白菜炒鲍鱼汁
Lotus Corn Soup
玉米莲藕汤

TUE
星期二
30 Nov

Sweet n Sour Prawn
酸甜蝦
Steamed minced pork
蒸肉饼
Stirred Fried You Mai
清炒油麦菜
Red Bean Lotus Soup
红豆莲藕汤

7 Dec

Assam Fish (Deep Fried)
亚参鱼
Braised Potato w Mincd Meat
土豆肉末
Stir Fried Cai Xin
油菜心
ABC Soup
ABC 汤

14 Dec

Grilled Saba Fish
烤鲭鱼
Stirred Fried Pork With Garlic Sprout
肉片炒蒜苔
Stirred Fried Cai Xin
炒菜心
Peanuts Lotus Root Soup
花生莲藕排骨汤

21 Dec

Herbal Prawn
药膳虾
Spring Onion Ginger Pork
姜葱猪
Stirred Fried Jiu Bai w Mushroom
鲜菇九白
ABC Soup
ABC 汤

28 Dec

Honey Pepper Pork (Deep Fried)
蜜椒猪
Steamed Egg
蒸蛋
Stir Fried Mixed Vegetables
什锦蔬菜
Cordyceps Flower Chicken Soup
东虫草花鸡汤

WED
星期三
1 Dec

Dry Curry Pork
咖喱猪肉片
Honey Baked Drumlet
蜜烤小鸡腿
Chinese Spinach w Chicken Stock
上汤枸杞苋菜
Winter Melon Corn Soup
冬瓜玉米汤

8 Dec

King of Pork Rib (Deep Fried)
排骨王
Roasted Chicken Chop
烤鸡扒
Stirred Fried You Mai
炒油麦
Old Cucumber Carrot Soup
老黄瓜萝卜汤

15 Dec

Nonya Curry Chicken
娘惹卡里鸡
Steamed Eggs
水蒸蛋
Stir Fried French Bean
炒四季豆
White Red Carrot Soup
白红萝卜汤

22 Dec

Salted Egg Chicken (Deep Fried)
咸蛋鸡
Fu Rong Egg
芙蓉蛋
Stir Fried You Mai Cai
清炒油麦菜
Teochew Bak Kut Teh
潮式肉骨茶

29 Dec

Salt Pepper Prawn (Deep Fried)
椒盐虾
Egg Tofu with Beancurd Stick
豆支焖豆腐
Stir Fried Broccoli w Meat Sliced
炒西兰花炒肉片
Papaya White Fungus Soup
木瓜云耳汤

THU
星期四
2 Dec

Oven Baked Salmon
烤三文鱼
Potato Stew with Beancurd Stick
豆支焖土豆
Stir Fried Broccoli w Mincd Garlic
蒜蓉炒西兰花
Pumpkin Chicken Soup
南瓜鸡汤

9 Dec

Soyu Prawn
酱油虾
Sesame Chicken
麻油鸡
Stir Fried Spinach
炒菠菜
Yu Zhu Longan Soup
玉竹龙眼汤

16 Dec

Cereal Prawn (Deep Fried)
麦片蝦
Stirred Fried Chicken w Black Bean Sauce
豉汁葱爆鸡丁
Shanghai Green w Abalone Mushroom
鲍鱼菇上海青
Liu Wei Soup
六味汤

23 Dec

Black Bean Fish
豆豉鱼
Prawn Paste Chicken
虾酱鸡
Stirred fried Long Bean
炒长豆
Winter Melon with Pork Sliced Soup
冬瓜肉片汤

30 Dec

Braised Chicken Wing
卤鸡翅
Brinjal with Mincd Meat
鱼香茄子
Silver fish w Spinach
银鱼菠菜
BlackBean Red Date Pork Sliced Soup
黑豆红枣肉片汤

FRI
星期五
3 Dec

Lemon Chicken (Deep Fried)
柠檬鸡
Pork Sliced with Leek
肉片炒大蒜
Chinese Spinach w Silver Fish
银鱼炒菠菜
Egg Drop Seaweed Soup
紫菜蛋花汤

10 Dec

Teriyaki Chicken Drumlet
日式烤小鸡腿
Sweet n Sour Beancurd
酸甜豆腐
Wok Fried Cauliflower Pork
干锅猪肉花菜
Black Bean Pork Rib Soup
黑豆排骨汤

17 Dec

Sweet & Sour Prawn (Deep Fried)
咕嚕肉
Salted Egg Mushroom
咸蛋菇
Stirred Fried Xiao Bai Cai
炒小白菜
Tomato Corn Soup
玉米番茄汤

24 Dec

Honey Baked drumlet
蜜糖烤小鸡腿
Tofu with shimeiji (Deep Fried)
豆腐日本菇
Stir Fried Cauliflower w Carrots
白菜花炒萝卜
Old Cucumber with Diced Chicken Soup
老黄瓜鸡丁汤

31 Dec

Chicken Drumlet w Sweet Onion Sauce
甜葱小鸡腿
Tomato Omelette
番茄炒蛋
Stir Fried Jiu Bai w meat sliced
九白菜炒肉片
Cabbage Soup
白菜汤

Zero Processed & Canned Food Healthier Choice Oil Lower Sodium Salt Zero MSG, Less Salt, Less Oil FDA Approved Paper Container



*Brown Rice available as an option * Menu Subject to Changes without Notice