HEART BUNDLE MEAL

HASSLE-FREE * CONVENIENT * WHOLESOME * DELICIOUS * EAT SAFE, STAY SAFE

一 OCT 2025



	星期一	星期二	星期三	星期四	星期五
	MON	TUE	WED	THU	FRI
0c4	Steamed Fish with Black Bean Sauce	Golden Crispy Dory Fillet with Homemade Pickles	Wok-fried Pork Belly with Leek	Crispy Marmite Pork Rib	Teriyaki Chicken
. 3	Golden Crispy Chicken Cutlet	Braised Chicken with Sweet Potato Stew	Nonya Chicken Curry	Deep-fried Crispy Kembong Fish	Braised Pork Belly with Braised Egg
Sep	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
29	Steamed Egg with Prawn Meat	Long Bean Omelette	Braised Beancurd with Water Chestnut	Curry Yong Tau Fu	Vegetarian Beancurd Knot with Mushroom
0ct	Hockchew Red Wine Chicken	Braised Chicken with Potato	Salted Egg Chicken	Deep-fried Crispy Chicken	Braised Soy Chicken Drumlets
0	Steamed Fish in Hong Kong Style	Steamed Pork with Tong Chye	Sweet & Sour Prawn	Sliced Pork with Spring Onion & Ginger	Spicy Sambal Squid
7	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
09	Mini Sausage in Sweet & Sour Sauce	Beancurd with Assorted Mushroom	Braised Soy Egg with Tau Kwa	Braised Tang Hoon with Snow Crab	Onion Omelette
0ct	Stir-fried Chicken with Celery	Black Pepper Chicken Wing	Sweet & Sour Pork	Nonya Spicy Chicken with Pineapple Radish	Wok-fried Stingray with Black Bean Sauce
1	Deep-fried Selar	Golden Crispy Pork Cutlet	Steamed 3 Egg with Minced Chicken	Pan-fried Black Pomfret in Light Soy Sauce	Chicken & Sweet Potato Stew
0ct	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
3	Steamed Egg with Crabmeat	Chye Poh Omelette	Braised Beancurd with Shimeiji Mushroom	Tomato Omelette	Deep-fried Beancurd with Salted Egg
0c4	HAPPY	Golden Crispy Orange Pork	Pork Rib King	Steamed Herbal Chicken	Steamed Pork with Olive Vegetable
7	Diodi	Pan-fried Dory Fillet Piccata	Prawn Beancurd Roll	Sweet & Sour Prawn	BBQ Char Siew Chicken
4	00000000000	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
20 00		Mushroom Omelette	Yong Tau Fu with Minced Pork in Oyster Sauce	Steamed 3 Egg	Wok-fried Tang Hoon with Chinese Mushroom
0c#	Braised Chicken with Chinese Sausage	Grilled Teriyaki Chicken	Crispy Marmite Chicken	Golden Crispy Chicken with Salad	Spicy Rendang Chicken Drumstick
3	Wok-fried Soft Cuttlefish in Black Pepper Sauce	Pork Rib King	Yong Tau Fu in Spicy Bean Paste	Wok-fried Salmon Fillet in Oyster Sauce	Basil Minced Pork
C 4	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
270	Prawn Date with Pickles	Crabmeat Omelette	Golden Crispy Prawn Wanton	Golden Crispy Beancurd in Thai Style	Chinese Sausage Omelette

^{*} Kindly state your dietary preferences before making payment (eg. choice of 🐷 / 🐽 , 🌙 / 🍅 , etc). We will be pleased to accommodate your request.



^{*} Please note that menu items listed above are subject to availability and may need to be changed due to seasonal and supply fluctuations, we appreciate your kind understanding.

^{*} For our full T&Cs, visit www.spgg.org.sg/hbm.