Continental Delight Catering Service Pte Ltd
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Healthier Premium Bento

$6.00/pax ($6.42 w/GST)
7 Courses, min. 70 pax

All dishes are cooked with healthier oil.
Choose 1 dish from each category

Rice

Steamed Mixed Grain Rice **(20% Whole Grain Rice)**
Steamed Brown Rice (additional 50 cents) **(Whole Grain)**

Vegetables
Seasonal Vegetables

Meat
Honey-Soy Baked Chicken Drumlet
Braised Black Pepper Chicken

Fish/Seafood
Steamed Assam Fish with Nanas
Steamed Fish in Fresh Chilli Garlic Sauce

Side Dish
Cheese Tofu **(Deep Fried)**
Thai Fish Cake **(Deep Fried)**
Seafood Croquette **(Deep Fried)**
Honey Prawn Dumpling **(Deep Fried)**

Egg / Beancurd
Egg Fu Yong
Braised Egg Beancurd
Steamed Egg

Drinks
Bottled Mineral Water

*(*Alternatively, you may substitute Egg/ Beancurd **or** Side Dish for **Fresh Whole Fruits** at no additional cost.)*