ECREATIVE CATERING HEALTHIER BENTO

(With Beverage)

$6.00/pax (Compartment)

Please Select a Maximum of 1 Deep Fried (DF) item for the whole order

1. *Rice and Noodle (All Staples are made with wholegrain) Please select 1 Item	
☐ Steamed White Rice *(Mix 20% Wholegrain Rice)* ☐ Oriental Fried Rice ☐ Sin Chow Bee Hoon ☐ Olive Fried Rice	☐ Vegetarian Fried Bee Hoon ☐ Thai Pineapple Rice ☐ Vegetarian Fried Rice
2. Vegetables - Please select 1 Item	
☐ Broccoli & Mushroom in Oyster Sauce ☐ Mixed Vegetable w Mushroom ☐ Sambal Long Bean ☐ Braised Boiled Egg	☐ Hong Siew Tofu **(DF)** ☐ Steamed Egg ☐ Siao Bai Chye w Garlic ☐ Butter Sweet Corn
3. Dessert / Fruits - Please select 1 Item	
☐ Whole Apple ☐ Whole Banana ☐ Mango Pudding	☐ Agar Agar w Fruit Cocktail in Cup ☐ Assorted Swiss Roll ☐ Chocolate Fudge Cake
4. Poultry - Please select 1 Item	
☐ Curry Chicken ☐ Braised Sesame Oil Chicken ☐ Teriyaki Chicken Chop	☐ Lemon Chicken **(DF)** ☐ Thai Style Chicken **(DF)** ☐ Rendang Chicken
5. Fish & Seafood - Please select 1 Item	
☐ Baked Sambal Fish ☐ Wok Fried Ginger Scallion Fish ☐ Wheat Prawn **(DF)**	☐ Mango Sauce Fish **(DF)** ☐ Salted Egg Yolk Fish **(DF)** ☐ Szechuan Kung Pao Fish
6. Beverages - Please select 1 Item	
☐ BOTTLED WATER (available by default)	☐ HEALTHIER CHOICE PACKET DRINKS

**All staples listed within the "Rice and Noodle" category are made of whole-grains and meet the Healthier Dining Programme (HDP) nutritional guidelines. Healthier oil (HCS oils) is used in all cooking and food preparations.*