

Full Day Seminar Package A

\$24.61 w/GST (\$23.00) per pax, minimum 20 pax

**Using healthier cooking oil for all cooking and food preparations.*

**Sugar and Creamer served separately for Coffee and Tea.*



Morning Break

Chicken Ham Sandwich (Wholemeal) 鸡肉火腿三文治 (全麦)

Sotong Ball (DF) 苏东丸

Steamed Soon Kueh 蒸荀粿

Butter Cake Slice 牛油蛋糕

Coffee and Tea 咖啡和茶

Ice/ Warm Water 冰/ 温开水

Lunch

Classic Caesar Salad 经典凯撒沙律

Sweet and Sour Chicken 糖醋鸡

Spicy Sambal Fish Fillet 参巴鱼柳

Braised Crabstick with Vegetables 蟹柳时蔬

Chicken Ngoh Hiang (DF) 酥炸五香

Thai Pineapple Fried Rice (Brown Rice) 黄梨炒饭 (糙米饭)

Ice Jelly with Fruit Cocktail 什果爱玉冰

OR

Tropical Fruits Platter 热带水果拼盘

Fruit Punch 什果水

Ice/ Warm Water 冷/ 温开水

Afternoon Break

Steamed Chicken Pau 迷你鸡肉包

Mini Muffin 迷你松饼

Cream Puff 奶油泡芙

Coffee and Tea 咖啡和茶

Ice/ Warm Water 冰/ 温开水

- All menu comes with complete buffet set up and disposable wares.
- Transportation charge at \$96.30 w/GST (\$90.00) per trip. Free delivery for orders above \$1,000.00 before GST.
- Additional surcharge of \$10.70 w/GST (\$10.00) for delivery to Sentosa, Jurong Island and CBD area with postal codes beginning with 01, 03-09, 17-19, 22&23.
- Extension of collection hour will not be available on that day if we are not inform in advance upon confirmation sales order signed.
- Surcharge of \$32.10 w/GST (\$30.00) for level 2 and \$64.20 w/GST (\$60.00) for level 3 onwards to venue without lift landing.
- Food is best consumed within 2.5 hours upon arrival time due to the NEA rules and regulations
- Food will be deliver within the 1 hour upon food ready time.
- Confirm Order to be made at least 7 working days in advance of event.
- Amendment of order to be made 7 working days in advance of event, after which company has the right to reject any request made by customer.
- We are not liable for any form of food allergy, sensitivity and contamination of food after delivery.
- We shall not be held liable for the non-performance of our services or late delivery because of war, riot, strike, flood or any reason within the reasonable control of company
- We reserve the right to change the dish to another with equivalent value without prior notice.

ONE THE FOOD PTE LTD

19 WOODLANDS LINK, WOODLANDS EAST IND. ESTATE, SINGAPORE 738728
www.onethefood.com.sg Tel: 6758 5888 Fax: 6759 8177 Co Reg. No: 200806901G

Full Day Seminar Package B

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Morning Break

Tuna Sandwich (Wholemeal) 金枪三文治 (全麦)
 Steamed Chicken Siew Mai 蒸鸡肉烧卖
 Golden Samosa (D.F) 咖喱金三角
 Banana Cake Slice 香蕉蛋糕
 Coffee and Tea 咖啡和茶
 Ice/ Warm Water 冷/ 温开水

Lunch

Mixed Fruits Salad 什锦水果沙律
 Curry Chicken with Potato 椰香咖喱鸡
 Fish Fillet in Olive Caper Cream 榄油香煎鱼柳
 Loh Han Chye 罗汉斋菜
 Sotong Dough Fritter (D.F) 苏东油条
 Sin Chew Bee Hoon (Brown Rice) 星洲米粉 (糙米)
 Grass Jelly with Longan 龙眼仙草冻
 OR
 Tropical Fruits Platter 热带水果拼盘
 Blackcurrant 黑加仑水
 Ice/ Warm Water 冷/ 温开水

Afternoon Break

Steamed Lotus Paste Pau 迷你莲蓉包
 Cream Puff 奶油泡芙
 Chocolate Éclair 巧克力长条泡芙
 Coffee and Tea 咖啡和茶
 Ice/ Warm Water 冷/ 温开水

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Full Day Seminar Package C

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Morning Break

Mini Croissant 迷你牛角酥
Steamed Prawn Dumpling 蒸水晶虾饺
Seafood Tofu (D.F) 海鲜豆腐
Swiss Roll 瑞士卷
Coffee and Tea 咖啡和茶
Ice/ Warm Water 冷/ 温开水

Lunch

Garden Green Salad 翠绿蔬菜沙律
Japanese Teriyaki Chicken 日式香烤鸡
Pan Seared Fish Fillet with Olive Caper Cream 橄榄油煎鱼柳
Kai Lan with Oyster Sauce 蒜香蚝油芥兰
Seafood Croquette (D.F) 海鲜丸子
Butter Rice with Raisin (Brown Rice) 奶油饭配葡萄干 (糙米饭)
Sea Coconut with Longan 龙眼海底椰
OR
Tropical Fruits Platter 热带水果拼盘
Ice Barley 薏米冰
Ice/ Warm Water 冷/ 温开水

Afternoon Break

Egg Mayo Sandwich 鸡蛋三文治
Chocolate Puff 巧克力泡芙
Marble Cake Slice 云石蛋糕
Coffee and Tea 咖啡和茶
Ice/ Warm Water 冷/ 温开水

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Full Day Seminar Package D

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Morning Break

Vegetable Sandwich (Wholemeal) 蔬菜三文治 (全麦)
 Curry Puff (D) 咖哩角
 Steamed Crystal Jade Dumpling 蒸翡翠水晶饺
 Pan Fried Yam Cake 香煎芋头糕
 Coffee and Tea 咖啡和茶
 Ice/ Warm Water 冷/ 温开水

Lunch

Farm Potato Salad 马铃薯沙律
 Oven Baked Honey Chicken 蜜汁焗鸡柳
 Baked Sweet and Sour Fish Fillet 糖醋鱼柳
 Nyonya Style Curry Vegetables 娘惹咖喱什菜
 Crispy Spring Roll (D) 脆炸春卷
 Cantonese Flat Noodle with Seafood (Whole Grain) 粵式海鲜河粉 (全谷)
 Sea Coconut with Aloe Vera 芦荟海底椰
 OR
 Tropical Fruits Platter 热带水果拼盘
 Fruit Punch 什果水
 Ice/ Warm Water 冷/ 温开水

Afternoon Break

Steamed Red Bean Paste Pau 蒸豆沙包
 Chocolate Éclair 长条泡芙
 Swiss Roll 瑞士卷
 Coffee and Tea 咖啡和茶
 Ice/ Warm Water 冷/ 温开水

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Full Day Seminar Package E

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Healthier Menu

Eat all foods in moderation.

Morning Break

Cheese Sandwich (Wholemeal) 芝士三文治 (全麦)

Pan Fried Chicken Dumpling 煎鸡肉饺子

Golden Crab Claw (DF) 黄金蟹爪

Apple Lattice 苹果格子酥

Coffee and Tea 咖啡和茶

Ice/ Warm Water 冷/ 温开水

Lunch

Hawaiian Pineapple Chicken Salad 夏威夷黄梨鸡肉沙律

Teriyaki Chicken 日式照烧鸡

Baked Fish Fillet with Pesto Cream Sauce 罗勒酱烤鱼柳

Cauliflower Au Gratin 奶油椰菜花

Sambal Fish Ball (DF) 参巴鱼丸

Yang Chow Fried Rice (Brown Rice) 扬州炒饭 (糙米饭)

Mango Pudding 芒果布丁

OR

Tropical Fresh Fruit Platter 热带水果盘

Ice Lemon Tea 柠檬茶

Ice/ Warm Water 冷/ 温开水

Afternoon Break

Steamed Yam Cake 蒸芋头糕

Baked Chicken Wing 烤鸡翼

Chocolate Puff 巧克力泡芙

Coffee and Tea 咖啡和茶

Ice/ Warm Water 冷/ 温开水

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