

Confinement

Menu 2

FOOD ORDERING INFORMATION

Meals are complimentary.

Meals are NOT served to patients who are on “Nil by Mouth” or “Tube Feeding”.

Meals should not be transferrable to another person.

All meals are HALAL certified.

Meal service hours for Inpatient:

Breakfast: 7.00am-8.30am.

Lunch: 12.00pm-1.30pm.

Dinner: 6.00pm-7.30pm.

**Breakfast, lunch and dinner are only available during meal serving time.*

Meal cut-off time upon discharge:

Discharge before 12pm: Only Breakfast will be provided.

Discharge before 5.00pm: Breakfast & Lunch will be provided.

Meal cut-off time for Late Admission Menu:

Breakfast: 9.00pm (day before)

Lunch: 9.00am

Dinner: 4.00pm

Meals after cut-off time:

Meals provided after the cut-off time will be according to the Menu of the Day.

Please consume your meals within one (1) hour to prevent foodborne illnesses.

All meals are prepared according to the confinement dietary needs curated by PCMC's Dietitians.

NOTICE: FOOD ALLERGY WARNING



OUR FOOD MAY CONTACT OR MAY HAVE COME IN CONTACT WITH PEANUTS, TREE NUTS, SOY, SESAME, EGGS, WHEAT, FISH, SHELFISH OR DAIRY PRODUCTS.

Please NOTIFY our F&B personnel if you have any food allergy.

BREAKFAST

Main Course

Dear guest, please select only one dish

- **Nasi Goreng**
Black pepper fried rice with egg, chicken and vegetables
- **Capati with Dhal Gravy** 
Indian flat bread with dhal gravy
- **Rice Porridge(with salted egg, ginger, spring onion and fried shallots)**
Choice of:
 - Vegetables 
 - Fish
 - Chicken
- **Pancake**
With butter and maple syrup OR honey
- **Egg Breakfast(with baked beans, baked tomato and garden salad)**
Choice of:
 - Hard Boiled
 - Sunny Side Up
 - Over Easy
 - Scrambled
 - Mushroom and Cheese Omelette
- **Bread Basket**
Danish pastry, croissant with wholemeal bread served with butter, jam OR honey
- **Sandwich Tray (with garden salad)**
Choice of:
 - Grill chicken
 - Tuna mayo

Desserts

Dear guest, please select only one dish

- Seasonal Fresh Fruit
- Plain Yogurt
- Fruit Yogurt

Beverages

Dear guest, please select only one beverage

Hot Beverages

- Fresh Milk
- Black Tea
- Green Tea
- Coffee(Nescafe)
- Chocolate Drink(Milo)
- Barley

OR

Cold Beverages

- Fresh Milk
- Soy Bean Milk *No Sugar Added
- Orange Juice *No Sugar Added
- Apple Juice *No Sugar Added
- Barley

LUNCH & DINNER

Appetizer

Dear guest, please select only one dish

- **Egg Drop Soup**
Ginger and spring onion egg drop soup
- **Herbal Chicken Soup**
Chinese style herbal chicken with old cucumber soup
- **Soohoon Sup**
Glass noodle with anchovies and black pepper soup
- **Mixed Garden Salad**
Seasonal lettuce with Thousand Island OR vinaigrette dressing
- **Kerabu Ayam**
Malay style chicken salad



Main Course

Dear guest, please select only one dish

Non-Vegetarian

- ***Ikan Singgang Serani**
Fish in tamarind sour broth
- ***Ikan Goreng Bawang**
Fried fish with onion and black pepper
- ***Steamed Fish**
Steam fish fillet with ginger
- **Baked Salmon**
Peppercorn marinated baked salmon with tamarind sauce
- ***Ginger Chicken**
Stir fired chicken with ginger, black pepper and spring onion
- **Chicken Stew**
Tender chicken stew with vegetables
- **Grilled Beef**
Sirloin steak with roasted potatoes, mixed vegetable and black pepper sauce
- **Braised Beef**
Chinese style beef with soya sauce, herbal and bean curd

Vegetarian

- **Vegetarian Fried Rice** 
Black pepper fried rice with mushroom, vegetables and tofu
- **Vegetarian Noodles** 
Vermicelli noodles with tofu, vegetables and dumpling in aromatic broth
- ***Steamed Tofu** 
Soft bean curd with ginger, black fungus and black pepper soy sauce

*Dishes served with a choice of steamed white rice or brown rice


Side Vegetables

Dear guest, please select only one dish

- Sautéed Kailan
- Sautéed French Bean
- Sautéed Bean Sprout
- Steamed Broccoli
- Sautéed Bitter Gourd
- Deep Fried Eggplant
- Sautéed Mixed Vegetables
- Steamed Bok Choy
- Sautéed Cabbage with Mustard Seed
- Braised Loofah

One Meal Dish

Dear guest, please select only one dish

- **Sandwich Tray (with garden salad)**
Choice of:
 - Grill chicken
 - Tuna mayo
- **Mee Hailam**
Braised yellow noodles with black pepper, vegetables and slice beef
- **Chicken Rice**
Steamed chicken with fragrant buttered rice, soup and condiments
- **Rice Porridge(with salted egg and condiments)**
Choice of:
 - Vegetables 
 - Fish
 - Chicken
- **Pasta alla Pomodoro**
Penne pasta with tomato basil sauce
- **Battered Fish**
Deep fried pollock fillet with potato wedges, tartar sauce and garden salad
- **Chicken Chop**
Grill chicken fillet with roasted potato, black pepper sauce and garden salad
- **Beef Lasagna**
Homemade beef lasagna with garden salad

Desserts

Dear guest, please select only one dish

- **Yogurt**
Plain yogurt OR fruit yogurt
- **Fresh Fruits**
Seasonal sliced fruits
- **Winter Melon and Barley**
Candied winter melon and barley dessert
- **Chocolate Moist Cake**
Flourless chocolate cake
- **Sago Gula Melaka**
Sago pudding with coconut milk and palm syrup
- **Panna Cotta**
Italian milk custard