



JULY 2026

MY BEST, YOUR FAVOURITE

It's our birthday month! My supervisor and I share the same birthday, 24 years apart, so we are celebrating with a menu featuring some of your all-time favourite dishes.

Monday, 29 June 2026

Lunch

Dry Laksa \$9

Dinner

"Hot Plate" Tofu \$7
Huai Shan, Kampung Chicken Soup \$4.50
Bagedil (1pc) \$1.50
Veg of Day \$2.50
White \$1 / Brown Rice \$1.50

Monday, 6 July 2026

Lunch

Creamy Omelette with
Chicken Chop & Rice \$9

Dinner

Ginger-Scallion Pork Slice \$7
Seaweed, Egg Drop Soup \$4.50
Handmade Popiah (half roll - 3-4 cut pcs) \$2
Veg of Day \$2.50
White \$1 / Brown Rice \$1.50

Monday, 13 July 2026

Lunch

Tomato Egg with Knife Shaved Noodles \$6
1pc Grilled Chicken Wing \$3

Dinner

HK-Style Steamed Barramundi Fish \$8
ABC Soup \$3.50
Fried Golden Tofu with Sesame Sauce \$1.50
Veg of Day \$2.50
White Rice \$1 / Brown Rice \$1.50

Monday, 20 July 2026

Lunch

Teriyaki Pork Slice Rice Bowl
with Onsen Egg \$9

Dinner

Marmite Midjoint \$7
Old Cucumber Soup \$3.50
Bittergourd Egg \$1.50
Veg of Day \$2.50
White \$1 / Brown Rice \$1.50

Monday, 27 July 2026

Lunch

Mee Hoon Kueh Soup \$9

Dinner

Teriyaki-Grilled Salmon \$8
Tofu, Seaweed, Egg Drop Soup \$3.50
Bagedil \$1.50
Veg of Day \$2.50
White \$1 / Brown Rice \$1.50

BEGEDIL
DAY



Tuesday, 30 June 2026

Lunch

Porridge with 3 Sides \$9

Dinner

Black Bean Steamed Pork Ribs \$7
YTF Soup \$3.50
Fried Golden Tofu \$1.50
Veg of Day \$2.50
White \$1 / Brown Rice \$1.50

Tuesday, 7 July 2026

Lunch

Herbal Steamed Chicken with Rice \$9

Dinner

Signature BBQ Babyback Ribs \$8
Stir Fry Tomato-Egg Soup \$3.50
Saute Hand-Shredded Brinjal \$1.50
Veg of Day \$2.50
White \$1 / Brown Rice \$1.50

Tuesday, 14 July 2026

Lunch

Porridge with 3 Sides \$9

Dinner

Potato with Minced Meat \$7
Kampung Chicken Fig Soup \$4.50
Enoki Tempura \$1.50
Veg of Day \$2.50
White \$1 / Brown Rice \$1.50

Tuesday, 21 July 2026

Lunch

Cold Noodles Salad \$9

Dinner

Ginger Soy Fried Fish \$8
Black Bean, Pork Rib Soup \$3.50
Fried Mini Spring Roll (2pcs) \$1.50
Veg of Day \$2.50
White \$1 / Brown Rice \$1.50

Tuesday, 28 July 2026

Lunch

Fried Bee Hoon with Sunny Side Up \$4.50
Century, Salted Egg Porridge \$4.50

Dinner

Herbal Steamed Midjoint \$8
Wintermelon, Barley, Carrot Soup \$3.50
Ketchup Brinjal \$1.50
Veg of Day \$2.50
White \$1 / Brown Rice \$1.50

Wednesday, 1 July 2026

Lunch

Salmon Rice Bowl \$9

Dinner (Western)

Chicken Chop Burger \$9
French Fries \$2
Creamy Tomato Soup \$3.50

Dinner (Chinese)

Signature Grilled Chicken Chop \$7
"Liu Wei" Soup \$3.50
Ketchup Hardboiled Egg \$1.50
Veg of Day \$2.50
White \$1 / Brown Rice \$1.50

Wednesday, 8 July 2026

Lunch

Big Breakfast Set \$9

Dinner (Western)

"Ikea" Chicken Meatballs (8pcs) \$8
Mash Potato & Broccoli \$5
Homemade Berries Sauce \$1.50
Creamy Pumpkin Soup \$3.50

Dinner (Chinese)

Signature Steamed Meat Patty \$7
Pumpkin Onion Soup \$3.50
Braised Potato \$1.50
Veg of Day \$2.50
White \$1 / Brown Rice \$1.50

Wednesday, 15 July 2026

Lunch

YTF Noodle Soup \$9

Dinner (Western)

Pulled Pork Fajita with Tomato Salsa \$12
Creamy Potato Leek Soup \$3.50

Dinner (Chinese)

Pan Seared Pork Chop \$7
Potato Leek Soup \$3.50
Baked Tomato Egg \$2.50
Veg of Day \$2.50
White \$1 / Brown Rice \$1.50

Wednesday, 22 July 2026

Lunch

Porridge with 3 Sides \$9

Dinner (Western)

Grilled Chicken Chop \$8
Mash Potato, Coleslaw, Baked Beans \$5
Corn Chowder \$3.50

Dinner (Chinese)

Grilled Chicken Chop \$7
Corn and Mushroom Egg Drop Soup \$3.50
Braised Potato \$1.50
Veg of Day \$2.50
White \$1 / Brown Rice \$1.50

Wednesday, 29 July 2026

Lunch

Nasi Lemak with Fried Chicken Wing \$9

Dinner (Western)

Fish & Chips \$12
Clam Chowder \$3.50

Dinner (Chinese)

Sweet Sour Fish \$8
Clam & Luffa Soup \$3.50
Sunny Side-Up \$1.50
Veg of Day \$2.50
White \$1 / Brown Rice \$1.50

Thursday, 2 July 2026

Lunch

Mee Hoon Kueh \$9

Dinner

Fermented Soy Bean Paste Steamed Fish \$8
(Spicy / Non-Spicy)
ABC Soup \$3.50
Sunny Side-Up \$1.50
Veg of Day \$2.50
White \$1 / Brown Rice \$1.50

Thursday, 9 July 2026

Lunch

Porridge with 3 Sides \$9

Dinner

Teriyaki Baked Salmon \$8
Salted Veg, Tofu, Tomato Soup \$3.50
Long Bean Egg Omelette \$1.50
Veg of Day \$2.50
White \$1 / Brown Rice \$1.50

Thursday, 16 July 2026

Lunch

Lotus Leaf Rice \$9

Dinner

Omelette with Pan-Seared Prawns \$8
Lotus Root, Pork Rib Soup \$4.50
Honey Corn Cob \$1.50
Veg of Day \$2.50
White \$1 / Brown Rice \$1.50

Thursday, 23 July 2026

Lunch

Braised Eefu Mee with
6-Head Abalone (2pc) \$9

Dinner

Vinegar Pork Trotters \$8
(Signature Steam Meat Patty \$7)
Daikon, Carrot, Corn Soup
Steamed Egg \$1.50
Veg of Day \$2.50
White \$1 / Brown Rice \$1.50

Thursday, 30 July 2026

Lunch

Salmon Rice Bowl \$9

Dinner

Cereal Chicken \$7
Apple, Pear, White Fungus Soup \$3.50
Fried Mini Spring Roll (2pc) \$1.50
Veg of Day \$2.50
White \$1 / Brown Rice \$1.50

Friday, 3 July 2026

Lunch

Fish Soup with Rice \$9
Cheng Tng \$3.50

Dinner

Salted Egg Prawn \$8
Watercress Soup \$3.50
Grilled Brinjal \$1.50
Veg of Day \$2.50
White \$1 / Brown Rice \$1.50
Cheng Tng \$3.50

Friday, 10 July 2026

Lunch

Salmon Rice Bowl \$9
Pulut Hitam \$3.50

Dinner

Braised Chicken with Sea Cucumber and Shitake
Mushrooms \$8
Wintermelon, Tanghoon Soup \$3.50
Beancurd Stick and Black Fungus Salad \$1.50
Veg of Day \$2.50
White \$1 / Brown Rice \$1.50
Pulut Hitam \$3.50

Friday, 17 July 2026

Lunch

YTF Bee Hoon Soup \$9
Steam Korean Pear \$3.50

Dinner

Vinegar Pork Ribs \$8
Mock "Shark's Fin" Soup \$3.50
Devised Egg \$2.50
Veg of Day \$2.50
White \$1 / Brown Rice \$1.50
Steam Korean Pear \$3.50

Friday, 24 July 2026

KITCHEN
CLOSED FOR
INSPECTION

Friday, 31 July 2026

Lunch

Porridge with 3 Sides \$9

Dinner

Sambal Sotong / Prawns \$8
Tofu, Kelp, Scallion Soup \$3.50
Honey Corn Cob \$1.50
Veg of Day \$2.50
White \$1 / Brown Rice \$1.50
Mango Pomelo Sago \$5.50