



GRAIN
LUSCIOUS



| | |
|--------|--|
| Day 1 | Sous Vide Oregano Chicken Breast Sous vide oregano chicken breast with roasted asparagus, carrots, lemon couscous and a roasted sesame dressing. |
| Day 2 | Smoked Duck Breast Superbowl Smoked duck breast, quinoa, with a kale and spinach salad, topped with Japanese cucumber and shimeji mushroom, and honey mustard. |
| Day 3 | One-pan Blackened Herb Tilapia Blackened herb tilapia with tomato pilaf rice, roasted sweet potatoes, broccoli and onion cucumber tzatziki. |
| Day 4 | Two Meat Ragout Free-range chicken sausage, pulled oregano chicken breast with roasted brussel sprouts atop butter and raisin pilaf rice. |
| Day 5 | Thai Basil Chicken Thai basil minced chicken with long beans, brown rice and a soft boiled onsen egg. |
| Day 6 | Baked Salmon with Lemon and Dill Lemon and dill infused baked salmon with aglio olio pasta, edamame, sauteed bell peppers and shimeji mushrooms. |
| Day 7 | Signature Beef Ball with Sundried Tomato Sauce Beef meatballs with roasted baby potatoes, broccoli, couscous, and a tomato and olive concasse. |
| Day 8 | Baked Sea Bass with Fennel and Orange Sauce Baked sea bass with a shaved fennel salad, garlic broccoli, tomato salsa and multi-grain rice. |
| Day 9 | Ayam Masak Merah Tender chicken leg cooked with house blend spices, served with tomato pilaf rice and house-made achar. |
| Day 10 | Tender, Braised 5-Spice Duck Leg Braised 5-spice duck leg, tofu and peanuts with baby bak choy, and yam brown rice. |
| Day 11 | Hearty Kimchi Stew with Sliced Beef Sliced beef kimchi stew with enoki mushrooms, wakame seaweed, and Japanese rice balls with furikake. |
| Day 12 | Classic French Chicken Forestiere French chicken with mixed forest mushrooms, baby spinach, tagliatelle pasta, and a cherry tomato confit. |
| Day 13 | Malaysian-style Asam Pedas Tangy Malaysian-style sea bass with charred brinjal, okra, tomatoes, and Japanese pearl rice. |
| Day 14 | Hearty Gyudon Sliced wagyu beef with onions, wakame seaweed, onsen egg and Japanese pearl rice. |
| Day 15 | Spiced Chicken Masala Succulent chicken breast, with aloo gobi curry, baby spinach and roasted potato salad. |
| Day 16 | Southern Mediterranean Vegetarian Pasta Fusilli pasta in red pesto sauce with shimeji mushrooms, cashew nuts, and feta cheese. |
| Day 17 | Grilled Farm Fresh Chicken Breast Sous vide chicken breast in basil pesto, with marinated cherry tomatoes and spiced multi-grain rice. |
| Day 18 | Torched Sous Vide Salmon Fusilli pasta in harissa pesto sauce with cherry tomatoes and feta cheese crumble. |
| Day 19 | Arabian Chicken Mandi Spiced saffron long-grain rice, with mandi chutney sauce and fresh petit salad. |
| Day 20 | Sesame Chicken Boneless chicken thigh marinated in ginger, scallion and sesame oil, with baby bak choy and Japanese pearl rice. |
| Day 21 | Sea Bass with Thai Spicy Sauce Sliced sea bass in thai spice and tamarind sauce, with coconut long-grain rice and a poached egg. |
| Day 22 | Tandoori Chicken Boneless chicken thigh marinated in greek yogurt and spices, with pulao rice and chickpeas. |
| Day 23 | Indonesian Beef Rendang Cubed beef chunks with blue pea long-grain rice and housemade achar. |
| Day 24 | One-pan Shrimp and Chicken Sausage Shrimp and chicken sausages with roasted button mushrooms in chipotle tomato sauce, with kale and butter rice. |
| Day 25 | Beef Brisket Beef brisket in house-made barbeque sauce with baby rosemary potatoes, garlic asparagus and couscous. |
| Day 26 | Sambal Fish Fillet Sea bass fillet with house-made sambal, fusilli pasta in pomodoro sauce. |
| Day 27 | Jambalaya Chicken Stewed chicken leg and prawns in chipotle sauce, with charred broccoli and butter raisin rice. |
| Day 28 | Duck Ragout Pasta Shredded duck ragout with roasted root vegetables, carrot, celery, onions and fusilli pasta. |
| Day 29 | Ayam Panggang Indonesian-style grilled chicken leg, poached bak choy and coconut long-grain rice. |
| Day 30 | Chicken Yakitori Grilled yakitori chicken skewers with pickles, sesame spinach and Japanese pearl rice. |
| Day 31 | Chili Con Carne Minced beef ragout with kidney beans, button mushrooms and long-grain rice. |