



Quality In Any Event

## **Healthier Buffet Menu A**

**\$ 11.00 per person (\$ 11.77 inclusive of 7%GST)**

**Minimum 40 Pax**

**Healthier Note: A Maximum Of 1 (DF – Deep Fried) Item is Allowed In The Menu  
Healthier Oil Is Used**

### **ENTREE**

Grilled Chicken In Teriyaki Marinade  
Steamed Fish with Preserved Radish & Fermented Bean Sauce  
Prawn Fritter with Nonya Chilli Dip (DF)  
Stewed Mapo Tofu  
Nonya Stewed Vegetables  
Fragrant Whole Grain Rice with Nuts & Raisin **OR** Whole Grain Sin Chow Bee Hoon

### **DESSERT**

Chilled Chin Chow with Longan  
Tropical Fresh Fruits

### **BEVERAGE**

Zesty Apple  
Ice Water

#### **Our Buffet Packages Include:**

Complete Setup W Table Cloth And Skirtings  
Food Will Be Served In Warmers  
Serviettes, Disposable Plates, Fork & Spoon, Sambal Chili And Garbage Bags

#### **Terms & Conditions:**

Customisation For Healthier Menu Is Not Allowed  
Delivery Charge At \$ 40.00 (\$ 42.80 Inclusive Of 7% Gst) Per Trip For All Districts (FOC For Orders Above \$600 (Exclusive Of GST))  
Kindly Confirm Order 7 Working Days Prior To Your Function Date.

**How's Catering**

8A Admiralty Street #03-21 FoodXchange S (757437)



Tel: 6852 2852

[www.howscatering.com.sg](http://www.howscatering.com.sg)

NEA No: NW09448V000



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## **Healthier Buffet Menu B**

**\$ 13.00 per person (\$ 13.91 inclusive of 7%GST)**

**Minimum 35 Pax**

**Healthier Note: A Maximum Of 2 (DF – Deep Fried) Item is Allowed In The Menu  
Healthier Oil Is Used**

### **APPETIZER**

Summer Potato Salad with Apple Wedge

### **ENTREE**

Double Crunch Honey Garlic Chicken

Cantonese Steamed Fish with Garlic, Ginger and Scallion

Prawn Fritter Salted with Paprika (DF)

Steamed Tofu with Miso Sauce

Braised Long Cabbage with Shrooms & Pea

Whole Grain Olive Fried Rice **OR** Whole Grain Fried Noodle with Mushroom

### **DESSERT**

Barley with Gingko Nut Served Hot

Tropical Fresh Fruits

### **BEVERAGE**

Zesty Apple

Ice Water

#### **Our Buffet Packages Include:**

Complete Setup W Table Cloth And Skirtings

Food Will Be Served In Warmers

Serviettes, Disposable Plates, Fork & Spoon, Sambal Chili And Garbage Bags

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## **Healthier Buffet Menu C**

**\$ 16.00 per person (\$ 17.12 inclusive of 7%GST)**

**Minimum 30 Pax**

**Healthier Note: A Maximum Of 2 (DF – Deep Fried) Item is Allowed In The Menu  
Healthier Oil Is Used**

### **APPETIZER**

Apple Waldorf Salad

### **ENTREE**

Oven Baked Scallop Mornay

Grilled Chicken In Cream Of Mushroom

Ginger Crusted Fish with Lemon Mustard (DF)

Sauteed Seafood with Celery

Tofu Pomodoro (DF)

Broccoli, Cauliflower with Aromatic Herbs

Fragrant Whole Grain Rice with Nuts & Raisin **OR** Whole Grain Pasta Aglio Olio

### **DESSERT**

Chilled Honeydew Sago

Tropical Fresh Fruits

### **BEVERAGE**

Zesty Apple

Ice Water

#### **Our Buffet Packages Include:**

Complete Setup W Table Cloth And Skirtings

Food Will Be Served In Warmers

Serviettes, Disposable Plates, Fork & Spoon, Sambal Chili And Garbage Bags

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## **Healthier Buffet Menu D**

**\$ 18.00 per person (\$ 19.26 inclusive of 7%GST)**

**Minimum 25 Pax**

**Healthier Note: A Maximum Of 2 (DF – Deep Fried) Item is Allowed In The Menu  
Healthier Oil Is Used**

### **APPETIZER**

Cardini Caesar Salad

### **ENTREE**

Oven Baked Chicken Char Siew

Herb Crusted Fish with Hollandaise Sauce (DF)

Sauteed Prawn with Chilli Crab Sauce

Teo chew Braised Duck

Steamed Tofu with Miso Sauce

Poached Spinach with Wolfberries

Fragrant Whole Grain Rice with Nuts & Raisin **OR** Wholegrain Laksa Goreng

### **DESSERT**

Traditional Cheng Tng (Hot/ Chilled)

Tropical Fresh Fruits

### **BEVERAGE**

Zesty Apple

Ice Water

#### **Our Buffet Packages Include:**

Complete Setup W Table Cloth And Skirtings

Food Will Be Served In Warmers

Serviettes, Disposable Plates, Fork & Spoon, Sambal Chili And Garbage Bags

#### **Terms & Conditions:**

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## Healthier Buffet Menu E

\$ 22.00 per person (\$ 23.54 inclusive of 7%GST)

Minimum 20 Pax

**Healthier Note: A Maximum Of 2 (DF – Deep Fried) Item is Allowed In The Menu  
Healthier Oil Is Used**

### APPETIZER

Avocado Salad

### ENTREE

Oven Baked Scallop Mornay

Grilled Tandoori Chicken

Pan Fried Spicy Fish with Almond Lemon Butter Sauce

Sauteed Prawn & Snow Pea In “XO Sauce”

Aromatic Mutton Rendang

Braised Beancurd with Mushroom (DF)

Garden Medley with Aromatic Herbs

Fragrant Whole Grain Rice with Nuts & Raisin **OR** Whole Grain Pasta Aglio Olio

### DESSERT

Passion Fruit Panna Cotta with Mango Coulis

Tropical Fresh Fruits

### BEVERAGE

Zesty Apple

Ice Water

#### **Our Buffet Packages Include:**

Complete Setup W Table Cloth And Skirtings

Food Will Be Served In Warmers

Serviettes, Disposable Plates, Fork & Spoon, Sambal Chili And Garbage Bags

#### **Terms & Conditions:**

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## Healthier Buffet Menu F

\$ 25.00 per person (\$ 26.75 inclusive of 7%GST)

Minimum 20 Pax

**Healthier Note: A Maximum Of 2 (DF – Deep Fried) Item is Allowed In The Menu  
Healthier Oil Is Used**

### SPECIALITY

Nonya Prawn Wholegrain Laksa with Condiment

### APPETIZER

Japanese Wholegrain Sushi Platter

*Tamago Gunkan & Kanifumi Nigiri*

Cardini Caesar Salad

### ENTREE

Maple Roast Chicken with Sweet Potato & Thymes

Pesto Crusted Baked Fish

Seafood Trio In Thai Green Curry

*Scallop, Prawn & Squid*

Steamed Shrimp Cabbage Roll

Tahu Goreng Topped with Peanut Sauce (DF)

Sauteed Baby Kailan with Shitake Mushroom

Whole Grain Hawaiian Fried Rice **OR** Wholegrain Laksa Goreng

### DESSERT

Chilled Yam Paste with Gingko Nut Shooter

Tropical Fresh Fruits

### BEVERAGE

Homemade Ice Lemon Tea

Ice Water

#### **Our Buffet Packages Include:**

Complete Setup W Table Cloth And Skirtings

Food Will Be Served In Warmers

Serviettes, Disposable Plates, Fork & Spoon, Sambal Chili And Garbage Bags

#### **Terms & Conditions:**

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## **Healthier TEA Buffet Menu A**

**\$ 8.00 per person (\$ 8.56 inclusive of 7%GST)**

**Minimum 40 Pax**

**Healthier Note: A Maximum Of 1 (DF – Deep Fried) Item is Allowed In The Menu  
Healthier Oil Is Used**

### **FROM THE BAKERY**

Wholemeal Egg Mayo Finger Sandwich  
Mushroom Potato Feuilette

### **STEAMY DIM SUM**

Steamed Chwee Kueh with Preserved Radish  
Chicken Siew Mai

### **SAVOURY**

Wholegrain Sin Chow Bee Hoon  
Grilled Teriyaki Chicken Drumlette

### **DESSERT**

Tropical Fresh Fruits

### **BEVERAGE**

Coffee & Tea (with Separate Sugar & Creamer)  
Ice Water

#### **Our Buffet Packages Include:**

Complete Setup W Table Cloth And Skirtings  
Food Will Be Served In Warmers  
Serviettes, Disposable Plates, Fork & Spoon, Sambal Chili And Garbage Bags

#### **Terms & Conditions:**

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## **Healthier Tea Buffet Menu B**

\$ 10.00 per person (\$ 10.70 inclusive of 7%GST)

**Minimum 30 Pax**

**Healthier Note: A Maximum Of 1 (DF – Deep Fried) Item is Allowed In The Menu  
Healthier Oil Is Used**

### **FROM THE BAKERY**

Wholemeal Tuna Finger Sandwich  
Spinach Pizza

### **STEAMY DIM SUM**

Chicken Siew Mai  
Shrimp Cabbage Roll  
Soon Kueh

### **SAVOURY**

Wholegrain Stir Fried Mee Tai Mak  
Homemade Chicken Ngoh Hiong (DF)

### **DESSERT**

New York Cheese Cake  
Tropical Fresh Fruits

### **BEVERAGE**

Coffee & Tea (with Separate Sugar & Creamer)  
Ice Water





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## **Healthier Tea Buffet Menu C**

\$ 12.00 per person (\$ 12.84 inclusive of 7%GST)

**Minimum 25 Pax**

**Healthier Note: A Maximum Of 2 (DF – Deep Fried) Item is Allowed In The Menu  
Healthier Oil Is Used**

### **SALAD**

Coleslaw Salad Bowl

### **FROM THE BAKERY**

Wholemeal Chicken Mayo Finger Sandwich

Spinach Pizza

### **STEAMY DIM SUM**

Lotus Leaf Glutinous Rice

Chicken Siew Mai

Shrimp Dumpling

### **SAVOURY**

Wholegrain Laksa Goreng

Crumbed Seafood Croquette (DF)

### **DESSERT**

Barley with Gingko Nut Served Hot

Canadian Carrot Cake with Cream Cheese

Tropical Fresh Fruits

### **BEVERAGE**

Coffee & Tea (with Separate Sugar & Creamer)

Ice Water