What I understand the monolith, modular monolith and microservices are:
- monolith
  - One codebase
  - One DB
  - tightly coupled

- modular monolith
  - single deployment
  - multiple components
  - internal calls (interprocess, interfaces)
  - shared DB

- microservices
  - multiple deployment
  - independent DB
  - REST/gRPC, Async Message Queue
  - Independent scaling

Some factors to be considered for choosing modular monolith or microservies are:

Factor	Modular Monolith	Microservices
Team size & SRE maturity	Small/medium; little SRE	Large; dedicated SRE/platform
Domain maturity	Still discovering	Well understood bounded contexts
Release cadence	Weekly/biweekly OK	Many independent daily deploys
Data consistency	Many cross-module ACID tx	Eventual consistency OK; per-service DB
Performance	Low latency, in-proc calls	Network hops acceptable
Tech heterogeneity	Mostly uniform	Strong need for different stacks
Ops overhead	Low	High (monitoring, tracing, gateways, on-call)