

Nourishing & Wellness Meal Delivery Service

Nourishing & Wellness Meal Menu for Week A		
	Lunch	Dinner
Monday	<p>天麻排骨湯 *神经衰弱，心烦失眠 *Promotes Qi (vital energy), nourishes the brain, eases sleep.</p> <p>Steamed Cod Fish w/ Wolfberry (Qi Zhi) 药膳枸杞雪鱼 *Cod fish is high in omega-3 fatty acids. It is an excellent source of protein, selenium and vitamin B12. In addition, it is a very good source of vitamins B6 & D, niacin and phosphorous.</p> <p>Stir Fried Asparagus & Lily Bulb w/ Diced Chicken 芦笋百合鸡丁 *Asparagus is a good source of dietary fibre, niacin, phosphorus, protein and iron. * Lily Bulbs (Bai He) calm Spirit and Cough.</p> <p>White Fungus, Lotus Seed & Red Date Soup (Dessert) 银耳莲子红枣汤 (甜品)</p> <p>Red Bean Tea 红豆茶</p> <p>Grain Rice 五谷饭</p>	<p>首乌排骨汤 *适用健忘失眠、头发早白、病后虚弱、头晕耳鸣 *Nourishes the Yin, the liver and blood. Strengthens muscles and bones. Alleviate weakness.</p> <p>Steamed Chicken w/ Black Fungus 黑木耳蒸鸡 *Black fungus is rich in protein, vitamins D, B1 & B2. It is also a good source of calcium, improve the quality of blood and blood circulation.</p> <p>Stir Fried Broccoli 西兰花彩蔬小炒 *补充维生素 *Broccoli is an excellent source of vitamins A, C, & K, folic acid and fibre.</p> <p>White Fungus, Lotus Seed & Red Date Soup (Dessert) 银耳莲子红枣汤 (甜品)</p> <p>Red Bean Tea 红豆茶</p> <p>Grain Rice 五谷饭</p>
Tuesday	<p>银耳椰子鸡汤 *增强免疫，增强肿瘤患者对放，化疗的耐受力 *Nourishes the spleen, stomach, lung, Yin and Qi (vital energy). Strengthen the immune system and helps increase the body endurance against chemotherapy.</p>	<p>当归四神排骨汤 *活血化瘀，散寒 *Invigorates / harmonizes the blood, disperses cold. Stop pain due to blood stasis - abdominal pain, trauma, carbuncles due to blood stasis.</p>

	<p>Chestnuts w/ Pork Rib 栗子烧排骨 <i>*Chestnuts contain essential minerals such as potassium, magnesium, iron, zinc and manganese that maintain overall health. Considered "heaty" food plus as a good source of vitamins (B1, B2, C) and minerals. It also helps to strengthen the kidney and improve blood circulation as it nourishes and balances the "yin".</i></p> <p>Steamed Bean Curd w/ Minced Pork and Fried Silver Anchovies 银鱼肉末蒸豆腐 <i>*Bean curd is a good source of protein and contains all eight essential amino acids. It is also an excellent source of iron and calcium.</i></p> <p>Pumpkin & Millet Congee (Dessert) 南瓜小米粥 (甜品)</p> <p>Nourishing Burdock Tea 养生牛蒡茶</p> <p>Brown Rice 糙米饭</p>	<p>Steamed Fish w/ Ginger 子姜树子蒸鱼 <i>*Ginger reduces all symptoms that are associated with motion sickness including nausea, dizziness, vomiting, and cold sweating. Ginger has also been effective in treating the nausea and vomiting that is associated with pregnancy. It contains high levels of active substances, so even a small dosage provides beneficial effects.</i></p> <p>Stir Fried Seasonal Vegetable w/ Lion's Mane Mushroom (Hericium Erinaceus) 猴头菇什锦蔬菜 <i>*Lion's Mane Mushroom (Hericium Erinaceus) inhibits cancer-causing processes, has anti-oxidative qualities, decreases inflammation and strengthens the immune system.</i></p> <p>Pumpkin & Millet Congee (Dessert) 南瓜小米粥 (甜品)</p> <p>Nourishing Burdock Tea 养生牛蒡茶</p> <p>Brown Rice 糙米饭</p>
<p>Wednesday</p>	<p>大补元气汤 <i>*滋阴补血, 明目, 助肝</i> <i>*Nourishing Yin and replenishes the blood. Relieves pain. Improves eyesight. Invigorates liver.</i></p> <p>Double Boiled Pork w/ Potato 马铃薯炖肉 <i>*Potatoes and carrot are rich in nutrients. It strengthens the spleen and stomach.</i></p>	<p>黄芪山药鸡汤 <i>*养胃</i> <i>* Astragalus Root (Huang Qi) tonifies spleen and augments Qi.</i> <i>*Dioscorea Polystachya (Chinese Yam) helps to accelerate the growth of healthy tissue and reduce healing time.</i></p> <p>Corn & Bamboo Shoot w/ Chicken Drumlet</p>

	<p>Snow Pea w/ Bean Curd Skin 甜豆烩豆包 <i>*Snow pea has high concentration of vitamins and minerals. It provides the carotenoid phytonutrients, lutein and zeaxanthin, which are known to promote vision and eye health.</i></p> <p>Brown Sugar Black Sesame Seed Paste (Dessert) 黑糖芝麻糊 (甜品)</p> <p>Astragalus, Wolfberry (Qi Zhi) & Red Date Tea 黄芪枸杞红枣茶</p> <p>Rice Berry 紫米饭</p>	<p>玉米笋佐鸡小腿 <i>*Bamboo shoot possesses the phenolic acids which is an antioxidant. It is also rich in amino acids, carbohydrates, protein, sugar, fat, minerals and fiber.</i></p> <p>Chayote w/ Sliced Fish 佛手鱼片 <i>*Chayote is very low in calories. It contains rich source of dietary fiber, anti-oxidants, minerals and vitamins.</i></p> <p>Brown Sugar Black Sesame Seed Paste (Dessert) 黑糖芝麻糊 (甜品)</p> <p>Astragalus, Wolfberry (Qi Zhi) & Red Date Tea 黄芪枸杞红枣茶</p> <p>Rice Berry 紫米饭</p>
<p>Thursday</p>	<p>核桃黑豆莲藕排骨汤 <i>*莲藕部益气，增强免疫力，散血。 *Nourishes the Qi (vital energy) and blood and enhances body immunity. It stops bleeding and prevents blood stasis.</i></p> <p>Herbal Chicken 药材鸡 <i>*Highly nourishing dish.</i></p> <p>Stir Fried White Bitter Gourd w/ Minced Pork 黄金肉末苦瓜 <i>*White Bitter gourds are very low in calories but dense with precious nutrients. It is an excellent source of vitamins B1, B2, and B3, C, magnesium, folate, zinc, phosphorus,</i></p>	<p>祛风乌鸡安神 <i>*祛风，安神 *Dispelling pathogenic wind. Promotes urination, enhances spleen and stomach. Calms down the mind.</i></p> <p>Steamed Salmon w/ Black Fungus 黑木耳蒸鲑鱼 <i>*Salmon is low in saturated fat. It is richer in omega-3 fats, and rich in protein as well as many vitamins and minerals essential for human health.</i></p> <p>Stir Fried Kai Lan w/ Mushroom 芥兰扒双菇 <i>*Kai Lan is rich in iron, calcium, manganese and potassium.</i></p> <p>Red Bean Soup (Dessert)</p>

	<p>manganese, and has high dietary fiber.</p> <p>Red Bean Soup (Dessert) 红豆汤 (甜品)</p> <p>Wellness Tea 保健茶</p> <p>Grain Rice 五谷饭</p>	<p>红豆汤 (甜品)</p> <p>Wellness Tea 保健茶</p> <p>Grain Rice 五谷饭</p>
Friday	<p>强心提神鸡汤 *强心, 滋补益肺, 补脾胃 * Calms the spirit. Invigorating lung, spleen and stomach.</p> <p>Braised Pumpkin Pork Rib 南瓜烧排骨 *Pumpkin is rich in vital antioxidants, and vitamins. Contains vitamin A, and flavonoid poly-phenolic antioxidants and carotenes in abundance.</p> <p>Stir Fried Spinach w/ Anchovies 菠菜银鱼 *Spinach is low in calories, yet extremely high in vitamins and minerals.</p> <p>Ginger w/ Sweet Potato Soup (Dessert) 姜汁地瓜甜汤 (甜品)</p> <p>Black Bean & Licorice Tea 黑豆甘草茶</p> <p>Red Rice 红米饭</p>	<p>花旗参鱼汤 花旗参能补气养阴 * American Ginseng root helps to tonify the Qi (vital energy) and Yin, clears heat and promote body fluids.</p> <p>Stir Fried Chicken w/ Mushroom 爆炒蘑菇鸡片 *滋阴 *Mushrooms are a good source of B vitamins, including riboflavin, niacin, and pantothenic acid, which help to provide energy by breaking down proteins, fats and carbohydrates. B vitamins also play an important role in the nervous system.</p> <p>Potato w/ Seaweed & Minced Pork 紫菜肉末烩薯片 *Potatoes are one of the richest sources of starch, vitamins, minerals and dietary fiber.</p> <p>Ginger w/ Sweet Potato Soup (Dessert) 姜汁地瓜甜汤 (甜品)</p> <p>Black Bean & Licorice Tea 黑豆甘草茶</p> <p>Red Rice 红米饭</p>

<p>Saturday</p>	<p>天王补心汤 *滋阴养心，补心安神 *Benefiting the heart and Qi (vital energy).</p> <p>Steamed Pork w/ Mushroom 冬菇蒸肉 *Mushrooms are a good source of B vitamins, including riboflavin, niacin, and pantothenic acid, which help to provide energy by breaking down proteins, fats and carbohydrates. B vitamins also play an important role in the nervous system.</p> <p>Stir Fried Cauliflower w/ Sliced Fish 麻香花椰鱼片 *Cauliflower provides special nutrient support for the body's detox system, antioxidant system and inflammatory/anti-inflammatory system.</p> <p>Black Glutinous Rice & Logan Soup (Dessert) 紫米桂圆甜汤 (甜品)</p> <p>Red Date Tea 红枣茶</p> <p>Brown Rice 糙米饭</p>	<p>枸杞菊花鸡汤 *清热解毒 *Wolfberry (Qi Zhi) helps reinforce the liver and the kidneys, replenish vital essence and improve vision. *Chrysanthemum is a good source of nutrients, vitamins and minerals.</p> <p>“Five Willow” Fish 五柳鱼片 *Fish contains folic acid, vitamin B2, vitamin B12 and other vitamins. It is nourishing stomach.</p> <p>Steamed Mushroom w/ Bean Curd 百菇蒸豆腐 *Mushrooms are a good source of B vitamins, including riboflavin, niacin, and pantothenic acid, which help to provide energy by breaking down proteins, fats and carbohydrates. B vitamins also play an important role in the nervous system.</p> <p>Black Glutinous Rice & Logan Soup (Dessert) 紫米桂圆甜汤 (甜品)</p> <p>Red Date Tea 红枣茶</p> <p>Brown Rice 糙米饭</p>
<p>Sunday</p>	<p>健脾汤 *利尿消肿，宁心安神，健脾开胃 *Strengthens the body, boosts immune function, regulates stomach and digestive functions. Promotes absorption, induces urination and relieve edema. Invigoration the spleen and replenishing Qi (vital energy).</p>	<p>润肺汤 *解热润肺，化痰止咳 *Moistening lung for removing phlegm and cough.</p> <p>Spare Rib w/ Plum 梅香排骨 *Induce appetite.</p> <p>Stir Fried French Bean w/ Sliced Fish</p>

<p>Steamed Chicken w/ Cordyceps Flower 虫草花蒸鸡 <i>*Cordyceps improves respiratory health, increase oxygen uptake, boost heart health, detoxify the body, prevent certain types of cancer, slow the aging process, increases energy, and improves the immune system.</i></p> <p>Stir Fried Celery w/ Dried Bean Curd 芹菜炒香干 <i>*增加纤维素</i> <i>*Celery provides an excellent source of vitamin C and fiber.</i></p> <p>Barley & Oatmeal (Dessert) 薏仁燕麦粥 (甜品)</p> <p>Qi Invigorating Tea 益气补补虚养身茶</p> <p>Rice Berry 紫米饭</p>	<p>四季鱼柳 <i>*French beans are low in calories, are an excellent source of plant-derived micro-nutrients, minerals and vitamins.</i></p> <p>Barley & Oatmeal (Dessert) 薏仁燕麦粥 (甜品)</p> <p>Qi Invigorating Tea 益气补补虚养身茶</p> <p>Rice Berry 紫米饭</p>
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Nourishing & Wellness Meal Menu for Week B		
	Lunch	Dinner
Monday	<p>护心汤 <i>*心气不足, 心脉无力, 心慌心痛</i> <i>*Improves Qi deficiency, heart weakness, palpitation and heart pain.</i></p> <p>Steamed Pork Belly w/ Dried Tangerine Peel & Black Bean Garlic Sauce 陈皮豉酱猪腩 <i>*Dried Tangerine aids digestion and balances blood sugar, activating liver detoxification, treating colds and flu and relieving stress.</i></p> <p>Stir Fried Kai Lan w/ Sliced Fish 芥兰烩鱼片 <i>*Kai Lan is rich in iron, calcium, manganese and potassium.</i></p>	<p>温中强腰汤 <i>*补肝肾, 补腰强筋骨</i> <i>*Invigorating liver and kidney.</i></p> <p>Steamed Cod Fish w/ Plum Sauce 梅酱雪鱼 <i>*Cod fish is high in omega-3 fatty acids. It is an excellent source of protein, selenium and vitamin B12. In addition, it is a very good source of vitamins B6 & D, niacin and phosphorous.</i></p> <p>Stir-Fried Chicken w/ Capsicum (Bell Pepper) 彩椒鸡丁 <i>*Capsicum (Bell pepper) is a good source of phytochemicals,</i></p>

	<p>White Fungus, Lotus Seed & Red Date Soup (Dessert) 银耳莲子红枣汤 (甜品)</p> <p>Red Bean Tea 红豆茶</p> <p>Grain Rice 五谷饭</p>	<p>providing exceptional antioxidant activity.</p> <p>White Fungus, Lotus Seed & Red Date Soup (Dessert) 银耳莲子红枣汤 (甜品)</p> <p>Red Bean Tea 红豆茶</p> <p>Grain Rice 五谷饭</p>
Tuesday	<p>降脂汤 *补气及消除多余水分 *Promotes Qi (vital energy). Eliminating dampness.</p> <p>Steamed Salmon w/ Fungus 双耳蒸鲑鱼 *Salmon is low in saturated fat. It is richer in omega-3 fats, and rich in protein as well as many vitamins and minerals essential for human health.</p> <p>Stir Fried Snow Pea & Water Bamboo Shoots w/ Sliced Pork 甜豆茭白筍肉片 *Snow pea has high concentration of vitamins and minerals. It provides the carotenoid phytonutrients, lutein and zeaxanthin, which are known to promote vision and eye health. *Bamboo Shoot possesses the phenolic acids which is an antioxidant. It is also rich in amino acids, carbohydrates, protein, sugar, fat, minerals and fiber.</p> <p>Pumpkin & Millet Congee (Dessert) 南瓜小米粥 (甜品)</p> <p>Nourishing Burdock Tea 养生牛蒡茶</p> <p>Brown Rice</p>	<p>莲藕陈皮排骨汤 *补虚养血，增强体质 *Lotus root has high nutritional values. It nourishes the Qi (vital energy) and blood and enhances body immunity. It stops bleeding and prevents blood stasis. *Tangerine peel (Chen Pi) aids digestion. Other benefits include balancing blood sugar, activating liver detoxification, treating colds and flu and relieving stress.</p> <p>Steamed Chicken w/ Sesame Sauce & Bailing Mushroom 麻酱白雪菇蒸鸡 *Mushrooms are a good source of B vitamins, including riboflavin, niacin, and pantothenic acid, which help to provide energy by breaking down proteins, fats and carbohydrates. B vitamins also play an important role in the nervous system.</p> <p>Stir Fried Celery w/ Dried Scallop 西芹鲜炒干贝 *Celery provides an excellent source of vitamin C and fiber.</p> <p>Pumpkin & Millet Congee (Dessert) 南瓜小米粥 (甜品)</p>

	糙米饭	Nourishing Burdock Tea 养生牛蒡茶 Brown Rice 糙米饭
Wednesday	<p>润骨汤 *强骨壮腰，补益肝肾，利关节 *Promotes strong bones. Tonifying the liver, kidneys and joints.</p> <p>Steamed Chicken w/ Hong Zao (Red Glutinous Rice) 红糟鸡 *Highly nourishing dish. It lowers bad cholesterol and strengthening cardio. Promotes blood circulation, helps discharge of blood clots.</p> <p>Chayote w/ Sliced Pork 佛手肉片 *Chayote is very low in calories. It contains rich source of dietary fiber, anti-oxidants, minerals and vitamins.</p> <p>Brown Sugar Black Sesame Seed Paste (Dessert) 黑糖芝麻糊（甜品）</p> <p>Astragalus, Wolfberry (Qi Zhi) & Red Date Tea 黄芪枸杞红枣茶</p> <p>Rice Berry 紫米饭</p>	<p>加咸十全汤 *补血益气 *Promotes Qi (vital energy) and nourishing the blood.</p> <p>Salted Grilled Mackerel Fish 盐烤鲭鱼 *Mackerel fish contains high amounts of omega-3 fatty acids. It is also a good source of protein and various vitamins and minerals.</p> <p>Scrambled Egg w/ Sliced Pork 滑蛋肉片 *Both the white and yolk of an egg are rich in nutrients - proteins, vitamins and minerals with the yolk also containing cholesterol, fat soluble vitamins and essential fatty acids.</p> <p>Brown Sugar Black Sesame Seed Paste (Dessert) 黑糖芝麻糊（甜品）</p> <p>Astragalus, Wolfberry (Qi Zhi) & Red Date Tea 黄芪枸杞红枣茶</p> <p>Rice Berry 紫米饭</p>
Thursday	<p>益宝汤 *调节免疫力，增强体质 *Improves immune system and overall well-being.</p> <p>Stir Fried French Bean w/ Shredded Pork 四季豆干肉丝</p>	<p>健脾补气汤 *脾胃虚弱，脘腹胀满，不思饮食 *Nourishes and strengthen the spleen and stomach. Improves appetite.</p>

	<p>*French beans have a great source of folate, fiber and vitamin K.</p> <p>Mushroom w/ Chicken 奶香鲜菇鸡</p> <p>*Mushrooms are a good source of B vitamins, including riboflavin, niacin, and pantothenic acid, which help to provide energy by breaking down proteins, fats and carbohydrates. B vitamins also play an important role in the nervous system.</p> <p>Red Bean Soup (Dessert) 红豆汤 (甜品)</p> <p>Wellness Tea 保健茶</p> <p>Grain Rice 五谷饭</p>	<p>Stir Fried Spinach w/ Diced Chicken 波菜鸡丁</p> <p>*Spinach is low in calories, yet extremely high in vitamins and minerals.</p> <p>Stir Fried Water Bamboo Shoot & Asparagus 白筍芦笋</p> <p>*清热</p> <p>*Bamboo shoot possesses the phenolic acids which is an antioxidant. It is also rich in amino acids, carbohydrates, protein, sugar, fat, minerals and fiber.</p> <p>*Asparagus is a good source of dietary fiber, niacin, phosphorus, protein and iron.</p> <p>Red Bean Soup (Dessert) 红豆汤 (甜品)</p> <p>Wellness Tea 保健茶</p> <p>Grain Rice 五谷饭</p>
<p>Friday</p>	<p>石斛明目汤</p> <p>*平肝清热，滋肾明目</p> <p>*Nourishes the liver and kidney. Helps to improve eyesight.</p> <p>Steamed Cod Fish w/ Chicken Essence 鸡精蒸鳕鱼</p> <p>*Cod fish is high in omega-3 fatty acids. It is an excellent source of protein, selenium and vitamin B12. In addition, it is a very good source of vitamins B6 & D, niacin and phosphorous.</p> <p>Stir Fried Sweet Corn & Fungus w/ Sliced Chicken</p>	<p>天麻补气汤</p> <p>*头昏头晕，关节疼痛，腰酸腿软，手足麻木</p> <p>*Promotes Qi (vital energy), nourishes the brain, eases sleep and reduce blood pressure. Treat dizziness and headache, numbness of limbs.</p> <p>Stir Fried Sliced Pork w/ Mushroom & Dioscorea Polystachya (Chinese Yam) 香菇山药肉片</p> <p>*Dioscorea Polystachya (Chinese Yam) helps to accelerate the growth of healthy tissue and reduce healing time.</p>

	<p>鲜炒鸡片(玉米笋、木耳、红 k、葱) *Cai Xin is rich in Vitamin C, B1, B2 and amino acid.</p> <p>Ginger w/ Sweet Potato Soup (Dessert) 姜汁地瓜甜汤 (甜品)</p> <p>Black Bean & Licorice Tea 黑豆甘草茶</p> <p>Red Rice 红米饭</p>	<p>Potato w/ Seaweed & Minced Pork 紫菜肉末烩薯片 *Potatoes are one of the richest sources of starch, vitamins, minerals and dietary fiber.</p> <p>Ginger w/ Sweet Potato Soup (Dessert) 姜汁地瓜甜汤 (甜品)</p> <p>Black Bean & Licorice Tea 黑豆甘草茶</p> <p>Red Rice 红米饭</p>
<p>Saturday</p>	<p>补肾汤 *补肾填精，固本培元，调养气血 *Replenishing kidney essence, and overall well-being.</p> <p>Braised Pig's Trotter w/ Chinese Hawthorn 山楂猪脚 *Chinese Hawthorn is used to promote the health of the circulatory system.</p> <p>Stir Fried Chinese Cabbage w/ Sliced Fish 高丽菜炒鱼片 *Chinese cabbage is rich in Vitamin C, folic acid, potassium, Vitamin B6, calcium, biotin, magnesium and manganese.</p> <p>Black Glutinous Rice & Logan Soup (Dessert) 紫米桂圆甜汤 (甜品)</p> <p>Red Date Tea 红枣茶</p> <p>Brown Rice 糙米饭</p>	<p>解郁汤 *舒肝解郁，焦虑，失眠，健忘 *Combat anxiety, insomnia and forgetfulness.</p> <p>Steamed Chicken w/ Mushroom & Lotus Seed 香菇莲子蒸鸡 *Lotus seeds are a rich source of phosphorus, protein, potassium and magnesium. They may also contain zinc and iron. The seeds contain low levels of sugar, sodium, cholesterol and saturated fat.</p> <p>Steamed Minced Pork w/ Cauliflower, Wolfberry (Qi Zhi) & Bean Curd 白玉花椰蒸肉末 *Cauliflower provides special nutrient support for the body's detox system, antioxidant system and inflammatory/anti-inflammatory system. *Wolfberry (Qi Zhi) helps reinforce the liver and the kidneys, replenish vital essence and improve vision.</p>

		<p>Black Glutinous Rice & Logan Soup (Dessert) 紫米桂圆甜汤 (甜品)</p> <p>Red Date Tea 红枣茶</p> <p>Brown Rice 糙米饭</p>
Sunday	<p>八珍汤 *补气益血，祛风补脾和胃益肝 *Promotes Qi (vital energy) and nourishing the blood. Dispelling pathogenic wind. Invigorating spleen, stomach and liver.</p> <p>Steamed Chicken Drumettes w/ Ginger Gravy & Salted Fish 姜蓉咸鱼蒸鸡翅 *Ginger reduces all symptoms that are associated with motion sickness including nausea, dizziness, vomiting, and cold sweating.</p> <p>Stir Fried French Bean w/ Mushroom & Sliced Fish 四季冬菇鱼片 *French beans have a great source of folate, fiber and vitamin K.</p> <p>Barley & Oatmeal (Dessert) 薏仁燕麦粥 (甜品)</p> <p>Qi Invigorating Tea 益气补补虚养身茶</p> <p>Rice Berry 紫米饭</p>	<p>养胃汤 *温中和胃，不思饮食，胃脘慢闷 *Warms the stomach and improves appetite.</p> <p>Grilled Salmon w/ Teriyaki Sauce 照烧鲑鱼 *Salmon is low in saturated fat. It is richer in omega-3 fats, and rich in protein as well as many vitamins and minerals essential for human health.</p> <p>Braised Bean Curd, Red Carrot & Black Fungus w/ Sliced Pork 家常豆腐 *Bean Curd is a good source of protein and contains all eight essential amino acids. It is also an excellent source of iron and calcium and the minerals manganese, selenium and phosphorous.</p> <p>Barley & Oatmeal (Dessert) 薏仁燕麦粥 (甜品)</p> <p>Qi Invigorating Tea 益气补补虚养身茶</p> <p>Rice Berry 紫米饭</p>