

## JANUARY

MO	TU	WE	TH	FR	SA	SU
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

## APRIL

MO	TU	WE	TH	FR	SA	SU
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	1	2	3	4	5

## JULY

MO	TU	WE	TH	FR	SA	SU
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

## OCTOBER

MO	TU	WE	TH	FR	SA	SU
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3

## FEBRUARY

MO	TU	WE	TH	FR	SA	SU
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	1	2	3

## MAY

MO	TU	WE	TH	FR	SA	SU
29	30	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2

## AUGUST

MO	TU	WE	TH	FR	SA	SU
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1

## NOVEMBER

MO	TU	WE	TH	FR	SA	SU
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1

## MARCH

MO	TU	WE	TH	FR	SA	SU
26	27	28	29	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## JUNE

MO	TU	WE	TH	FR	SA	SU
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

## SEPTEMBER

MO	TU	WE	TH	FR	SA	SU
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	1	2	3	4	5	6

## DECEMBER

MO	TU	WE	TH	FR	SA	SU
25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5



# MENU CALENDAR 2024

WEEK A

WEEK B

WEEK C

WEEK D



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NO MSG/  
LOW OIL



**HERBAL ESSENCE SERIES -**

# POST-SURGERY RECOVERY

**WEEK** **A**



# WEEK **A**

## HERBAL ESSENCE SERIES -

## POST-SURGERY RECOVERY WEEKLY MENU

**NO MSG/  
LOW OIL**

### MONDAY

#### LUNCH

##### Soup

Lotus Seed, Solomonseal Rhizome,  
Bulbus Lilii & Sweet Apricot Kernel with  
Pork Rib Soup  
莲子，玉竹百合南杏排骨汤  
(醒脑，增强记忆力)

##### Main

Steamed Cod Fish with Wolfberry  
药膳枸杞雪鱼

Stir Fried Asparagus & Lily Bulb with  
Diced Chicken  
芦笋百合鸡丁

##### Staple

Grain Rice  
五谷饭

##### Beverage

Red Bean Tea  
红豆茶

#### DINNER

##### Soup

Polygonum & White Peony with Pork  
Rib Soup  
首乌，白芍排骨汤  
(解毒，降低高血压)

##### Main

Steamed Chicken with Black Fungus  
黑木耳蒸鸡

Stir Fried Broccoli  
西兰花彩蔬小炒

##### Staple

Grain Rice  
五谷饭

##### Beverage

Red Bean Tea  
红豆茶



# WEEK **A**

## HERBAL ESSENCE SERIES -

## POST-SURGERY RECOVERY WEEKLY MENU



**NO MSG/  
LOW OIL**

### TUESDAY

#### LUNCH

##### Soup

Tremella Fuciformis with Chicken Soup  
银耳椰子鸡汤  
(养颜美容, 消暑气)

##### Main

Chestnuts with Pork Rib  
栗子烧排骨

Steamed Bean Curd with Minced  
Pork and Fried Silver Anchovies  
银鱼肉末蒸豆腐

##### Staple

Brown Rice  
糙米饭

##### Beverage

Nourishing Burdock Tea  
养生牛蒡茶

#### DINNER

##### Soup

"Si Shen" Lotus Seed, Euryale Ferox,  
Coix Seed & Poria Cocos with Pork  
Rib Soup  
四神 (莲子, 芡实, 薏仁, 茯苓)  
排骨汤 (控血糖, 顾脾胃)

##### Main

Steamed Fish with Ginger  
子姜树子蒸鱼

Stir Fried Seasonal Vegetable with Lion's  
Mane Mushroom (Hericium Erinaceus)  
猴头菇什锦蔬菜

##### Staple

Brown Rice  
糙米饭

##### Beverage

Nourishing Burdock Tea  
养生牛蒡茶

# WEEK **A**

## HERBAL ESSENCE SERIES - POST-SURGERY RECOVERY WEEKLY MENU



**NO MSG/  
LOW OIL**

### WEDNESDAY

#### LUNCH

##### Soup

Watercress, Tangerine Peel & Honey  
Date with Pork Bone & Sliced Fish Soup  
西洋菜，陈皮蜜枣猪骨生鱼汤  
(滋阴排毒)

##### Main

Double Boiled Pork with Potato  
马铃薯炖肉

Snow Pea with Bean Curd Skin  
甜豆烩豆包

##### Staple

Rice Berry  
紫米饭

##### Beverage

Astragalus, Wolfberry & Red Date Tea  
黄芪枸杞红枣茶

#### DINNER

##### Soup

Codonopsis Root, Wolfberry &  
Dioscorea Polystachya (Chinese  
Yam) with Chicken Soup  
党参，枸杞山药鸡汤  
(补气，伤口复合)

##### Main

Corn & Bamboo Shoot with Chicken  
Drumlet  
玉米笋佐鸡小腿

Chayote with Sliced Fish  
佛手鱼片

##### Staple

Rice Berry  
紫米饭

##### Beverage

Astragalus, Wolfberry & Red Date Tea  
黄芪枸杞红枣茶

# WEEK **A**

## HERBAL ESSENCE SERIES -

## POST-SURGERY RECOVERY WEEKLY MENU



**NO MSG/  
LOW OIL**

### THURSDAY

#### LUNCH

##### Soup

Walnut, Black Bean & Lotus Root with  
Pork Rib Soup

核桃，黑豆莲藕排骨汤  
(养肝，补血，补肾，养血)

##### Main

Herbal Chicken  
药材鸡

Stir Fried White Bitter Gourd with  
Minced Pork  
黄金肉末苦瓜

##### Staple

Grain Rice  
五谷饭

##### Beverage

Wellness Tea  
保健茶

#### DINNER

##### Soup

Angelica Dahurica, Szechuan Lovage  
Root with Black Chicken Soup

白芷，川芎乌鸡  
(祛风，安神)

##### Main

Steamed Salmon with Black Fungus  
黑木耳蒸鲑鱼

Stir Fried Kai Lan with Mushroom  
芥兰扒双菇

##### Staple

Grain Rice  
五谷饭

##### Beverage

Wellness Tea  
保健茶



# WEEK **A**

## HERBAL ESSENCE SERIES -

## POST-SURGERY RECOVERY WEEKLY MENU



**NO MSG/  
LOW OIL**

### FRIDAY

#### LUNCH

##### Soup

Tremella Fuciformis, Solomonseal Rhizome,  
Bulbus Lilii with Chicken Soup  
银耳，玉竹百合鸡汤  
(强心，滋补益肺，补脾胃)

##### Main

Braised Pumpkin Pork Rib  
南瓜烧排骨

Stir Fried Spinach with Anchovies  
菠菜银鱼

##### Staple

Red Rice  
红米饭

##### Beverage

Black Bean & Licorice Tea  
黑豆甘草茶

#### DINNER

##### Soup

American Ginseng, Red Date,  
Wolfberry with Sliced Fish Soup  
花旗参，红枣枸杞鱼汤  
(清热，平肝火)

##### Main

Stir Fried Chicken with Mushroom  
爆炒蘑菇鸡片

Potato with Seaweed & Minced Pork  
紫菜肉末烩薯片

##### Staple

Red Rice  
红米饭

##### Beverage

Black Bean & Licorice Tea  
黑豆甘草茶

# WEEK **A**

## HERBAL ESSENCE SERIES - POST-SURGERY RECOVERY WEEKLY MENU



**NO MSG/  
LOW OIL**

### SATURDAY

#### LUNCH

##### Soup

Dioscorea & Poria Cocos with Black Chicken Soup  
山药，茯苓补心乌鸡汤  
(滋阴养心，补心安神)

##### Main

Steamed Pork with Mushroom  
冬菇蒸肉

Stir Fried Cauliflower with Sliced Fish  
麻香花椰鱼片

##### Staple

Brown Rice  
糙米饭

##### Beverage

Red Date Tea  
红枣茶

#### DINNER

##### Soup

Wolfberry & Chrysanthemum with Chicken Soup  
枸杞菊花鸡汤  
(散风清热，平肝明目)

##### Main

"Five Willow" Fish  
五柳鱼片

Steamed Mushroom with Bean Curd  
百菇蒸豆腐

##### Staple

Brown Rice  
糙米饭

##### Beverage

Red Date Tea  
红枣茶



# WEEK **A**

## HERBAL ESSENCE SERIES -

## POST-SURGERY RECOVERY WEEKLY MENU



**NO MSG/  
LOW OIL**

### SUNDAY

#### LUNCH

##### Soup

Lotus Seed & Poria Cocos with Pork  
Rib Soup  
莲子，茯苓健脾排骨汤  
(利水消肿，宁心安神，健脾开胃)

##### Main

Steamed Chicken with Cordyceps Flower  
虫草花蒸鸡

Stir Fried Celery with Dried Bean Curd  
芹菜炒香干

##### Staple

Rice Berry  
紫米饭

##### Beverage

Qi Invigorating Tea  
益气补补虚养身茶

#### DINNER

##### Soup

Solomonseal Rhizome, Sweet Apricot  
Kernel, Bulbus Lilii with Chicken Soup  
玉竹，南杏百合润肺鸡汤  
(解热润肺，化痰止咳)

##### Main

Spare Rib with Plum  
梅香排骨

Stir Fried French Bean with Sliced Fish  
四季鱼柳

##### Staple

Rice Berry  
紫米饭

##### Beverage

Qi Invigorating Tea  
益气补补虚养身茶



NO MSG/  
LOW OIL



**HERBAL ESSENCE SERIES -**

# **POST-SURGERY RECOVERY**

**WEEK B**



# WEEK **B**

## HERBAL ESSENCE SERIES -

## POST-SURGERY RECOVERY WEEKLY MENU

**NO MSG/  
LOW OIL**

### MONDAY

#### LUNCH

##### Soup

American Ginseng & Burdock Root  
with Pork Rib Soup  
花旗参牛蒡排骨汤  
(滋阴补气, 清热解毒)

##### Main

Roasted Chicken Wings with  
Mushroom  
冬菇烧鸡翅

Braised Dried Daylily & Loofah with  
Shredded Pork  
肉丝丝瓜烩金针菜

##### Staple

Grain Rice  
五谷饭

##### Beverage

Red Bean Tea  
红豆茶

#### DINNER

##### Soup

Red Date & Cordyceps with  
Chicken Soup  
红枣虫草花鸡汤  
(有益肝肾, 止血化痰)

##### Main

Pork Rib with Plum Sauce  
梅酱排骨王

Stir Fried Chinese Spinach with  
Silver Anchovies  
银鱼苋菜

##### Staple

Grain Rice  
五谷饭

##### Beverage

Red Bean Tea  
红豆茶



# WEEK **B**

## HERBAL ESSENCE SERIES -

## POST-SURGERY RECOVERY WEEKLY MENU

**NO MSG/  
LOW OIL**

### TUESDAY

#### LUNCH

##### Soup

Old Cucumber & Corn with Sliced  
Fish Soup  
老黄瓜玉米炖鱼汤  
(降低胆固醇，瘦身)

##### Main

Braised Pork with Water Chestnut &  
Lotus  
马蹄莲藕烧肉

Stir Fried Nai Bai with Shredded  
Chicken  
奶白菜炒鸡丝

##### Staple

Brown Rice  
糙米饭

##### Beverage

Nourishing Burdock Tea  
养生牛蒡茶

#### DINNER

##### Soup

Bulbus Lilii & Lotus Seed with  
Pig's Stomach Soup  
百合莲子猪肚汤  
(清热固精，安神强心)

##### Main

Braised Salmon with Kai-Lan  
港芥红烧鲑鱼

Stir Fried Broccoli with Mushrooms  
西兰花炒双菇

##### Staple

Brown Rice  
糙米饭

##### Beverage

Nourishing Burdock Tea  
养生牛蒡茶

# WEEK **B**

## HERBAL ESSENCE SERIES -

## POST-SURGERY RECOVERY WEEKLY MENU

**NO MSG/  
LOW OIL**

### WEDNESDAY

#### LUNCH

##### Soup

Eucommia Bark & Black Bean with  
Black Chicken Soup  
杜仲黑豆乌鸡汤  
(壮腰强胃，补益气血)

##### Main

Steamed Snakehead Fish with Garlic  
蒜酥蒸生鱼

Stir Fried French Bean with Bean Curd  
& Sliced Pork  
四季豆豆干炒肉片

##### Staple

Rice Berry  
紫米饭

##### Beverage

Astragalus, Wolfberry & Red Date Tea  
黄芪枸杞红枣茶

#### DINNER

##### Soup

Dioscorea Polystachya (Chinese Yam)  
& Wolfiporia with Sliced Fish Soup  
山药茯苓枸杞鱼汤  
(健脾益胃，瘦身养颜)

##### Main

Grilled Chicken Chop with Spices  
香料烤鸡扒

Stir Fried Asparagus with Shredded  
Pork & Bell Pepper  
彩椒肉丝炒芦笋

##### Staple

Rice Berry  
紫米饭

##### Beverage

Astragalus, Wolfberry & Red Date Tea  
黄芪枸杞红枣茶

# WEEK **B**

## HERBAL ESSENCE SERIES -

## POST-SURGERY RECOVERY WEEKLY MENU

**NO MSG/  
LOW OIL**

### THURSDAY

#### LUNCH

##### Soup

Dioscorea, Fungus & Soybean with  
Pork Soup

淮山，木耳黄豆猪肉汤  
(养阴生津，清心安神)

##### Main

Ginseng Chicken  
人参鸡

Stir Fried Vegetable with Sliced  
Burdock  
鲜蔬炒牛蒡片

##### Staple

Grain Rice  
五谷饭

##### Beverage

Wellness Tea  
保健茶

#### DINNER

##### Soup

Pumpkin, Cashew Nut & Red Date  
with Chicken Soup

南瓜，腰果红枣鸡汤  
(补中益气，强筋健骨)

##### Main

Grilled Pork Belly with Sweet Potato  
& Onion  
葱烧地瓜五花肉

Stir Fried Chinese Spinach with King  
Oyster Mushroom  
杏鲍菇炒芥兰

##### Staple

Grain Rice  
五谷饭

##### Beverage

Wellness Tea  
保健茶



# WEEK **B**

## HERBAL ESSENCE SERIES -

## POST-SURGERY RECOVERY WEEKLY MENU

**NO MSG/  
LOW OIL**

### FRIDAY

#### LUNCH

##### Soup

Kombu, Ginkgo, Winter Melon & Red Date with Chicken Soup  
昆布，白果冬瓜枸杞炖鸡汤  
(利尿消肿)

##### Main

Sliced Pork with Yellow Ginger  
黄姜肉片

Stir Fried Broccoli with Sliced Fish  
西兰花炒鱼片

##### Staple

Red Rice  
红米饭

##### Beverage

Black Bean & Licorice Tea  
黑豆甘草茶

#### DINNER

##### Soup

Peanut & Lotus with Pig's Trotter Soup  
花生莲藕猪脚汤  
(健脾补肾，排毒养颜)

##### Main

Steamed Chicken Wing with Black Bean Sauce  
豆豉蒸鸡翅

Stir Fried Cabbage with Bean Curd & Tomato  
蕃茄白菜炒豆腐

##### Staple

Red Rice  
红米饭

##### Beverage

Black Bean & Licorice Tea  
黑豆甘草茶

# WEEK **B**

## HERBAL ESSENCE SERIES -

## POST-SURGERY RECOVERY WEEKLY MENU

**NO MSG/  
LOW OIL**

### SATURDAY

#### LUNCH

##### Soup

Codonopsis & Wolfberry with Sliced  
Fish Soup  
党参，枸杞养生鱼汤  
(补气补血)

##### Main

Braised Chicken with Taro  
香芋焖鸡

Stir Fried Snow Pea with Bean Curd  
腐竹炒荷兰豆

##### Staple

Brown Rice  
糙米饭

##### Beverage

Red Date Tea  
红枣茶

#### DINNER

##### Soup

Wolfberry, Chinese Foxglove, Szechuan  
Lovage Root, Cinnamon & Astragalus  
Root with Pork Rib Soup  
药炖（枸杞，熟地，川芎，桂皮，黄芪）  
排骨汤

##### Main

Steamed Fish  
三丝蒸鱼

Stir Fried Spinach with Bean Curd  
麻香菠菜炒豆包

##### Staple

Brown Rice  
糙米饭

##### Beverage

Red Date Tea  
红枣茶

# WEEK **B**

## HERBAL ESSENCE SERIES -

## POST-SURGERY RECOVERY WEEKLY MENU

**NO MSG/  
LOW OIL**

### SUNDAY

#### LUNCH

##### Soup

Beetroot with Pork Rib Soup  
降压甜菜排骨汤  
(稳定血压, 清血)

##### Main

Grilled Fish with Tomato Sauce  
茄汁烧鱼

Stir Fried Kai Lan with Mushroom  
蘑菇炒小芥兰

##### Staple

Rice Berry  
紫米饭

##### Beverage

Qi Invigorating Tea  
益气补补虚养身茶

#### DINNER

##### Soup

Aloe Vera & Lotus Seed with  
Chicken Soup  
芦荟连子炖鸡汤  
(清热凉肝, 健胃)

##### Main

Stir Fried Sliced Pork with Pumpkin  
南瓜炒肉片

Stir Fried Pea Shoot with Sliced Fish  
豆苗炒鱼柳

##### Staple

Rice Berry  
紫米饭

##### Beverage

Qi Invigorating Tea  
益气补补虚养身茶





NO MSG/  
LOW OIL



**HERBAL ESSENCE SERIES -**

# POST-SURGERY RECOVERY

**WEEK C**



# WEEK C

## HERBAL ESSENCE SERIES -

## POST-SURGERY RECOVERY WEEKLY MENU



**NO MSG/  
LOW OIL**

### MONDAY

#### LUNCH

##### Soup

Pilose Asiabell Root, Atractylodes macrocephala Koidz & Rehmannia Glutinosa with Chicken Soup  
党参，白术，熟地黄鸡汤  
(心气不足，心脉无力，心慌心痛)

##### Main

Steamed Pork Belly with Dried Tangerine Peel & Black Bean Garlic Sauce  
陈皮豉酱猪腩

Stir Fried Kai Lan with Sliced Fish  
芥兰烩鱼片

##### Staple

Grain Rice  
五谷饭

##### Beverage

Red Bean Tea  
红豆茶

#### DINNER

##### Soup

Dioscorea Polystachya, Eucommia Bark & Black Bean with Pork Rib Soup  
山药，杜仲黑豆强腰排骨汤  
(补肝肾，补腰强筋骨)

##### Main

Steamed Snakehead Fish with Astragalus Root  
黄芪蒸生鱼

Stir-Fried Chicken with Capsicum (Bell Pepper)  
彩椒鸡丁

##### Staple

Grain Rice  
五谷饭

##### Beverage

Red Bean Tea  
红豆茶

# WEEK C

## HERBAL ESSENCE SERIES -

## POST-SURGERY RECOVERY WEEKLY MENU

**NO MSG/  
LOW OIL**

### TUESDAY

#### LUNCH

##### Soup

Salvia Root, Polygonum & Hawthorn with  
Black Chicken Soup  
丹参，首乌山楂降脂乌鸡汤  
(补气及消除多余水分)

##### Main

Steamed Salmon with Fungus  
双耳蒸鲑鱼

Fried Sliced Pork with Lotus & Sweet  
Beans  
莲子甜豆炒肉片

##### Staple

Brown Rice  
糙米饭

##### Beverage

Nourishing Burdock Tea  
养生牛蒡茶

#### DINNER

##### Soup

Lotus Root & Tangerine peel with  
Pork Rib Soup  
莲藕陈皮排骨汤  
(增强免疫，补气养血)

##### Main

Steamed Chicken with Sesame  
Sauce & Bailing Mushroom  
麻酱白雪菇蒸鸡

Stir Fried Broccoli with Mushroom  
西芹鲜炒杏鲍菇

##### Staple

Brown Rice  
糙米饭

##### Beverage

Nourishing Burdock Tea  
养生牛蒡茶



# WEEK C

## HERBAL ESSENCE SERIES -

## POST-SURGERY RECOVERY WEEKLY MENU

**NO MSG/  
LOW OIL**

### WEDNESDAY

#### LUNCH

##### Soup

Indianmulberry Root, Eucommia Bark &  
Astragalus Root with Pork Rib Soup  
巴戟天，杜仲黄芪润骨排骨汤  
(强骨壮腰，补益肝肾，利关节)

##### Main

Steamed Chicken with Hong Zao  
(Red Glutinous Rice)  
红糟鸡

Chayote with Sliced Pork  
佛手肉片

##### Staple

Rice Berry  
紫米饭

##### Beverage

Astragalus, Wolfberry & Red Date Tea  
黄芪枸杞红枣茶

#### DINNER

##### Soup

Szechuan Lovage Root & White Peony  
with Chicken Soup  
川芎，白芍加咸十全鸡汤  
(补血益气)

##### Main

Salted Grilled Mackerel Fish  
盐烤鲭鱼

Scrambled Egg with Sliced Pork  
滑蛋肉片

##### Staple

Rice Berry  
紫米饭

##### Beverage

Astragalus, Wolfberry & Red Date Tea  
黄芪枸杞红枣茶

# WEEK C

## HERBAL ESSENCE SERIES -

## POST-SURGERY RECOVERY WEEKLY MENU



**NO MSG/  
LOW OIL**

### THURSDAY

#### LUNCH

##### Soup

Coix Seed, Euryale Ferox, Lotus Seed  
with Sliced Fish Soup  
薏仁，芡实莲子益宝鱼汤  
(调节免疫，增强体质)

##### Main

Stir Fried French Bean with Shredded Pork  
四季豆干肉丝

Mushroom with Chicken  
奶香鲜菇鸡

##### Staple

Grain Rice  
五谷饭

##### Beverage

Wellness Tea  
保健茶

#### DINNER

##### Soup

Polygonum, Atractylodes, Poria &  
Salvia Root with Pork Rib Soup  
首乌，白术茯苓党参健脾补气排骨汤  
(脾胃虚弱，脘腹胀满，不思饮食)

##### Main

Stir Fried Spinach with Diced Chicken  
菠菜鸡丁

Stir Fried Asparagus with White Fungus  
雪耳炒芦笋

##### Staple

Grain Rice  
五谷饭

##### Beverage

Wellness Tea  
保健茶

# WEEK C

## HERBAL ESSENCE SERIES -

## POST-SURGERY RECOVERY WEEKLY MENU



**NO MSG/  
LOW OIL**

### FRIDAY

#### LUNCH

##### Soup

Dendrobium Nobile, Poria Cocos &  
Wolfberry with Chicken Soup  
石斛，茯苓枸杞明目鸡汤  
平肝清热，滋肾明目

##### Main

Stir Fried Pork Fillet with Capsicum  
(Bell Pepper)  
彩椒炒猪柳

Stir Fried Sweet Corn & Fungus with  
Sliced Chicken  
鲜炒鸡片(玉米笋、木耳、红k、葱)

##### Staple

Red Rice  
红米饭

##### Beverage

Black Bean & Licorice Tea  
黑豆甘草茶

#### DINNER

##### Soup

Poria Cocos, Kudzu Root &  
Codonopsis with Sliced Fish Soup  
茯苓，葛根党参补气鱼汤  
(舒劲活血，除痰益气)

##### Main

Stir Fried Sliced Pork with Mushroom &  
Dioscorea Polystachya (Chinese Yam)  
香菇山药肉片

Stir Fried Red Spinach Silver Anchovies  
银鱼红苋菜

##### Staple

Red Rice  
红米饭

##### Beverage

Black Bean & Licorice Tea  
黑豆甘草茶



# WEEK C

## HERBAL ESSENCE SERIES -

## POST-SURGERY RECOVERY WEEKLY MENU



**NO MSG/  
LOW OIL**

### SATURDAY

#### LUNCH

##### Soup

Eucommia Bark & Solomonseal Rhizome  
with Pork Rib Soup  
杜仲，玉竹补肾排骨汤  
(补肾填精，固本培元，调养气血)

##### Main

Braised Pig's Trotter with Chinese  
Hawthorn  
山楂猪脚

Stir Fried Chinese Cabbage with  
Sliced Fish  
高丽菜炒鱼片

##### Staple

Brown Rice  
糙米饭

##### Beverage

Red Date Tea  
红枣茶

#### DINNER

##### Soup

Hylocereus Undatus, Bulbus Lilii &  
Solomonseal Rhizome with Salmon Soup  
霸王花，百合玉竹解郁鲑鱼汤  
舒肝解郁，焦虑，失眠，健忘

##### Main

Steamed Chicken with Mushroom &  
Lotus Seed  
香菇莲子蒸鸡

Steamed Minced Pork with  
Cauliflower, Wolfberry & Bean Curd  
白玉花椰蒸肉末

##### Staple

Brown Rice  
糙米饭

##### Beverage

Red Date Tea  
红枣茶

# WEEK **C**

## HERBAL ESSENCE SERIES -

## POST-SURGERY RECOVERY WEEKLY MENU

**NO MSG/  
LOW OIL**

### SUNDAY

#### LUNCH

##### Soup

Codonopsis, Chinese Foxglove,  
Szechuan Lovage Root & Poria Cocos  
with Chicken Soup  
八珍鸡汤 (党参, 熟地, 川芎, 茯苓)  
(补气益血, 祛风补脾胃益肝)

##### Main

Steamed Chicken Drumettes with  
Ginger Gravy & Salted Fish  
姜蓉咸鱼蒸鸡翅

Stir Fried French Bean with Mushroom  
& Sliced Fish  
四季冬菇鱼片

##### Staple

Rice Berry  
紫米饭

##### Beverage

Qi Invigorating Tea  
益气补补虚养身茶

#### DINNER

##### Soup

White Peony & Radix Glycyrrhizae  
Preparara with Pork Rib Soup  
白芍, 炙甘草养胃排骨汤  
(温中和胃, 不思饮食, 胃脘慢闷)

##### Main

Grilled Salmon with Teriyaki Sauce  
照烧鲑鱼

Braised Bean Curd, Red Carrot &  
Black Fungus with Sliced Pork  
家常豆腐

##### Staple

Rice Berry  
紫米饭

##### Beverage

Qi Invigorating Tea  
益气补补虚养身茶



NO MSG/  
LOW OIL



**HERBAL ESSENCE SERIES -**

# POST-SURGERY RECOVERY

**WEEK**

**D**





# WEEK **D**

## HERBAL ESSENCE SERIES -

## POST-SURGERY RECOVERY WEEKLY MENU



**NO MSG/  
LOW OIL**

### MONDAY

#### LUNCH

##### Soup

Red Date, Wolfberry & Hericium  
Erinaceus with Chicken Soup  
红枣，枸杞猴菇煲鸡汤  
(助消化，益肝脾)

##### Main

Stir Fried Pork Belly with Capsicum  
彩椒炒五花肉片

Stir Fried Spinach with Sliced Fish  
波菜鱼片

##### Staple

Grain Rice  
五谷饭

##### Beverage

Red Bean Tea  
红豆茶

#### DINNER

##### Soup

Garlic & Mushroom with Pork Rib Soup  
元气蒜头香菇排骨汤  
(补气，消炎)

##### Main

Stir Fried Chicken with Pineapple &  
Fungus  
黄梨木耳炒鸡片

Braised Aloe Vera with Lotus Seed  
& Ginkgo  
连子白果烩芦荟

##### Staple

Grain Rice  
五谷饭

##### Beverage

Red Bean Tea  
红豆茶

# WEEK **D**

## HERBAL ESSENCE SERIES -

## POST-SURGERY RECOVERY WEEKLY MENU

**NO MSG/  
LOW OIL**

### TUESDAY

#### LUNCH

##### Soup

"Sishen" with Pig's Stomach Soup  
暖胃四神猪肚汤  
(健脾利湿)

##### Main

Stir Fried Chicken Breast with Carrot  
& Potato  
鸡胸炒红萝卜土豆炒

Stir Fried Celery with Mushroom &  
Minced Pork  
肉碎西芹炒双菇

##### Staple

Brown Rice  
糙米饭

##### Beverage

Nourishing Burdock Tea  
养生牛蒡茶

#### DINNER

##### Soup

Watercress & Wolfberry with Sliced  
Fish Soup  
老火西洋菜枸杞鱼汤  
(消燥润肺，化痰止咳)

##### Main

Steamed Pork with Pumpkin  
南瓜粉蒸肉

Stir Fried Cauliflower with Bulbus Lili  
(Bai He) & Fungus  
椰花木耳炒百合

##### Staple

Brown Rice  
糙米饭

##### Beverage

Nourishing Burdock Tea  
养生牛蒡茶

# WEEK **D**

## HERBAL ESSENCE SERIES -

## POST-SURGERY RECOVERY WEEKLY MENU



**NO MSG/  
LOW OIL**

### WEDNESDAY

#### LUNCH

##### Soup

Seaweed, Bean Curd with Salmon  
Miso Soup  
紫菜味噌鲑鱼豆腐汤  
(抗氧化, 排毒抗癌)

##### Main

Pork Rib with Sauce  
酱烧排骨王

Stir Fried Broccoli with Shredded Chicken  
鸡丝西兰花

##### Staple

Rice Berry  
紫米饭

##### Beverage

Astragalus, Wolfberry & Red Date Tea  
黄芪枸杞红枣茶

#### DINNER

##### Soup

White Fungus, Papaya & Red Date  
with Chicken Wing Soup  
雪耳, 木瓜红枣炖鸡翅汤  
(美容润肺, 排毒)

##### Main

"Three Cups" Fish Fillet  
塔香三杯鱼块

Fried Snow Pea with Sliced Pork  
肉片炒甜豆

##### Staple

Rice Berry  
紫米饭

##### Beverage

Astragalus, Wolfberry & Red Date Tea  
黄芪枸杞红枣茶



# WEEK **D**

## HERBAL ESSENCE SERIES -

## POST-SURGERY RECOVERY WEEKLY MENU

**NO MSG/  
LOW OIL**

### THURSDAY

#### LUNCH

##### Soup

Codonopsis Root & Burdock Root with  
Pork Rib Soup  
党参牛蒡补气排骨汤  
(排毒防癌)

##### Main

Steamed Fish with Onion & Soya Sauce  
香葱豆酱蒸鱼

Stir Fried French Bean with Minced  
Pork & Mushroom  
干扁鲜菇肉碎四季豆

##### Staple

Grain Rice  
五谷饭

##### Beverage

Wellness Tea  
保健茶

#### DINNER

##### Soup

Mustard & Hemerocallis Citrina (Long  
Yellow Daylily) with Sliced Pork Soup  
榨菜金针菜肉片汤  
(安神消肿，退火)

##### Main

Braised Chicken with Mushrooms  
双菇麻香焖鸡

Stir Fried Spinach with Anchovies  
银鱼炒菠菜

##### Staple

Grain Rice  
五谷饭

##### Beverage

Wellness Tea  
保健茶

# WEEK **D**

## HERBAL ESSENCE SERIES -

## POST-SURGERY RECOVERY WEEKLY MENU



### FRIDAY

#### LUNCH

##### Soup

Red Date, Pumpkin & Chestnut with  
Chicken Soup

红枣，南瓜板栗鸡汤  
(养胃健脾，抗氧化)

##### Main

Braised Pork Rib with Fermented Bean  
Curd

酒香南乳烧排骨

Stir Fried Fungus with Bean Curd

木耳炒百页豆腐

##### Staple

Red Rice  
红米饭

##### Beverage

Black Bean & Licorice Tea  
黑豆甘草茶

#### DINNER

##### Soup

Adenophora Stricta, Solomonseal Rhizome  
& Gastrodia with Sliced Fish Soup

沙参，玉竹天麻生鱼汤  
(生津止渴，滋润清热)

##### Main

Steamed Pork with Mushroom &  
Water Chestnut

香菇马蹄蒸肉饼

Stir Fried Spinach with Shredded  
Chicken & Bean Curd

鸡丝腐皮炒芥兰

##### Staple

Red Rice  
红米饭

##### Beverage

Black Bean & Licorice Tea  
黑豆甘草茶

# WEEK **D**

## HERBAL ESSENCE SERIES -

## POST-SURGERY RECOVERY WEEKLY MENU



**NO MSG/  
LOW OIL**

### SATURDAY

#### LUNCH

##### Soup

Tomato & Vegetable with Sliced  
Fish Soup  
蕃茄蔬菜鱼汤

##### Main

Chicken Wing with "Hong Zao"  
(Red Glutinous Rice)  
红糟翅小腿

Baked Egg with Fish Flavor  
九层塔鱼香烘蛋

##### Staple

Brown Rice  
糙米饭

##### Beverage

Red Date Tea  
红枣茶

#### DINNER

##### Soup

White Radish & Corn with Pork  
Rib Soup  
白萝卜玉米排骨汤

##### Main

Steamed Cod Fish with Mushroom  
香菇蒸鳕鱼

Bitter Melon with Minced Pork  
橄榄菜肉碎扁苦瓜

##### Staple

Brown Rice  
糙米饭

##### Beverage

Red Date Tea  
红枣茶



# WEEK **D**

## HERBAL ESSENCE SERIES -

## POST-SURGERY RECOVERY WEEKLY MENU



**NO MSG/  
LOW OIL**

### SUNDAY

#### LUNCH

##### Soup

Wolfberry & Ginseng with Black  
Chicken Soup  
枸杞人参乌鸡汤  
(补益强气, 提升代谢)

##### Main

“Wu Liu” (Capsicum, Fungus, Mushroom)  
Salmon  
五柳 (青椒, 黄椒, 红椒, 木耳,  
香菇丝) 烧鲑鱼

Stir Fried Spinach with Mixed Mushroom  
杂菇炒红苋菜

##### Staple

Rice Berry  
紫米饭

##### Drinks

Qi Invigorating Tea  
益气补补虚养身茶

#### DINNER

##### Soup

Red Date & Polygonum with  
Chicken Soup  
红枣首乌鸡汤  
(调和气血益精养血)

##### Main

Cabbage “Lion Head” Meat Ball  
白菜狮子头

Braised Chayote with Mushroom  
佛手瓜烩蘑菇

##### Staple

Rice Berry  
紫米饭

##### Drinks

Qi Invigorating Tea  
益气补补虚养身茶

## HERBAL ESSENCE SERIES - POST-SURGERY RECOVERY



### DESCRIPTION

All meals come with:

- 1 x serving of rice
- 1 x serving of herbal tonic soup
- 1 x serving of main meat dish
- 1 x serving of main vegetable dish

FREE 2 x serving of daily tea

(not replaceable and not exchangeable)

\*All meals are packed in food grade disposable containers are microwaveable. It is advised to keep the food warm in thermal bag if not consumed immediately upon receipt.

### MEALS DELIVERY TIME

Lunch – 10.30 am to 1.30 pm

Dinner – 4.00pm – 7.00pm

- We deliver daily including public holidays, Eve and first 2 days of Chinese Lunar New Year (3 Days) at additional surcharge.
- We deliver to most parts of Singapore except CBD district and certain parts of central Singapore.
- Delivery surcharge of S\$5.00 per meal per trip for addresses within **Central Business District (CBD) & Town Area (Orchard, Core Central Area)**.

**\*\*Please check whether we deliver to your location or not before ordering\*\***

### PAYMENT INFORMATION

- Full payment must be made upon confirmation of your booking to secure the allotted booking slot.
- We reserve the right to terminate the service if payment is not received on time.

### MODE OF PAYMENT

- **Bank Transfer or PayNow:**  
PayNow UEN: 201108914E  
Bank Transfer: OCBC  
713-349660-001
- **Credit Card, Debit Card, PayPal**





## HERBAL ESSENCE SERIES - POST-SURGERY RECOVERY



### TERMS AND CONDITIONS

1. Full payment must be made upon confirmation of booking. We reserve the right to terminate the service if payment is not fully received on time.
2. Package upgrade can be done by topping up the difference to the quoted price.
3. All bookings made are deemed final. An administrative fee of \$45.00 will be imposed for any termination or amendment. Any discount given will be voided upon termination. Unconsumed meals will be refunded without discount. Consumed meals will pro-rate at \$42.00 per meal. No reinstatement will be allowed once cancellation is done.
4. For delivery commencement, do contact us at 6015 0209 at least 2 days in advance between 9.00am to 5.00pm.
5. For change in meals delivery dates, customer must notify us at least 2 days in advance between 9.00am to 5.00pm. Meals are non-refundable and exchangeable.
6. Delivery hours: Lunch (10.30 am to 1.30 pm) Dinner (3.30 pm to 7.00 pm). Customers will be given 1 complimentary thermal bag. You are advised to keep food in the thermal bag if not consumed immediately upon receipt.
7. We deliver daily including public holidays, Eve and first 2 days of Chinese Lunar New Year (3 Days) at additional surcharge.
8. For unsuccessful delivery attempts, if customers request us to reattempt to deliver, a re-delivery charge of \$7.00 per location shall apply.
9. Due to seasonal nature of vegetable and product availability, we reserve the right to change the menu without notice.
10. RichFood (S) Pte Ltd shall not bear any responsibility for food consumed after the stipulated time line.

