

# Confinement Meal Delivery Service

Confinement Meal Menu for Week 1		
	Lunch	Dinner
<b>Monday</b>	<p>Sheng Hua Soup 生化汤</p> <p>Steamed Pork Rib w/ Wolfberry (Qi Zhi) &amp; Pumpkin 枸杞南瓜蒸排骨</p> <p>Stir Fried Kai Lan w/ King Oyster Mushroom 芥兰扒杏包菇</p> <p>White Fungus, Lotus Seed &amp; 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>Dioscorea Polystachya (Chinese Yam) &amp; Wolfberry (Qi Zhi) w/ Pork Rib Soup 山药枸杞排骨汤</p> <p>Steamed Fish w/ Asparagus, Carrot &amp; Mushroom 麒麟蒸鱼</p> <p>Stir Fried Snow Pea &amp; Fungus w/ Sliced Pork 甜豆木耳肉片</p> <p>White Fungus, Lotus Seed &amp; 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>
<b>Tuesday</b>	<p>Black Bean w/ Pork Rib 黑豆排骨汤</p> <p>Steamed Cod Fish w/ Spinach 翡翠雪鱼</p> <p>Stir Fried French Bean w/ Wood Ear Fungus (Auricularia auricula-judae) 四季云耳</p> <p>Pumpkin &amp; Millet Congee (Dessert) 南瓜小米粥 (甜品)</p> <p>Nourishing Burdock Tea 养生牛蒡茶</p>	<p>Nourishing Cordyceps Soup 虫草兹朴汤</p> <p>Stir Fried Pork Collar w/ Sesame Oil 麻香猪松板</p> <p>Stir Fried Celery w/ Mushrooms 西芹双菇</p> <p>Pumpkin &amp; Millet Congee (Dessert) 南瓜小米粥 (甜品)</p> <p>Nourishing Burdock Tea 养生牛蒡茶</p>

	<p><b>Brown Rice</b> 糙米饭</p>	<p><b>Brown Rice</b> 糙米饭</p>
<b>Wednesday</b>	<p>Solomonseal Rhizome (Yu Zhu), Wolfberry (Qi Zhi) Pork Rib Soup 玉竹枸杞排骨汤</p> <p>Pig's Liver w/ Sesame Oil 麻香猪肝</p> <p><b>OR</b></p> <p>Stir Fried Snakehead Fish w/ Rice Wine 三杯生鱼</p> <p>Stir Fried Asparagus w/ White Fungus 芦笋白木耳</p> <p>Brown Sugar Black Sesame Seed Paste (Dessert) 黑糖芝麻糊 (甜品)</p> <p>Astragalus, Wolfberry (Qi Zhi) &amp; Red Date Tea 黄芪枸杞红枣茶</p> <p>Rice Berry 紫米饭</p>	<p><b>Sheng Hua Soup</b> 生化汤</p> <p><b>Braised Pork Shank w/ Potato</b> 清炖马铃薯肉 (猪腱肉)</p> <p><b>Stir Fried Kai Lan w/ Sliced Fish</b> 芥兰鱼片</p> <p><b>Brown Sugar Black Sesame Seed Paste (Dessert)</b> 黑糖芝麻糊 (甜品)</p> <p><b>Astragalus, Wolfberry (Qi Zhi) &amp; Red Date Tea</b> 黄芪枸杞红枣茶</p> <p><b>Rice Berry</b> 紫米饭</p>
<b>Thursday</b>	<p><b>Black Fungus w/ Pork Rib Soup</b> 黑木耳排骨汤</p> <p><b>Steamed Salmon w/ Ginkgo</b> 白果蒸鲑鱼</p> <p><b>Braised Bean Curd, Red Carrot &amp; Black Fungus w/ Sliced Pork</b> 家常豆腐</p> <p><b>Red Bean Soup (Dessert)</b> 红豆汤 (甜品)</p>	<p><b>Nourishing Red Date w/ Snakehead Fish Soup</b> 滋养, 红枣生鱼汤</p> <p><b>"Hong Zao" (Red Glutinous Rice) w/ Sliced Pork</b> 红糟肉丝</p> <p><b>Stir Fried Broccoli &amp; Cauliflower w/ Capsicum</b> 彩椒花椰</p> <p><b>Red Bean Soup (Dessert)</b></p>

	Wellness Tea 保健茶  **Logan & Wolfberry (Qi Zhi) Fried Rice 桂圆枸杞炒饭	红豆汤 (甜品)  Wellness Tea 保健茶  Grain Rice 五谷饭
<b>Friday</b>	Sheng Hua Soup 生化汤  Shredded Ginger w/ Sliced Pork 子姜肉丝  Stir Fried Snow Pea w/ Lion's Mane (Hericium Erinaceus) Mushroom 甜豆猴头菇  Ginger w/ Sweet Potato Soup (Dessert) 姜汁地瓜甜汤 (甜品)  Black Bean & Licorice Tea 黑豆甘草茶  Red Rice 红米饭	Lemon Grass w/ Pork Rib Soup 香茅姜排骨汤  Steamed Snakehead Fish w/ Chinese Angelica Root (Dang Gui) & Red Date 当归红枣蒸生鱼  Stir Fried Spinach w/ Sliced Pork 菠菜肉片  Ginger w/ Sweet Potato Soup (Dessert) 姜汁地瓜甜汤 (甜品)  Black Bean & Licorice Tea 黑豆甘草茶  Red Rice 红米饭
<b>Saturday</b>	Burdock Root (Niu Bang) w/ Pork Rib Soup 牛蒡排骨汤  "Five Willow" Fish (Capsicums+Fungus+Mushroom) 五柳烧鱼 (彩椒+黑木耳+香菇)  Dioscorea Polystachya (Chinese Yam) w/ Sliced Pork 山药肉片  Black Glutinous Rice & Logan Soup (Dessert) 紫米桂圆甜汤 (甜品)	Eucommia Bark (Du Zhong) w/ Pork Rib Soup 杜仲补腰排骨汤  Sliced Pork w/ Onion & Ginger Sauce 姜汁洋葱肉片  Stir Fried French Bean w/ Pumpkin Paste 黄金四季豆  Black Glutinous Rice & Logan Soup (Dessert) 紫米桂圆甜汤 (甜品)

	<p>Red Date Tea 红枣茶</p> <p>Brown Rice 糙米饭</p>	<p>Red Date Tea 红枣茶</p> <p>Brown Rice 糙米饭</p>
<b>Sunday</b>	<p>Mushroom w/ Pork Rib Soup 香菇排骨汤</p> <p>Stir Fried Water Bamboo Shoot w/ Sliced Pork 筍白笋烩肉片</p> <p>Stir Fried Broccoli &amp; Cauliflower w/ Sliced Fish 花椰烩鱼片</p> <p>Barley &amp; 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>Dioscorea (Huai Shan), &amp; Wolfberry (Qi Zhi) w/ Salmon Soup 淮山枸杞鲑鱼汤</p> <p>Sliced Pork w/ Garlic Sauce 蒜泥白肉</p> <p>Chayote w/ Mushroom 佛手鲜菇</p> <p>Barley &amp; 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>

<b>Confinement Meal Menu for Week A</b>		
	<b>Lunch</b>	<b>Dinner</b>
<b>Monday</b>	<p>Papaya &amp; Peanut w/ Pork Rib Soup 木瓜花生排骨汤</p> <p>Stir Fried Sliced Chicken w/ Capsicum 彩椒鸡片</p> <p>Stir Fried Spinach w/ Mushrooms 波菜双菇 (鸿禧菇+美白菇)</p> <p>White Fungus, Lotus Seed &amp; Red Date Soup (Dessert) 银耳莲子红枣汤 (甜品)</p>	<p>Chinese Angelica Root (Dang Gui) Chicken Tonic Soup 当归, 北芪鸡汤</p> <p>Steamed Snakehead Fish w/ Wolfberry (Qi Zhi) 枸杞蒸鱼</p> <p>Stir Fried Potato w/ Sliced Pork 白汁肉片 (马铃薯+姜葱)</p> <p>White Fungus, Lotus Seed &amp; 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>Red Bean Tea 红豆茶</p> <p>Grain Rice 五谷饭</p>
<b>Tuesday</b>	<p>“Si Shen” Herbal w/ Pork Rib Soup 四神排骨汤</p> <p>Steamed Salmon w/ Black Fungus 黑木耳蒸鲑鱼</p> <p>Stir Fried Asparagus w/ Sliced Chicken 芦笋鸡片</p> <p>Pumpkin &amp; 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>Polygonum (He Shou Wu) Soup &amp; Black Bean w/ Black-bone Chicken Soup 首乌黑豆乌鸡汤</p> <p>Honey Glazed Pork Ribs w/ Sliced Ginger 姜丝, 蜜汁排骨</p> <p>Stir Fried Vegetable, Red Date &amp; Mushroom w/ Sliced Fish 红枣鲜蔬鱼片</p> <p>Pumpkin &amp; 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>
<b>Wednesday</b>	<p>Dioscorea (Huai Shan) Pork Rib Soup 淮山排骨汤</p> <p>Steamed Chicken w/ Logan, Red Date &amp; Wolfberry (Qi Zhi) 三元蒸鸡 (桂圆+红枣+枸杞)</p> <p>Stir Fried Kai Lan w/ Sliced Fish 芥兰鱼片</p> <p>Brown Sugar Black Sesame Seed Paste (Dessert) 黑糖芝麻糊 (甜品)</p>	<p>Gastrodia (Tian Ma) w/ Snakehead Fish Soup 天麻生鱼汤</p> <p>Stir Fried Chicken &amp; Black Fungus w/ Rice Wine 黑木耳鸡酒</p> <p>Stir Fried Pea w/ Baby Corn 碗豆片炒玉米芯</p> <p>Brown Sugar Black Sesame Seed Paste (Dessert) 黑糖芝麻糊 (甜品)</p>

	<p>Astragalus, Wolfberry (Qi Zhi) &amp; Red Date Tea 黄芪枸杞红枣茶</p> <p>Rice Berry 紫米饭</p>	<p>Astragalus, Wolfberry (Qi Zhi) &amp; Red Date Tea 黄芪枸杞红枣茶</p> <p>**Fried Rice w/ Ginger &amp; Egg 姜蛋炒饭</p>
<b>Thursday</b>	<p>Eucommia Bark (Du Zhong), Chinese Angelica Root (Dang Gui) Chicken Soup 杜仲当归鸡汤</p> <p>Pig's Trotter in Ginger &amp; Vinegar 猪脚姜醋</p> <p>Stir Fried Potato w/ Mushroom 马铃薯炒香菇</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>Astragalus Root (Huang Qi), Codonopsis Root (Dang Shen) w/ Pork Rib Soup 黄芪党参排骨汤</p> <p>Braised Turmeric Chicken 黄姜焖鸡</p> <p>Stir Fried Broccoli w/ Garlic 蒜香西兰花</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>
<b>Friday</b>	<p>Nourishing Red Date w/ Snakehead Fish Soup 滋养, 红枣生鱼汤</p> <p>“Hong Zao” (Red Glutinous Rice) Chicken 红糟鸡</p> <p>Stir Fried French Bean w/ Sliced Pork 四季肉片</p> <p>Ginger w/ Sweet Potato Soup (Dessert) 姜汁地瓜甜汤 (甜品)</p>	<p>Ten Herbal Chicken Soup 十全鸡汤</p> <p>Steamed Pork Rib w/ Astragalus Root (Huang Qi) 黄芪蒸排骨</p> <p>Stir Fried Bean Curd w/ Capsicum &amp; Mushroom 三色豆腐包 (彩椒+香菇)</p> <p>Ginger w/ Sweet Potato Soup (Dessert) 姜汁地瓜甜汤 (甜品)</p> <p>Black Bean &amp; Licorice Tea</p>

	<p>Black Bean &amp; Licorice Tea 黑豆甘草茶</p> <p>Red Rice 红米饭</p>	<p>黑豆甘草茶</p> <p>Red Rice 红米饭</p>
<b>Saturday</b>	<p>Papaya, Coconut &amp; Groundnut Chicken Soup 木瓜椰肉花生鸡汤</p> <p>Braised Pork Shank w/ Herbs 清炖猪腱肉</p> <p>Stir Fried Kai Lan w/ Abalone Mushroom 芥兰鲍鱼菇</p> <p>Black Glutinous Rice &amp; 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>Salvia Root (Dan Shen), Soybean w/ Pig's Trotter Soup 丹参黄豆猪脚汤</p> <p>Steamed Cod Fish w/ Gastrodia (Tian Ma) 天麻蒸雪鱼</p> <p>Baked Broccoli, Cauliflower &amp; Potato 奶香花椰烩马铃薯</p> <p>Black Glutinous Rice &amp; 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>
<b>Sunday</b>	<p>Eucommia Bark (Du Zhong) Pork Ribs Soup 杜仲排骨汤</p> <p>Braised Chicken w/ Chestnuts 栗子烧鸡</p> <p>Braised Bean Curd 红烧豆腐</p> <p>Barley &amp; Oatmeal (Dessert) 薏仁燕麦粥 (甜品)</p> <p>Qi Invigorating Tea 益气补补虚养身茶</p>	<p>Chinese Motherwort (Yi Mu Cao) w/ Sliced Pork Soup 益母草肉片汤</p> <p>Shao-Xing Chicken 绍兴鸡</p> <p>Stir Fried King Oyster Mushroom w/ Sliced Pork Collar 麻油双宝 (杏鲍菇+松板肉)</p> <p>Barley &amp; Oatmeal (Dessert) 薏仁燕麦粥 (甜品)</p> <p>Qi Invigorating Tea 益气补补虚养身茶</p>

	Rice Berry 紫米饭	Rice Berry 紫米饭
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<b>Confinement Meal Menu for Week B</b>		
	<b>Lunch</b>	<b>Dinner</b>
<b>Monday</b>	Lotus Root, Peanut w/ Pork Rib Soup 莲藕花生排骨汤  Herbal Chicken 药材鸡  Stir Fried Celery & Baby Corn w/ Minced Pork 西芹玉米肉碎  White Fungus, Lotus Seed & Red Date Soup (Dessert) 银耳莲子红枣汤 (甜品)  Red Bean Tea 红豆茶  Grain Rice 五谷饭	Sesame Oil Chicken Soup 麻油鸡汤  Steamed Salmon w/ Black Fungus 黑木耳蒸鲑鱼  Stir Fried Asparagus w/ Sliced Chicken 芦笋鸡片  White Fungus, Lotus Seed & Red Date Soup (Dessert) 银耳莲子红枣汤 (甜品)  Red Bean Tea 红豆茶  Grain Rice 五谷饭
<b>Tuesday</b>	Papaya w/ Snakehead Fish Soup 木瓜生鱼汤  Steamed Chicken w/ Mushroom & Black Fungus 香菇木耳蒸鸡  Potato w/ Seaweed & Minced Pork 紫菜肉碎烩薯片  Pumpkin & Millet Congee (Dessert) 南瓜小米粥 (甜品)  Nourishing Burdock Tea 养生牛蒡茶  Brown Rice	Dioscorea (Huai Shan) & Fungus w/ Black Chicken Soup 淮山枸杞桂圆雪耳乌鸡汤  Braised Pork Rib w/ Black Vinegar 黑醋米酒烧排骨  Stir Fried Vegetable w/ Bulbus Lillii 百合时蔬 (四季豆+百合+莲子+ 红椒)  Pumpkin & Millet Congee (Dessert) 南瓜小米粥 (甜品)  Nourishing Burdock Tea 养生牛蒡茶



	糙米饭	Brown Rice 糙米饭
<b>Wednesday</b>	<p>Radix Astragali (Bei Qi), Codonopsis Pilosula (Dang Shen) Black Chicken Soup 北芪党参乌鸡汤</p> <p>Steamed Cod Fish w/ Chicken Essence 鸡精蒸鳕鱼</p> <p>Stir Fried Broccoli &amp; Cauliflower w/ Lion's Mane (Hericium Erinaceus) Mushroom 香蒜花椰猴头菇</p> <p>Brown Sugar Black Sesame Seed Paste (Dessert) 黑糖芝麻糊 (甜品)</p> <p>Astragalus, Wolfberry (Qi Zhi) &amp; Red Date Tea 黄芪枸杞红枣茶</p> <p>Rice Berry 紫米饭</p>	<p>Polygonum (He Shou Wu) w/ Pork Rib Soup 首乌排骨汤</p> <p>Braised Pork Shank w/ Herbs 药燉猪腱肉</p> <p>Stir Fried Snow Pea &amp; Mushroom 甜豆香菇</p> <p>Brown Sugar Black Sesame Seed Paste (Dessert) 黑糖芝麻糊 (甜品)</p> <p>Astragalus, Wolfberry (Qi Zhi) &amp; Red Date Tea 黄芪枸杞红枣茶</p> <p>**Fried Rice w/ Ginger &amp; Egg 姜蛋炒饭</p>
<b>Thursday</b>	<p>Seaweed &amp; Soybean w/ Pork Rib Soup 海带黄豆排骨汤</p> <p>Stir Fried Rice Wine Chicken 米酒鸡</p> <p>Stir Fried Spinach w/ Anchovies 波菜银鱼</p> <p>Red Bean Soup (Dessert) 红豆汤 (甜品)</p> <p>Wellness Tea 保健茶</p>	<p>Four Elements w/ Chicken Soup 四物鸡汤 (当归, 川芎, 白芍, 熟地)</p> <p>Pig's Trotter in Ginger &amp; Vinegar 猪脚姜醋</p> <p>Baked Broccoli &amp; Cauliflower w/ Sliced Fish 焗烤椰香魚片</p> <p>Red Bean Soup (Dessert) 红豆汤 (甜品)</p> <p>Wellness Tea</p>

	<p>Grain Rice 五谷饭</p>	<p>保健茶</p> <p>Grain Rice 五谷饭</p>
<b>Friday</b>	<p>Pumpkin w/ Minced Pork Soup 南瓜浓汤</p> <p>Grilled Chicken w/ Italian Herbs 意式香料烤鸡排</p> <p>Stir Fried Long Beans w/ Mushroom 冬菇奶香菜豆</p> <p>Ginger w/ Sweet Potato Soup (Dessert) 姜汁地瓜甜汤 (甜品)</p> <p>Black Bean &amp; Licorice Tea 黑豆甘草茶</p> <p>**Spaghetti 红酱意大利面</p>	<p>Old Ginger Snakehead Fish Soup 老姜生鱼汤</p> <p>Stir Fried Diced Chicken w/ Green Soybean 毛豆鸡丁</p> <p>Steamed Pork w/ Mushroom &amp; Egg 香菇蛋蒸肉碎</p> <p>Ginger w/ Sweet Potato Soup (Dessert) 姜汁地瓜甜汤 (甜品)</p> <p>Black Bean &amp; Licorice Tea 黑豆甘草茶</p> <p>Red Rice 红米饭</p>
<b>Saturday</b>	<p>Gastrodia (Tian Ma) w/ Black Chicken Soup 天麻乌鸡汤</p> <p>Stewed Pork Rib w/ Potato 马铃薯焖排骨</p> <p>Chayote w/ Sliced Fish 佛手片鱼片</p> <p>Black Glutinous Rice &amp; 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>Papaya Peanut, Black Eye Pea w/ Pig's Trotter Soup 木瓜花生眉豆红枣猪脚汤</p> <p>Sliced Pork w/ "Hong Zao" (Red Glutinous Rice) 红糟肉片</p> <p>Stir Fried Broccoli &amp; Cauliflower w/ White Fungus 花椰白木耳</p> <p>Black Glutinous Rice &amp; Logan Soup (Dessert) 紫米桂圆甜汤 (甜品)</p> <p>Red Date Tea 红枣茶</p>

		Brown Rice 糙米饭
<b>Sunday</b>	<p>Peanut, Red Date w/ Snakehead Fish Soup 花生红枣生鱼汤</p> <p>Fuzhou Red Wine Chicken 福州红酒鸡</p> <p>Stir Fried King Oyster Mushrooms 鲜味鲜菇 (杏鲍菇+雪白菇)</p> <p>Barley &amp; 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>Szechuan Lovage Root (Chuan Xiong) &amp; Black Date w/ Chicken Soup 川芎黑枣鸡汤</p> <p>Stir Fried Sliced Fish w/ Sliced Ginger &amp; Sesame Oil 麻油炒鱼片</p> <p>Braised Bean Curd (Claypot Style) 葱烧豆腐</p> <p>Barley &amp; 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>

<b>Confinement Meal Menu for Week C</b>		
	<b>Lunch</b>	<b>Dinner</b>
<b>Monday</b>	<p>Red Date, Chicken w/ Rice Wine Soup 红枣鸡米酒汤</p> <p>Sliced Fish w/ Ginger &amp; Vinegar Sauce 醋溜鱼片</p> <p>Stir Fried Black Fungus w/ Sliced Pork 姜丝, 黑木耳炒肉片</p> <p>White Fungus, Lotus Seed &amp; Red Date Soup (Dessert) 银耳莲子红枣汤 (甜品)</p> <p>Red Bean Tea</p>	<p>Codonopsis Pilosula (Dang Shen) w/ Salmon Soup 党参鲑鱼汤</p> <p>Stir Fried Sliced Pork w/ Pumpkin Paste 黄金肉片</p> <p>Chayote w/ Diced Chicken 佛手鸡丁</p> <p>White Fungus, Lotus Seed &amp; Red Date Soup (Dessert) 银耳莲子红枣汤 (甜品)</p> <p>Red Bean Tea 红豆茶</p>

	<p>红豆茶</p> <p>Grain Rice 五谷饭</p>	<p>Grain Rice 五谷饭</p>
<b>Tuesday</b>	<p>Lemon Grass w/ Chicken Soup 香茅鸡汤</p> <p>Salmon w/ Teriyaki Sauce 照烧鲑鱼</p> <p>Stir Fried Green Bean &amp; Baby Corn w/ Minced Pork 毛豆仁玉米粒绞肉</p> <p>Pumpkin &amp; 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>Ba Zhen w/ Pork Rib Soup 八珍排骨汤</p> <p>Diced Chicken w/ Mushrooms 双鲍菇鸡丁 (杏鲍菇+鲍鱼菇)</p> <p>Stir Fried Spinach w/ Anchovies 波菜炒银鱼</p> <p>Pumpkin &amp; 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>
<b>Wednesday</b>	<p>Ten Herbal w/ Pork Rib Soup 十全排骨汤</p> <p>Diced Chicken w/ Cashew Nut 腰果鸡丁</p> <p>Stir Fried Snow Pea w/ Mushroom 甜豆美白菇</p> <p>Brown Sugar Black Sesame Seed Paste (Dessert) 黑糖芝麻糊 (甜品)</p> <p>Astragalus, Wolfberry (Qi Zhi) &amp; Red Date Tea 黄芪枸杞红枣茶</p> <p>Rice Berry 紫米饭</p>	<p>Black Bean w/ Black Chicken Soup 黑豆乌鸡汤</p> <p>Steamed Cod Fish w/ Chicken Essence 鸡精蒸鳕鱼</p> <p>Stir Fried Sliced Pork w/ Asparagus 芦笋肉片</p> <p>Brown Sugar Black Sesame Seed Paste (Dessert) 黑糖芝麻糊 (甜品)</p> <p>Astragalus, Wolfberry (Qi Zhi) &amp; Red Date Tea 黄芪枸杞红枣茶</p> <p>**Fried Rice w/ Ginger &amp; Egg 姜蛋炒饭</p>

<p><b>Thursday</b></p>	<p>“Si Shen” Herbal w/ Pork Rib Soup 四神排骨汤</p> <p>“Hong Zao” (Red Glutinous Rice) Fish 红糟鱼</p> <p>Stir Fried Kai Lan w/ Shredded Chicken 芥兰鸡丝</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>Four Elements w/ Chicken Soup 四物鸡汤 (当归, 川芎, 白芍, 熟地)</p> <p>Pig's Trotter in Ginger &amp; Vinegar 猪脚姜醋</p> <p>Stir Fried Broccoli &amp; Cauliflower w/ White Fungus 绿椰银杏白木耳</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><b>Friday</b></p>	<p>Borscht Soup w/ Pork 罗宋猪肉汤</p> <p>Grilled Chicken w/ Basil 萝勒烤鸡排</p> <p>Stir Fried Mushroom w/ Garlic 蒜香鲜菇</p> <p>Ginger w/ Sweet Potato Soup (Dessert) 姜汁地瓜甜汤 (甜品)</p> <p>Black Bean &amp; Licorice Tea 黑豆甘草茶</p> <p>**Spaghetti 白酱意大利面</p>	<p>Lotus Seed &amp; Papaya w/ Pork Rib Soup 莲子木瓜排骨汤</p> <p>Honey Glazed Chicken Drumstick w/ Sliced Ginger 姜丝, 蜜汁鸡小腿</p> <p>Stir Fried French Bean w/ Sliced Fish 四季豆炒鱼片</p> <p>Ginger w/ Sweet Potato Soup (Dessert) 姜汁地瓜甜汤 (甜品)</p> <p>Black Bean &amp; Licorice Tea 黑豆甘草茶</p> <p>Red Rice 红米饭</p>
<p><b>Saturday</b></p>	<p>Gastrodia (Tian Ma) w/ Chicken Soup</p>	<p>Ten Herbal w/ Chicken Soup 十全鸡汤</p>

	<p>天麻鸡汤 Steamed Sliced Pork w/ Pumpkin 粉蒸南瓜肉片</p> <p>Steamed Bean Curd /w Sliced Fish 白玉鱼片</p> <p>Black Glutinous Rice &amp; 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>Braised Pork Rib w/ Lemongrass 香茅葱烧排骨</p> <p>Braised Bean Curd, Red Carrot &amp; Black Fungus w/ Sliced Pork 家常豆腐</p> <p>Black Glutinous Rice &amp; 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>
<b>Sunday</b>	<p>Astragalus Root (Huang Qi) w/ Pork Rib Soup 黄芪排骨汤</p> <p>Diced Chicken w/ King Oyster Mushroom 杏包菇炒鸡肉</p> <p>Stir Fried Sliced Lotus Root w/ Baby Corn 玉米芯烩藕片</p> <p>Barley &amp; 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>Nourishing Red Date w/ Snakehead Fish Soup 滋养红枣生鱼汤</p> <p>Steamed Chicken w/ Black Fungus &amp; Rice Wine 黑木耳鸡酒</p> <p>Stir Fried Kai Lan w/ Mushroom &amp; Sliced Fish 香菇芥兰烩鱼片</p> <p>Barley &amp; 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>

### Trial Meal:

- Burdock Root (Niu Bang) w/ Pork Rib Soup (牛蒡排骨汤)
- Steamed Cod Fish w/ Ginger & Wolfberry (Qi Zhi) (姜丝, 枸杞蒸鳕鱼)
- Seasonal Vegetable w/ Diced Chicken (时菜烩鸡丁)
- Dessert / 甜品: Black Glutinous Rice & Logan Soup (紫米桂圆甜汤)
- Red Date Tea (红枣茶)
- Brown Rice (糙米)

### Ginger

\*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.

### Sesame Oil

\*Sesame oil is pressed from the tiny sesame seed. It is cholesterol-free. There are numerous compounds and antioxidants within the sesame seed that are imparted into the oil. Sesame oil has a lowering effect on blood pressure and levels of sodium in the blood. Sesame oil also is good for blood sugar levels. The seeds are especially high in copper, manganese, calcium, and magnesium. Some good benefits of sesame oil are: promotes bone growth, fights anxiety and depression, helps circulation and metabolism.

### Understanding the Herbs:

Astragalus Root (Huang Qi) / 黄芪

\*Astragalus Root (Huang Qi) tonifies spleen and augments Qi.

Black Bean / 黑豆

\*Black Beans replenish blood, promote secretion of breast milk, and brighten eyesight.

Black Date / 黑枣

\*Black date nourishes blood and reduce hypertension.

Bulbus Lillii (Bai He) / 百合

\*Bulbus Lillii (Bai He) nourishes Yin and moistening lung, which is used for indications like chronic cough due to Yin deficiency, and blood in sputum. And it clears heart heat, and calms spirit.

Burdock Root (Niu Bang) / 牛蒡

\*Burdock Root (Niu Bang) is a blood purifier, lymphatic system strengthener, natural diuretic and skin healer. It also defends against diabetes, combats cancer, improves arthritis, helps treat an enlarged spleen and fights tonsillitis.

Chinese Angelica Root (Dang Gui) / 当归

\*Chinese Angelica (Dang Gui) enriches blood, promote blood high levels of active substances, so even a small dosage provides beneficial effects.

Chinese Foxglove (Shu Di Huang) / 熟地

\*Chinese Foxglove (Shu Di Huang) tonifies blood & nourishes Yin.

Chinese Motherwort (Yi Mu Cao) / 益母草

\*Chinese Motherwort (Yi Mu Cao) is commonly used to treat gynecological diseases such as blood stasis and abdominal pain after childbirth.

Codonopsis Root (Dang Shen) / 党参

\*Codonopsis Root (Dang Shen) improves digestive system, corrects blood deficiency and enhances Qi.

Cordyceps / 虫草

\*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.

Dioscorea Polystachya (Chinese Yam) / 山药

\*Dioscorea Polystachya (Chinese Yam) helps to accelerate the growth of healthy tissue and reduce healing time.

Dioscorea (Huai Shan) / 淮山

\*Dioscorea (Huai Shan) nourishes the heart, spleen, benefit blood and calm the spirit.

Eucommia Bark (Du Zhong) / 杜仲

\*Eucommia Bark (Du Zhong) has varying degrees of regulation on the immune system, endocrine system, central nervous system, circulatory system and urinary systems.

Gastrodia (Tian Ma) / 天麻

\*Gastrodia (Tian Ma) extinguishes wind and alleviates pain. It calms the spirit.

Ginkgo / 白果

\*Ginkgo has high antioxidant and anti-inflammatory properties.

Lemon Grass / 香茅

\*Lemongrass helps to expel wind and remove dampness, disperse swelling and alleviate pain.

Logan / 桂圆

\*Logan strengthens heart and spleen, nourish blood to induce tranquilization.

Lotus Root / 莲藕

\*Lotus Root nourishes blood and builds muscles.

Lotus Seed / 莲子

\*Lotus Seeds are a rich source of phosphorus, protein, potassium and magnesium. The seeds contain low levels of sugar, sodium, cholesterol and saturated fat.

Red Date / 红枣

\*Red Date helps to tonify the spleen, replenish Qi, nourish blood and ease the mind.



“Hong Zao” (Red Glutinous Rice) / 红糟

\*“Hong Zao” (Red Glutinous Rice) lowers bad cholesterol, strengthening cardio and regulating menses. Promotes blood circulation, helps discharge of blood clots.

Polygonum (He Shou Wu) / 何首乌

\*Polygonum (He Shou Wu) replenishes the liver & the kidneys with vital essence & blood. It strengthens the tendon & bones.

Salvia Root (Dan Shen) / 丹参

\*Salvia Root (Dan Shen) rids blood clots, pain, invigorates blood and breakup blood stasis.

Solomonseal Rhizome (Yu Zhu) / 玉竹

\*Solomonseal Rhizome (Yu Zhu) nourishes yin and moistens internal dryness.

Szechuan Lovage Root (Chuan Xiong) / 川芎

\*Szechuan Lovage Root (Chuan Xiong) promotes circulation of Qi and blood, expels wind.

Turmeric Ginger / 黄姜

\*Turmeric Ginger clears infection and inflammation on the inside and outside of the body.

White Peony (Bai Shao) / 白芍

\*White Peony (Bai Shao) nourishes blood, activates circulation and cools blood; has astringent actions; pacifies liver and alleviates pain.

Wolfberry (Qi Zhi) / 枸杞

\*Wolfberry (Qi Zhi) is rich in polysaccharide and vitamins. It helps reinforce the liver and the kidneys, replenish vital essence and improve vision.

### Understanding the Vegetables:

Asparagus / 芦笋

\*Asparagus is a good source of dietary fiber, niacin, phosphorus, protein and iron.

Basil / 薄荷

\*Basil provides vitamin A, which contains beta-carotenes, powerful antioxidants.

Bean Curd / 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 phosphorus.

Broccoli / 西兰花

\*Broccoli is an excellent source of vitamins A, C, & K, folic acid and fiber.

Cauliflower / 椰菜花

\*Cauliflower provides special nutrient support for three body systems. These three systems are the body's detox system, its antioxidant system and inflammatory/anti-inflammatory system.

Capsicum (Bell Pepper) / 彩椒

\*Capsicum (Bell pepper) is a good source of phytochemicals, providing exceptional antioxidant activity.

Celery / 西芹

\*Celery provides an excellent source of vitamin C and fiber.

Chayote / 佛手瓜

\*Chayote is very low in calories. It contains rich source of dietary fiber, antioxidants, minerals and vitamins.

French Bean / 四季豆

\*French bean has a great source of folate, fiber and vitamin K.

Green Soybean / 毛豆

\*Green beans are a good source of copper, vitamin B1, chromium, magnesium, calcium, potassium, phosphorus, choline, vitamin A (in the form of carotenoids), niacin, protein, omega-3 fatty acids, iron, vitamin B6 and vitamin E.

Kai Lan / 芥兰

\*Kai Lan is rich in iron, calcium, manganese and potassium.

Long Beans / 菜豆

\*Long beans contain beta-carotene, chlorophyll, vitamins B1 & B2, protein, thiamine, riboflavin, phosphorus, iron, fiber and pectin. It is useful for controlling blood sugar levels, treat hypertension, minimizes the risk of stroke, heart attack, treating constipation, and improve the functioning of the digestive organs.

Papaya / 木瓜

\*The papaya and peanuts enrich the milk glands.

Potato / 马铃薯

\*Potatoes are one of the richest sources of starch, vitamins, minerals and dietary fiber.

Pumpkin / 南瓜

\*Pumpkin is rich in vital antioxidants, and vitamins. Contains vitamin A and flavonoid poly-phenolic antioxidants such as leutin, xanthin, and carotenes in abundance.

Seaweed / 海带

\* Seaweed is an excellent source of the B-vitamin folate and magnesium, as well as a great source of iron, calcium and the B-vitamins riboflavin and pantothenic acid.

Spinach / 菠菜

\*Spinach is low in calories, yet extremely high in vitamins and minerals.

**Snow Pea**

甜豆

\*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.

**Water Bamboo Shoots / 筴白笋**

\*Bamboo Shoot possesses the phenolic acids which is an antioxidant. It is also rich in amino acids, carbohydrates, protein, sugar, fat, minerals and fiber.

**Understanding the Mushrooms:**

**Black Fungus / 黑木耳**

\*Black fungus has a chemical that inhibits blood clotting. It is labeled as a medicinal food for thousand years known for its rich nutrients such as iron, protein, fat, vitamins, polysaccharide and other minerals.

**King Oyster Mushroom / 杏包菇**

\*King Oyster Mushroom contains a variety of minerals and vitamins. Some of the vitamins include vitamin D, which is good for strong and healthy bones. Other vitamins found in these mushrooms are vitamins B12, B13, B3, and B5.

**Lion's Mane (Hericium Erinaceus) Mushroom / 猴头菇**

\*Lion's Mane mushroom (Hericium Erinaceus) inhibits cancer-causing processes, has anti-oxidative qualities, decreases inflammation and strengthens the immune system.

**White Fungus / 白木耳**

\*White fungus is rich in protein and vitamins. Enhances Yin, improves metabolism. Helps to speed up recovery.

**Wood Ear Mushroom (Auricularia auricula-judae) / 云耳**

\*Wood Ear Mushroom (Auricularia auricula-judae) has a high content of vitamins B, potassium, calcium also sodium, magnesium, phosphorus and silicon. It has high protein content, contains valuable fats and ballast materials.

\* All meal comes with complimentary 1 x serving of Rice, Dessert & Tea. (Non-replacement / Non-exchangeable).