Rejuven®
Revitalise · Restore · Reinvigorate

MENU CALENDAR 2025

Week A Week B Week C Week D

JANUARY

M	T	W	T	F	S	S
		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		

FEBRUARY

M	T	W	T	F	S	S
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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		

MARCH

M	T	W	T	F	S	S
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3	4	5	6	7	8	9
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17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

APRIL

M	T	W	T	F	S	S
	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				

MAY

M	T	W	T	F	S	S
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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

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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

JULY

M	T	W	T	F	S	S
	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			

AUGUST

M	T	W	T	F	S	S
				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

SEPTEMBER

M	T	W	T	F	S	S
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					

OCTOBER

M	T	W	T	F	S	S
		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		

NOVEMBER

M	T	W	T	F	S	S
					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

DECEMBER

M	T	W	T	F	S	S
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				

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NO MSG/
LOW OIL

Rejuven®
Revitalise · Restore · Reinvigorate

GENERAL HEALTH SERIES -

WELLNESS & NOURISHING MEAL PLAN

WEEK A

Rejuven®
Revitalise · Restore · Reinvigorate

WEEK A

GENERAL HEALTH SERIES -
WELLNESS & NOURISHING
WEEKLY MENU

NO MSG/
LOW OIL

MONDAY

LUNCH

Soup

Gastrodia, Solomonseal Rhizome, Bulbus Lilii, Sweet Apricot Kernel with Pork Rib Soup
天麻，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, Chinese Angelica Root & White Peony with Pork Rib Soup
首乌，当归白芍排骨汤
(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

Healthier Menu
Eat all foods in moderation.

Healthier options available here

We use healthier oil
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Lower-sodium options
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May contain added potassium

Rejuven®
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WEEK A

GENERAL HEALTH SERIES -
WELLNESS & NOURISHING
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" (Chinese Angelica Root, Euryale Ferox, Coix Seed, Poria Cocos) with Pork Rib Soup
四神（当归，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 Hericium Erinaceus Mushroom
猴头菇什锦蔬菜

Staple

Grain Rice
五谷饭

Beverage

Nourishing Burdock Tea
养生牛蒡茶

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WEEK A

GENERAL HEALTH SERIES -
WELLNESS & NOURISHING
WEEKLY MENU

NO MSG/
LOW OIL

WEDNESDAY

LUNCH

Soup

Chinese Angelica Root, Szechuan Lovage Root, Chinese Foxglove & Radix Glycyrrhizae Preparara with Pork Rib Soup
当归, 川芎, 熟地, 炙甘草,排骨汤

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

Astragalus Root, Codonopsis Root & Dioscorea Polystachya with Chicken Soup
黄芪，党参山药鸡汤
(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

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WEEK A

GENERAL HEALTH SERIES -
WELLNESS & NOURISHING
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

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WELLNESS & NOURISHING
WEEKLY MENU

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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

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GENERAL HEALTH SERIES -
WELLNESS & NOURISHING
WEEKLY MENU

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SATURDAY

LUNCH

Soup

Chinese Angelica Root, Ginseng & Salvia Root with Black Chicken Soup
当归，人参丹参补心乌鸡汤
(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

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WELLNESS & NOURISHING
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SUNDAY

LUNCH

Soup

Chinese Angelica Root, Poria Cocos, Astragalus Root with Pork Rib Soup
当归，茯苓黄芪健脾排骨汤
(利水消肿，宁心安神，建脾开胃)

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

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GENERAL HEALTH SERIES -

WELLNESS & NOURISHING MEAL PLAN

WEEK B

Rejuven®
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WEEK B

GENERAL HEALTH SERIES -
WELLNESS & NOURISHING
WEEKLY MENU

NO MSG/
LOW OIL

MONDAY

LUNCH

**Herbal Essence -
Wellness & Nourish Soup Menu**

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

**Herbal Essence -
Wellness & Nourish Soup Menu**

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

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WEEK B

GENERAL HEALTH SERIES -
WELLNESS & NOURISHING
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
马蹄连藕烧肉

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

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WEEK B

GENERAL HEALTH SERIES -
WELLNESS & NOURISHING
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 & 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

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WEEK B

GENERAL HEALTH SERIES -
WELLNESS & NOURISHING
WEEKLY MENU

NO MSG/ LOW OIL

THURSDAY

LUNCH

Soup

Dioscorea, Fungus & Soybean with Pork Soup
准山，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

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WEEK B

GENERAL HEALTH SERIES -
WELLNESS & NOURISHING
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

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WEEK B

GENERAL HEALTH SERIES -
WELLNESS & NOURISHING
WEEKLY MENU

NO MSG/ LOW OIL

SATURDAY

LUNCH

Soup

Chinese Angelica Root & Astragalus Root with Sliced Fish Soup
当归黄芪养生鱼汤
(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

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

Main

Steamed Fish
三丝蒸鱼

Stir Fried Spinach with Bean Curd
麻香波菜炒豆包

Staple

Brown Rice
糙米饭

Beverage

Red Date Tea
红枣茶

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WEEK B

GENERAL HEALTH SERIES -
WELLNESS & NOURISHING
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

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GENERAL HEALTH SERIES -

WELLNESS & NOURISHING MEAL PLAN

WEEK C

Rejuven®
Revitalise · Restore · Reinvigorate

WEEK C

GENERAL HEALTH SERIES -
WELLNESS & NOURISHING
WEEKLY MENU

NO MSG/
LOW OIL

MONDAY

LUNCH

Soup

Salvia Root, Anredera Cordifolia, Steenis, American Ginseng & Cinnamomum Cassia Presl with Chicken Soup
丹参，川七西洋参桂枝护心鸡汤
(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

Chinese Angelica Root, Eucommia Bark & Black Bean with Pork Rib Soup
当归，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

Healthier Menu
Eat all foods in moderation.

Healthier options available here

We use healthier oil
Eat all foods in moderation.

Lower-sodium options
available here
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May contain added potassium

Rejuven®
Revitalise · Restore · Reinvigorate

WEEK C

GENERAL HEALTH SERIES -
WELLNESS & NOURISHING
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

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WEEK C

GENERAL HEALTH SERIES -
WELLNESS & NOURISHING
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

Chinese Angelica Root, Szechuan Lovage Root & White Peony with Chicken Soup
当归，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

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WEEK C

GENERAL HEALTH SERIES -
WELLNESS & NOURISHING
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

Chinese Angelica Root, Polygonum, Astragalus Root & Salvia Root with Pork Rib Soup
当归，首乌黄芪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
波菜鸡丁

Stir Fried Asparagus with White Fungus
雪耳炒芦笋

Staple

Grain Rice
五谷饭

Beverage

Wellness Tea
保健茶

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GENERAL HEALTH SERIES -
WELLNESS & NOURISHING
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

Gastrodia, Chinese Angelica Root & Astragalus Root with Sliced Fish Soup
天麻，当归黄芪补气鱼汤
(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

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WEEK C

GENERAL HEALTH SERIES -
WELLNESS & NOURISHING
WEEKLY MENU

NO MSG/ LOW OIL

SATURDAY

LUNCH

Soup

Chinese Angelica Root, Eucommia Bark & Solomonseal Rhizome with Pork Rib Soup
当归，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

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WEEK C

GENERAL HEALTH SERIES -
WELLNESS & NOURISHING
WEEKLY MENU

NO MSG/ LOW OIL

SUNDAY

LUNCH

Soup

Chinese Angelica Root, Chinese Foxglove, Szechuan Lovage Root & Poria Cocos with Chicken Soup
八珍鸡汤（当归，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

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GENERAL HEALTH SERIES -

WELLNESS & NOURISHING MEAL PLAN

WEEK D

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WEEK D

GENERAL HEALTH SERIES -
WELLNESS & NOURISHING
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

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WEEK D

GENERAL HEALTH SERIES -
WELLNESS & NOURISHING
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

Roasted Chicken with Lemon & Herbs
柠檬香草烤鸡腿

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 Lilii & Fungus
椰花木耳炒百合

Staple

Brown Rice
糙米饭

Beverage

Nourishing Burdock Tea
养生牛蒡茶

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WEEK D

GENERAL HEALTH SERIES -
WELLNESS & NOURISHING
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

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WELLNESS & NOURISHING
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

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WEEK D

GENERAL HEALTH SERIES -
WELLNESS & NOURISHING
WEEKLY MENU

NO MSG/ LOW OIL

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

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WEEK D

GENERAL HEALTH SERIES -
WELLNESS & NOURISHING
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 Gourd with Minced Pork
橄榄菜肉碎扁苦瓜

Staple

Brown Rice
糙米饭

Beverage

Red Date Tea
红枣茶

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WEEK D

GENERAL HEALTH SERIES -
WELLNESS & NOURISHING
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

Beverage

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 "Shi Zi Tou" Meatballs
白菜狮子头

Braised Chayote with Mushroom
佛手瓜烩蘑菇

Staple

Rice Berry
紫米饭

Beverage

Qi Invigorating Tea
益气补补虚养身茶

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GENERAL HEALTH SERIES -

WELLNESS & NOURISHING

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**

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GENERAL HEALTH SERIES -

WELLNESS & NOURISHING

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 $32.00 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.