

# GENERAL HEALTH SERIES - WELLNESS & NOURISHING MEAL PLAN

**NO MSG/  
LOW OIL**

## PRICE FOR **1** PAX

### SINGLE MEAL

#### Lunch OR Dinner

28 days	\$756.00
21 days	\$577.50
14 days	\$392.00
Trial Meal	\$32.00

### TWIN MEAL

#### Lunch & Dinner

28 days	\$1,400.00
21 days	\$1,092.00
14 days	\$756.00
07 days	\$392.00

## PRICE FOR **2** PAX

### SINGLE MEAL

#### Lunch OR Dinner

28 days	\$1,171.80
21 days	\$895.13
14 days	\$607.60
Trial Meal	\$45.00

### TWIN MEAL

#### Lunch & Dinner

28 days	\$2,170.00
21 days	\$1,692.60
14 days	\$1,171.80
07 days	\$607.60

Week A

Week B

Week C

Week D



# MENU CALENDAR 2026

## 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	

## FEBRUARY

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	

## MARCH

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					

## 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			

## MAY

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

## JUNE

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					

## 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					

## AUGUST

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						

## SEPTEMBER

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			

## OCTOBER

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	

## NOVEMBER

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						

## DECEMBER

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		



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**NO MSG/  
LOW OIL**



**GENERAL HEALTH SERIES -**

# **WELLNESS & NOURISHING MEAL PLAN**

**WEEK **A****



# WEEK **A**

## GENERAL HEALTH SERIES - WELLNESS & NOURISHING WEEKLY MENU

**NO MSG/  
LOW OIL**

### MONDAY

#### LUNCH

##### Soup

Dendrobium & American Ginseng Pork  
Rib Soup  
石斛养胃排骨汤 (山药、石斛、西洋参)

##### Main

Steamed Turbot Fillet  
清蒸多宝鱼

Asparagus & Lily Bulb with Chicken  
芦笋百合炒鸡丁

##### Staple

Sweet Potato & Goji Grain Bowl  
枸杞红薯养生饭

##### Beverage

Red Date Vitality Tea  
红枣元气茶

#### DINNER

##### Soup

Lotus Root & Daylily Chicken  
Herbal Soup  
莲藕金针菜鸡汤  
(舒压)

##### Main

Steamed Pork Chop with  
Lemongrass Turmeric  
香茅姜黄蒸猪扒

Broccoli with Seasonal Mushrooms  
西兰花炒鲜菇

##### Staple

Tri-Color Quinoa Rice  
三色藜麦饭

##### Beverage

Red Date Vitality Tea  
红枣元气茶

# WEEK **A**

## GENERAL HEALTH SERIES - WELLNESS & NOURISHING WEEKLY MENU

**NO MSG/  
LOW OIL**

### TUESDAY

#### LUNCH

##### Soup

Astragalus Salmon Herbal with  
Angelica & Red Dates Soup  
黄耆鲑鱼汤 (当归、黄耆、红枣)

##### Main

Braised Chicken Thigh with Chestnut  
栗子烧鸡 (鸡腿)

Napa Cabbage & Goji Berries with  
Sliced Pork  
乃白菜枸杞烩肉片

##### Staple

Mixed Vegetable Fried Rice  
什锦菜饭

##### Beverage

Nourishing Burdock Tea  
养生牛蒡茶

#### DINNER

##### Soup

Fig Pork Rib with Apricot Soup  
无花果排骨汤 (无花果、南、北杏、红枣)

##### Main

Steamed Sea Bass with Black Bean &  
Ginger  
姜丝豆豉肉碎蒸鲈鱼

Shanghai Greens with Assorted Wild  
Mushrooms  
上海青炒什锦菇

##### Staple

Brown Rice  
糙米饭

##### Beverage

Nourishing Burdock Tea  
养生牛蒡茶

# WEEK **A**

## GENERAL HEALTH SERIES - WELLNESS & NOURISHING WEEKLY MENU

**NO MSG/  
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### WEDNESDAY

#### LUNCH

##### Soup

Snow Fungus Sweet Corn Chicken Soup  
白木耳玉米鸡汤  
(减脂润肺)

##### Main

Braised Pork with Chayote  
佛手瓜炖肉 (咕老肉)

Snow Peas with Sliced Fish  
荷兰豆烩鱼片

##### Staple

Fragrant Rice Berry  
紫米饭

##### Beverage

Red Date Vitality Tea  
红枣元气茶

#### DINNER

##### Soup

Beauty Herbal Fish with Glehnia Root &  
Coix Seed Soup  
清热养颜鱼汤 (北沙参、欠实、意仁、玉竹)

##### Main

Roasted Chicken Chop with Seasonal  
Vegetables  
香烤鸡扒佐鲜蔬 (南瓜、西兰花、蘑菇、  
玉米芯)

Amaranth with Silver Anchovies & Goji  
Berries  
红苋菜枸杞炒银鱼

##### Staple

Homestyle Stir-fried Vermicelli  
家常炒米粉

##### Beverage

Red Date Vitality Tea  
红枣元气茶

# WEEK **A**

## GENERAL HEALTH SERIES - WELLNESS & NOURISHING WEEKLY MENU

**NO MSG/  
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### THURSDAY

#### LUNCH

##### Soup

Digestive Herbal Fish with Chinese Yam & Hawthorn Soup  
健脾开胃鱼汤 (麦冬、山药、无花果、伏苓、北沙参、山楂、玉竹、陈皮)

##### Main

Steamed Chicken Chop with Himematsutake Mushroom  
姬松茸菇蒸鸡 (鸡扒)

Bitter Gourd with Golden Salted Egg Minced Pork  
苦瓜炒金沙肉末

##### Staple

Longan & Goji Fried Rice  
桂圆枸杞炒饭

##### Beverage

Nourishing Burdock Tea  
养生牛蒡茶

#### DINNER

##### Soup

Hispid Fig Root Chicken Soup  
清热祛湿生鸡汤 (五指毛桃、伏苓、意仁、欠实)

##### Main

Roasted Salmon with Lemongrass & Thyme  
香烤鲑鱼 (香茅、柠檬叶、百里香)

Kailan with Double Mushrooms  
芥兰扒双菇

##### Staple

Sesame Snow Lotus Seed Rice  
芝麻雪莲子饭

##### Beverage

Nourishing Burdock Tea  
养生牛蒡茶

# WEEK

# A

## GENERAL HEALTH SERIES - WELLNESS & NOURISHING WEEKLY MENU

**NO MSG/  
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### FRIDAY

#### LUNCH

##### Soup

Cordyceps Flower Silkie Chicken Soup  
益肾健脾乌鸡汤 (虫草花、桂圆、欠实、山药)

##### Main

Braised Sliced Pork with Pumpkin  
南瓜烧猪肉片

Spinach with Silver Anchovies  
菠菜银鱼

##### Staple

Stir-Fried Yee Noodles  
炒伊面

##### Beverage

Red Date Vitality Tea  
红枣元气茶

#### DINNER

##### Soup

Qi-Boost Herbal Pork with Codonopsis  
& Astragalus Soup  
补中益气瘦肉汤 (百合、党参、枸杞、  
黄耆、红枣、玉竹)

##### Main

Braised Chicken with Mushroom  
蘑菇炖鸡丁

Braised Potato & Sweet Peas  
with Minced Pork  
马铃薯甜豆烩肉末

##### Staple

Sesame & Baby Anchovies Rice  
银鱼芝麻拌饭

##### Beverage

Red Date Vitality Tea  
红枣元气茶

# WEEK **A**

## GENERAL HEALTH SERIES - WELLNESS & NOURISHING WEEKLY MENU

**NO MSG/  
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### SATURDAY

#### LUNCH

##### Soup

Nine-Treasure Herbal Sliced Pork  
Soup  
益气宁心肉片汤 (百合、莲子、党参、  
茯苓、枸杞、桂圆、山药、薏仁、玉竹)

##### Main

Steamed Sea Bass with Shiitake Mushroom  
冬菇蒸鲈鱼

Broccoli & Mushrooms with Chicken  
西兰花蘑菇烩鸡丁

##### Staple

Buttery Sweet Corn Rice  
奶香玉米饭

##### Beverage

Nourishing Burdock Tea  
养生牛蒡茶

#### DINNER

##### Soup

Black Dates & American Ginseng  
Chicken Soup  
黑枣花旗参鸡汤 (黑枣、花旗参、黄耆)

##### Main

Braised Fish Fillet with Zucchini  
节瓜烩鱼片

Choy Sum with Bean Curd & Double  
Mushrooms  
豆腐双菇烩港菜心

##### Staple

Brown Rice  
糙米饭

##### Beverage

Nourishing Burdock Tea  
养生牛蒡茶

# WEEK **A**

## GENERAL HEALTH SERIES - WELLNESS & NOURISHING WEEKLY MENU

**NO MSG/  
LOW OIL**

### SUNDAY

#### LUNCH

##### Soup

Ginkgo Nourishing Pork Rib Soup  
白果养生排骨汤 (白果、黄耆、甘草、当归、枸杞)

##### Main

Steamed Chicken Wings with Daylily &  
Black Fungus  
黄花菜云耳蒸鸡 (鸡中翅)

Lettuce & Bean Curd with Shredded Pork  
油麦菜豆干炒肉丝

##### Staple

Fragrant Rice Berry  
紫米饭

##### Beverage

Red Date Vitality Tea  
红枣元气茶

#### DINNER

##### Soup

Astragalus Chinese Yam Salmon Soup  
北耆淮山鲑鱼汤

##### Main

Pork Tenderloin with Walnut & Bell  
Peppers  
彩椒核桃炒猪柳条

Amaranth with Sliced Fish  
苋菜烩鱼片

##### Staple

Goji & Sweet Potato Rice  
枸杞红薯饭

##### Beverage

Red Date Vitality Tea  
红枣元气茶



**NO MSG/  
LOW OIL**



**GENERAL HEALTH SERIES -**

# **WELLNESS & NOURISHING MEAL PLAN**

**WEEK **B****



# WEEK **B**

## GENERAL HEALTH SERIES - WELLNESS & NOURISHING WEEKLY MENU

**NO MSG/  
LOW OIL**

### MONDAY

#### LUNCH

##### Soup

Winter Melon & Shiitake Pork Rib Cooling  
Soup  
冬瓜香菇排骨汤 (冬瓜、冬菇、木耳、红枣)  
(消暑清热)

##### Main

Braised Chicken with Taro  
芋头烧鸡翅腿

Cabbage & Silk Gourd with Shredded Pork  
丝瓜白菜烩肉丝

##### Staple

Sweet Potato & Goji Grain Bowl  
枸杞红薯养生饭

##### Beverage

Red Date Vitality Tea  
红枣元气茶

#### DINNER

##### Soup

Lotus Root & Cordyceps Flower  
Herbal Chicken Soup  
莲藕虫草花鸡汤 (虫草花、莲藕、莲  
子、百合、无花果、南北杏)  
(润肺润肤)

##### Main

Braised Pork with Lotus Root & Radish  
莲藕萝卜炖肉 (咕老肉)

Spinach with Sliced Fish  
菠菜烩鱼片

##### Staple

Tri-Color Quinoa Rice  
三色藜麦饭

##### Beverage

Red Date Vitality Tea  
红枣元气茶

# WEEK **B**

## GENERAL HEALTH SERIES - WELLNESS & NOURISHING WEEKLY MENU

**NO MSG/  
LOW OIL**

### TUESDAY

#### LUNCH

##### Soup

Aged Cucumber & Coix Seed Fish Soup  
老黄瓜薏米炖鱼汤 (老黄瓜、薏米、陈皮、  
泽泻、蜜枣)  
(除疲劳)

##### Main

Braised Pork Chop with Apple  
苹果炖猪扒

Shanghai Greens with Shredded Chicken  
上海青炒鸡丝

##### Staple

Mixed Vegetable Fried Rice  
什锦菜饭

##### Beverage

Nourishing Burdock Tea  
养生牛蒡茶

#### DINNER

##### Soup

Monk Fruit & Dried Vegetable Pork  
Rib Soup  
罗汉果菜干萝卜排骨汤 (罗汉果、  
菜干、红萝卜)  
(止咳)

##### Main

Steamed Sea Bass with Crispy Garlic  
蒜酥蒸鲈鱼

Red Amaranth with Assorted Mushrooms  
红苋菜炒双菇

##### Staple

Brown Rice  
糙米饭

##### Beverage

Nourishing Burdock Tea  
养生牛蒡茶

# WEEK **B**

## GENERAL HEALTH SERIES - WELLNESS & NOURISHING WEEKLY MENU

**NO MSG/  
LOW OIL**

### WEDNESDAY

#### LUNCH

##### Soup

Chinese Yam & Chestnut Silkie Chicken  
Herbal Soup  
淮山栗子乌鸡汤 (淮山、栗子、红枣、百合、  
枸杞、陈皮)  
(补肾固精)

##### Main

Braised Salmon  
红烧鲑鱼

Lettuce with Sliced Pork  
油麦菜炒肉片

##### Staple

Fragrant Rice Berry  
紫米饭

##### Beverage

Red Date Vitality Tea  
红枣元气茶

#### DINNER

##### Soup

Qi-Boost Herbal Fish with  
Dendrobium & Ophiopogon Soup  
益气生津鱼汤 (石斛、麦冬、  
北沙参、玉竹)  
(益气生津)

##### Main

Miso-Grilled Chicken Wings  
味噌烤鸡中翅

Kailan with Shredded Pork  
芥兰炒肉丝

##### Staple

Homestyle Stir-fried Vermicelli  
家常炒米粉

##### Beverage

Red Date Vitality Tea  
红枣元气茶

# WEEK **B**

## GENERAL HEALTH SERIES - WELLNESS & NOURISHING WEEKLY MENU

**NO MSG/  
LOW OIL**

### THURSDAY

#### LUNCH

##### Soup

Peanut, Black-Eyed Bean & Papaya  
Pork Rib Soup  
花生眉豆木瓜雪耳排骨汤 (花生、眉豆、  
青木瓜、雪耳、红枣、陈皮)  
(去湿健脾)

##### Main

Steamed Chicken Chop with Ginger  
沙姜蒸鸡扒

Zucchini with Sliced Fish  
节瓜炒鱼片

##### Staple

Longan & Goji Fried Rice  
桂圆枸杞炒饭

##### Beverage

Nourishing Burdock Tea  
养生牛蒡茶

#### DINNER

##### Soup

Chinese Yam, Lily Bulb, Cashew Nut &  
Ginseng Chicken Soup  
淮山百合腰果参片鸡汤 (山药、百合、  
腰果、花旗参)  
(清热、除烦安神)

##### Main

Stir-fried Shredded Pork with Yellow  
Chive  
肉丝炒韭黄菜

Kailan with Shiitake Mushrooms &  
Goji Berries  
枸杞香菇炒芥兰

##### Staple

Sesame Snow Lotus Seed Rice  
芝麻雪莲子饭

##### Beverage

Nourishing Burdock Tea  
养生牛蒡茶

# WEEK **B**

## GENERAL HEALTH SERIES - WELLNESS & NOURISHING WEEKLY MENU

**NO MSG/  
LOW OIL**

### FRIDAY

#### LUNCH

##### Soup

Poria Cocos, Atractylodes, Cucurbita  
Ficifolia & Coix Seed Fish Soup  
茯苓白术鱼翅瓜意米炖鱼汤 (鱼翅瓜、茯苓、  
白术、意米、黄豆、腰果)  
(健脾益气)

##### Main

Braised Sliced Pork with Sweet Potato  
蕃薯炖肉片

Amaranth with Silver Anchovies  
苋菜炒银鱼

##### Staple

Stir-Fried Yee Noodles  
炒伊面

##### Beverage

Red Date Vitality Tea  
红枣元气茶

#### DINNER

##### Soup

Hispid Fig Root with Corn & Chinese Yam  
Pork Soup  
五指毛桃淮山玉米瘦肉汤 (五指毛桃、  
淮山、玉米、花生、红枣)  
(舒筋活骨)

##### Main

Chicken with Bell Pepper & Japanese  
Cucumber  
鸡丁炒彩椒日本黄瓜

Choy Sum with Sliced Fish  
港菜心烩鱼片

##### Staple

Sesame & Baby Anchovies Rice  
银鱼芝麻拌饭

##### Beverage

Red Date Vitality Tea  
红枣元气茶

# WEEK **B**

## GENERAL HEALTH SERIES - WELLNESS & NOURISHING WEEKLY MENU

**NO MSG/  
LOW OIL**

### SATURDAY

#### LUNCH

##### Soup

Vitality Chicken Herbal with  
Angelica & Astragalus Soup  
补气养生鸡汤 (当归、参须、黄耆、  
红枣、枸杞)

##### Main

Steamed Grouper  
清蒸石斑鱼

Asparagus with Shredded Pork  
芦笋炒肉丝

##### Staple

Buttery Sweet Corn Rice  
奶香玉米饭

##### Beverage

Nourishing Burdock Tea  
养生牛蒡茶

#### DINNER

##### Soup

Chinese Yam & Longan Fish Soup  
淮山桂圆鱼汤 (山药、桂圆)  
(补肾益精)

##### Main

Stir-Fried Sliced Pork with Lettuce Stem  
肉片炒莴笋

Lettuce with Bean Curd Skin  
油麦菜炒豆包

##### Staple

Brown Rice  
糙米饭

##### Beverage

Nourishing Burdock Tea  
养生牛蒡茶

# WEEK **B**

## GENERAL HEALTH SERIES - WELLNESS & NOURISHING WEEKLY MENU

**NO MSG/  
LOW OIL**

### SUNDAY

#### LUNCH

##### Soup

Cooling Herbal Pork Rib with Glehnia Root & Cordyceps Flower Soup  
清凉滋补排骨汤 (北沙参、百合、虫草花、玉竹)  
(熬夜上火)

##### Main

Stir-fried Chicken with Chinese Yam  
鸡丁炒山药

Spinach with Mushrooms  
菠菜炒蘑菇

##### Staple

Fragrant Rice Berry  
紫米饭

##### Beverage

Red Date Vitality Tea  
红枣元气茶

#### DINNER

##### Soup

Bitter Gourd & Soybean  
Chicken Soup  
苦瓜黄豆炖鸡汤  
(清热)

##### Main

Steamed Turbot with Enoki  
Mushrooms & Shredded Pork  
肉丝金针菇蒸多宝鱼

Braised Japanese Tofu with Broccoli  
西兰花烩日本豆腐

##### Staple

Goji & Sweet Potato Rice  
枸杞红薯饭

##### Beverage

Red Date Vitality Tea  
红枣元气茶



**NO MSG/  
LOW OIL**



**GENERAL HEALTH SERIES -**

# **WELLNESS & NOURISHING MEAL PLAN**

**WEEK C**



# WEEK **C**

## GENERAL HEALTH SERIES - WELLNESS & NOURISHING WEEKLY MENU

**NO MSG/  
LOW OIL**

### MONDAY

#### LUNCH

##### Soup

Lung-Nourishing Chicken Herbal with  
Glehnia Root & Gastrodia Soup  
平肝润肺鸡汤 (北沙参、天麻、无花果、玉竹)  
(平肝熄风、清热润肺)

##### Main

Steamed Sea Bass with Winter Melon  
冬瓜蒸鲈鱼

Kailan with Shredded Pork  
芥兰烩肉丝

##### Staple

Sweet Potato & Goji Grain Bowl  
枸杞红薯养生饭

##### Beverage

Red Date Vitality Tea  
红枣元气茶

#### DINNER

##### Soup

Spleen-Strengthening Pork Rib Herbal  
Soup  
健脾排骨汤 (土白术、陈皮、茯苓、黄耆、  
淮山)  
(健脾开胃)

##### Main

Steamed Chicken Drumstick with  
Tea Tree Mushroom  
茶树菇蒸鸡腿

Napa Cabbage with Sliced Fish  
茼蒿炒鱼片

##### Staple

Tri-Color Quinoa Rice  
三色藜麦饭

##### Beverage

Red Date Vitality Tea  
红枣元气茶

# WEEK **C**

## GENERAL HEALTH SERIES - WELLNESS & NOURISHING WEEKLY MENU

**NO MSG/  
LOW OIL**

### TUESDAY

#### LUNCH

##### Soup

Cholesterol-Reducing Silkie Chicken  
Herbal Soup  
降脂乌鸡汤 (丹参、首乌、山楂)

##### Main

Stir-Fried Sliced Pork with Zucchini  
肉片炒节瓜

Cauliflower & Broccoli with Seaweed  
双色椰花炒海带丝

##### Staple

Mixed Vegetable Fried Rice  
什锦菜饭

##### Beverage

Nourishing Burdock Tea  
养生牛蒡茶

#### DINNER

##### Soup

Lotus Root, Chestnut & Walnut  
Chicken Soup  
莲藕栗子核桃鸡汤 (莲藕、栗子、核桃、  
莲子、陈皮、红枣)  
(养心安神)

##### Main

Steamed Pork Patty with Black Truffle  
黑松露酱蒸肉饼

Shanghai Greens with Sweet Corn  
上海青炒玉米粒

##### Staple

Brown Rice  
糙米饭

##### Beverage

Nourishing Burdock Tea  
养生牛蒡茶

# WEEK **C**

## GENERAL HEALTH SERIES - WELLNESS & NOURISHING WEEKLY MENU

**NO MSG/  
LOW OIL**

### WEDNESDAY

#### LUNCH

##### Soup

Immunity Boosting Fish with American Ginseng & Snow Fungus Soup  
滋养鱼汤 (西洋参、白木耳、桂圆、枸杞)  
(提高免疫力)

##### Main

Chicken with Asparagus & Lily Bulb  
鸡丁炒百合芦笋

Amaranth with Shredded Pork  
苋菜炒肉丝

##### Staple

Fragrant Rice Berry  
紫米饭

##### Beverage

Red Date Vitality Tea  
红枣元气茶

#### DINNER

##### Soup

Imperial Herbal Pork Soup  
(Ten-Tonic Formula)  
药膳十全瘦肉汤 (当归、川芎、黄耆、党参、  
白术、白芍、茯苓、熟地黄、甘草)  
(补气血)

##### Main

Roasted Mackerel with Seasonal Vegetables  
香烤鲭鱼佐时蔬 (西兰花、玉米芯、香菇、  
小蕃茄)

Beijing Cabbage with Shredded Chicken  
北京包菜烩鸡丝

##### Staple

Homestyle Stir-fried Vermicelli  
家常炒米粉

##### Beverage

Red Date Vitality Tea  
红枣元气茶

# WEEK **C**

## GENERAL HEALTH SERIES - WELLNESS & NOURISHING WEEKLY MENU

**NO MSG/  
LOW OIL**

### THURSDAY

#### LUNCH

##### Soup

Qi-boosting Six-Treasure Pork Soup  
益气六味瘦肉汤 (百合、莲子、欠实、意  
仁、淮山、玉竹)  
(养心安神)

##### Main

Steamed Fish Fillet with Zucchini  
角瓜蒸鱼片

Choy Sum with Bean Curd Sheets  
港菜心烩百页豆腐

##### Staple

Longan & Goji Fried Rice  
桂圆枸杞炒饭

##### Beverage

Nourishing Burdock Tea  
养生牛蒡茶

#### DINNER

##### Soup

Beauty Herbal Fish with Angelica &  
Codonopsis Root Soup  
补血养颜鱼汤 (当归、党参、黄耆、红枣、  
枸杞、桂圆)

##### Main

European-Style Pork Chop with Onion  
欧式洋葱猪扒

Lettuce with Chinese Yam  
油麦菜炒山药

##### Staple

Sesame Snow Lotus Seed Rice  
芝麻雪莲子饭

##### Beverage

Nourishing Burdock Tea  
养生牛蒡茶

# WEEK **C**

## GENERAL HEALTH SERIES - WELLNESS & NOURISHING WEEKLY MENU

**NO MSG/  
LOW OIL**

### FRIDAY

#### LUNCH

##### Soup

Dendrobium Herbal Chicken with American Ginseng Soup

石斛养生鸡汤 (石斛、西洋参、伏苓、枸杞)  
(平肝清热、滋肾明目)

##### Main

Pork Tenderloin with Seasonal Vegetables

鲜蔬炒猪柳 (甜豆、玉米芯、蘑菇)

Baby Bok Choy with Anchovies

小白菜炒江鱼仔

##### Staple

Stir-Fried Yee Noodles

炒伊面

##### Beverage

Red Date Vitality Tea

红枣元气茶

#### DINNER

##### Soup

Cucurbita Ficifolia & Cordyceps Flower Sliced Pork Soup

鱼翅瓜虫草花肉片汤 (鱼翅瓜、虫草花、玉米、栗子)  
(补肺益肾)

##### Main

Fuzhou Red Wine Steamed Chicken  
福州红糟蒸鸡扒

Amaranth with Silver Anchovies

红苋菜炒银鱼

##### Staple

Sesame & Baby Anchovies Rice

银鱼芝麻拌饭

##### Beverage

Red Date Vitality Tea

红枣元气茶

# WEEK **C**

## GENERAL HEALTH SERIES - WELLNESS & NOURISHING WEEKLY MENU

**NO MSG/  
LOW OIL**

### SATURDAY

#### LUNCH

##### Soup

Eucommia Kidney-Tonic Pork Rib Soup  
杜仲补肾排骨汤 (当归、杜仲、黑豆、玉竹、  
黄耆、党参)  
(补肾填精、固本培元)

##### Main

Soy-Braised Chicken Wings  
酱烧鸡中翅

Shanghai Greens with Black Truffle  
黑松露酱炒上海青

##### Staple

Buttery Sweet Corn Rice  
奶香玉米饭

##### Beverage

Nourishing Burdock Tea  
养生牛蒡茶

#### DINNER

##### Soup

Fig, Lotus Seed, Lily Bulb & Chinese Yam  
Chicken Soup  
无花果莲子百合淮山鸡汤 (无花果、莲子、  
百合、山药)  
(安神助眠)

##### Main

Sliced Pork with Bell Pepper & Apple  
肉片炒彩椒苹果

Kailan with Scrambled Egg  
芥兰炒鸡蛋

##### Staple

Brown Rice  
糙米饭

##### Beverage

Nourishing Burdock Tea  
养生牛蒡茶

# WEEK **C**

## GENERAL HEALTH SERIES - WELLNESS & NOURISHING WEEKLY MENU

**NO MSG/  
LOW OIL**

### SUNDAY

#### LUNCH

##### Soup

Night-Blooming Cactus Lung-  
Nourishing Sea Bass Soup  
霸王花润肺鲈鱼汤 (霸王花、百合、  
玉竹、南北杏)  
(消暑解热、除痰化咳)

##### Main

Steamed Pork Patty with Shiitake &  
Lotus Seed  
香菇莲子蒸肉饼

Napa Cabbage with Sliced Chicken  
乃白菜炒鸡片

##### Staple

Fragrant Rice Berry  
紫米饭

##### Beverage

Red Date Vitality Tea  
红枣元气茶

#### DINNER

##### Soup

Eight-Treasure Silkie Chicken Herbal Soup  
八珍乌鸡汤 (当归、川芎、茯苓、熟地、白术、  
党参、甘草)  
(补气益血)

##### Main

Steamed Grouper with Daylily  
黄花菜蒸石斑鱼

Broccoli with Shredded Pork  
西兰花炒肉丝

##### Staple

Goji & Sweet Potato Rice  
枸杞红薯饭

##### Beverage

Red Date Vitality Tea  
红枣元气茶



**NO MSG/  
LOW OIL**



**GENERAL HEALTH SERIES -**

# **WELLNESS & NOURISHING MEAL PLAN**

**WEEK **D****



# WEEK

# D

## GENERAL HEALTH SERIES - WELLNESS & NOURISHING WEEKLY MENU

**NO MSG/  
LOW OIL**

### MONDAY

#### LUNCH

##### Soup

Lotus Leaf & Winter Melon Chicken Soup  
荷叶冬瓜薏仁煲鸡汤 (荷叶、冬瓜、薏仁、  
扁豆)  
(清热去水肿)

##### Main

Herbal Steamed Pork Chop  
药膳蒸猪扒

Spinach with Anchovies  
菠菜炒江鱼仔

##### Staple

Goji & Sweet Potato Rice  
枸杞红薯饭

##### Beverage

Red Date Vitality Tea  
红枣元气茶

#### DINNER

##### Soup

Red Salvia Root Pork Rib Qi-Tonic Soup  
红丹参补气排骨汤 (红丹参、桂圆)  
(补气养血)

##### Main

Steamed Chicken Wings with Lotus  
Leaf & Shiitake  
荷香冬菇蒸鸡中翅

Thai Mustard Greens with Sliced Fish  
泰国小芥烩鱼片

##### Staple

Tri-Color Quinoa Rice  
三色藜麦饭

##### Beverage

Red Date Vitality Tea  
红枣元气茶

# WEEK

# D

## GENERAL HEALTH SERIES - WELLNESS & NOURISHING WEEKLY MENU

**NO MSG/  
LOW OIL**

### TUESDAY

#### LUNCH

##### Soup

Chinese Yam & Chestnut Pork Tripe Soup  
淮山栗子猪肚汤 (山药、栗子、红萝卜、  
陈皮、蜜枣)  
(健脾补肾)

##### Main

Mediterranean Grilled Mackerel  
地中海风味烤鲭鱼

Purple Cabbage with Shredded Chicken  
紫甘蓝炒鸡丝

##### Staple

Mixed Vegetable Fried Rice  
什锦菜饭

##### Beverage

Nourishing Burdock Tea  
养生牛蒡茶

#### DINNER

##### Soup

Stomach-Nourishing Fish with  
Glehnia Root Soup  
养胃生津鱼汤 (北沙参、玉竹、红枣)

##### Main

Sliced Pork with King Oyster Mushroom  
猪肉片炒塔香杏包菇

Asparagus with Lily Bulb & Black Fungus  
百合木耳炒芦笋

##### Staple

Brown Rice  
糙米饭

##### Beverage

Nourishing Burdock Tea  
养生牛蒡茶

## GENERAL HEALTH SERIES - WELLNESS & NOURISHING WEEKLY MENU

NO MSG/  
LOW OIL

### WEDNESDAY

#### LUNCH

##### Soup

Seaweed Miso Fish Tofu Soup  
紫菜味噌鱼豆腐汤 (秀珍菇、红萝卜、紫菜、豆腐)  
(补充钙质)

##### Main

Japanese Style Braised Chicken with Potato  
日式马铃薯炖鸡块

Shanghai Greens with Bean Curd Skin  
上海青炒腐竹

##### Staple

Fragrant Rice Berry  
紫米饭

##### Beverage

Red Date Vitality Tea  
红枣元气茶

#### DINNER

##### Soup

Solomonseal Rhizome, Adenophora, Apple, Snow Fungus with Chicken Wing Herbal Soup  
玉竹沙参雪耳苹果炖鸡翅汤 (玉竹、沙参、雪耳、苹果、莲子、意仁、蜜枣)  
(生津止咳、止心烦)

##### Main

Steamed Sea Bass with Mushrooms  
鲜菇昆布蒸鲈鱼

Sweet Peas with Sliced Pork  
甜豆炒肉片

##### Staple

Homestyle Stir-fried Vermicelli  
家常炒米粉

##### Beverage

Red Date Vitality Tea  
红枣元气茶

## GENERAL HEALTH SERIES - WELLNESS & NOURISHING WEEKLY MENU

**NO MSG/  
LOW OIL**

### THURSDAY

#### LUNCH

##### Soup

Matsutake Mushroom & Chinese  
Yam Pork Rib Soup  
松茸菇淮山排骨汤 (松茸菇、无花果、  
淮山、莲子、陈皮、红枣)  
(强身提神)

##### Main

Steamed Pork Patty with Preserved  
Vegetable  
梅菜蒸肉饼  
  
French Beans with Mixed Mushrooms  
四季豆炒杂鲜菇

##### Staple

Longan & Goji Fried Rice  
桂圆枸杞炒饭

##### Beverage

Nourishing Burdock Tea  
养生牛蒡茶

#### DINNER

##### Soup

Cooling Silk Gourd & Straw Mushroom  
Sliced Pork Soup  
消暑丝瓜草菇肉片汤 (丝瓜、草菇、红萝卜)

##### Main

Mediterranean Grilled Chicken  
地中海风味烤鸡翅腿  
  
Spinach with Silver Anchovies  
菠菜炒银鱼

##### Staple

Sesame Snow Lotus Seed Rice  
芝麻雪莲子饭

##### Beverage

Nourishing Burdock Tea  
养生牛蒡茶

# WEEK

# D

## GENERAL HEALTH SERIES - WELLNESS & NOURISHING WEEKLY MENU

NO MSG/  
LOW OIL

### FRIDAY

#### LUNCH

##### Soup

Blood-Nourishing Silkie Chicken Herbal Soup  
补血宁心乌鸡汤 (当归、熟地、桂圆、红枣)  
(补血、养心宁神)

##### Main

Red Wine Fermented Sliced Pork  
红糟南乳烧肉片

Broccoli with Bean Curd Sheets &  
Black Fungus  
西兰花木耳炒百页

##### Staple

Stir-Fried Yee Noodles  
炒伊面

##### Beverage

Red Date Vitality Tea  
红枣元气茶

#### DINNER

##### Soup

Cordyceps Flower & Gastrodia Pork Rib Soup  
欠实虫草花天麻生排骨汤 (欠实、虫草花、  
天麻、枸杞)  
(益肾补脑)

##### Main

Chicken with Cashew & Japanese  
Cucumber  
鸡丁炒腰果日本黄瓜

Purple Cabbage with Bean Curd Skin  
& Shredded Pork  
紫甘蓝腐竹炒肉丝

##### Staple

Sesame & Baby Anchovies Rice  
银鱼芝麻拌饭

##### Beverage

Red Date Vitality Tea  
红枣元气茶

# WEEK

# D

## GENERAL HEALTH SERIES - WELLNESS & NOURISHING WEEKLY MENU

NO MSG/  
LOW OIL

### SATURDAY

#### LUNCH

##### Soup

Lotus Root, Black-Eyed Pea &  
Peanut Pork Soup  
莲藕眉豆花豆瘦肉汤 (莲藕、眉豆、  
花豆、花生、冬菇、红枣)  
(抗疲劳)

##### Main

Truffle-Glazed Chicken Wings  
松露酱果粒烤鸡中翅

Lettuce with Sliced Fish  
油麦菜炒鱼片

##### Staple

Buttery Sweet Corn Rice  
奶香玉米饭

##### Beverage

Nourishing Burdock Tea  
养生牛蒡茶

#### DINNER

##### Soup

Chayote & Sea Coconut Chicken Soup  
佛手瓜海底椰鸡汤 (佛手瓜、红萝卜、玉米、  
海底椰、栗子、南杏、蜜枣)  
(增加免疫力)

##### Main

Steamed Grouper with Olive Vegetable  
& Shiitake  
橄榄菜香菇蒸石斑鱼

Napa Cabbage & Enoki Mushroom with  
Sliced Pork  
乃白菜金针菇炒肉片

##### Staple

Brown Rice  
糙米饭

##### Beverage

Nourishing Burdock Tea  
养生牛蒡茶

# WEEK

# D

## GENERAL HEALTH SERIES - WELLNESS & NOURISHING WEEKLY MENU

NO MSG/  
LOW OIL

### SUNDAY

#### LUNCH

##### Soup

Ginseng & Angelica Chicken Soup  
参归鸡汤 (当归、党参、淮山)  
(益气、养血)

##### Main

Teriyaki-Style Grilled Salmon with Onion  
洋葱照烧烤鲑鱼

Amaranth with Mixed Mushrooms  
红苋菜炒杂菇

##### Staple

Fragrant Rice Berry  
紫米饭

##### Beverage

Red Date Vitality Tea  
红枣元气茶

#### DINNER

##### Soup

Red Date & Persimmon Pork Soup  
红枣柿饼瘦肉汤 (红枣、柿饼)  
(清肺)

##### Main

Braised "Shi Zi Tou" Meatballs  
红烧狮子头

Choy Sum with Sliced Fish  
港菜心烩鱼片

##### Staple

Goji & Sweet Potato Rice  
枸杞红薯饭

##### Beverage

Red Date Vitality Tea  
红枣元气茶

# 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**



# 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.

