

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 

WEEK **A**

GENERAL HEALTH SERIES - WELLNESS & NOURISHING WEEKLY MENU

NO MSG/
LOW OIL

MONDAY

LUNCH

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

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

Beverage

Red Date Vitality Tea
红枣元气茶

DINNER

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

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

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

Mixed Vegetable Fried Rice
什锦菜饭

Beverage

Nourishing Burdock Tea
养生牛蒡茶

DINNER

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

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

WEDNESDAY

LUNCH

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

Fragrant Rice Berry
紫米饭

Beverage

Red Date Vitality Tea
红枣元气茶

DINNER

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

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/
LOW OIL**

THURSDAY

LUNCH

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

Longan & Goji Fried Rice
桂圆枸杞炒饭

Beverage

Nourishing Burdock Tea
养生牛蒡茶

DINNER

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

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/
LOW OIL

FRIDAY

LUNCH

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

Stir-Fried Yee Noodles
炒伊面

Beverage

Red Date Vitality Tea
红枣元气茶

DINNER

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

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/
LOW OIL

SATURDAY

LUNCH

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

Buttery Sweet Corn Rice
奶香玉米饭

Beverage

Nourishing Burdock Tea
养生牛蒡茶

DINNER

Soup

Nine-Treasure Herbal Sliced Pork
Soup
益气宁心肉片汤 (百合、莲子、党参、
伏苓、枸杞、桂圆、山药、意仁、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

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

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

Fragrant Rice Berry
紫米饭

Beverage

Red Date Vitality Tea
红枣元气茶

DINNER

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

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**

A bowl of traditional Chinese soup featuring pieces of fish, mushrooms, and red dates. The soup is garnished with dried orange peel and red dates. The bowl is placed on a white surface, and some dried ingredients are scattered around it.

WEEK **B**

GENERAL HEALTH SERIES - WELLNESS & NOURISHING WEEKLY MENU



**NO MSG/
LOW OIL**

MONDAY

LUNCH

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

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

Beverage

Red Date Vitality Tea
红枣元气茶

DINNER

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

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

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

Mixed Vegetable Fried Rice
什锦菜饭

Beverage

Nourishing Burdock Tea
养生牛蒡茶

DINNER

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

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

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

Fragrant Rice Berry
紫米饭

Beverage

Red Date Vitality Tea
红枣元气茶

DINNER

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

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

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

Longan & Goji Fried Rice
桂圆枸杞炒饭

Beverage

Nourishing Burdock Tea
养生牛蒡茶

DINNER

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

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

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

Stir-Fried Yee Noodles
炒伊面

Beverage

Red Date Vitality Tea
红枣元气茶

DINNER

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

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

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

Buttery Sweet Corn Rice
奶香玉米饭

Beverage

Nourishing Burdock Tea
养生牛蒡茶

DINNER

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

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

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

Fragrant Rice Berry
紫米饭

Beverage

Red Date Vitality Tea
红枣元气茶

DINNER

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

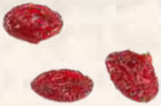
Goji & Sweet Potato Rice
枸杞红薯饭

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

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
茼白菜炒鱼片

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

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

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

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

Mixed Vegetable Fried Rice
什锦菜饭

Beverage

Nourishing Burdock Tea
养生牛蒡茶

DINNER

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

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

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

Fragrant Rice Berry
紫米饭

Beverage

Red Date Vitality Tea
红枣元气茶

DINNER

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

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

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

Longan & Goji Fried Rice
桂圆枸杞炒饭

Beverage

Nourishing Burdock Tea
养生牛蒡茶

DINNER

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

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

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

Stir-Fried Yee Noodles
炒伊面

Beverage

Red Date Vitality Tea
红枣元气茶

DINNER

Soup

Dendrobium Herbal Chicken with American
Ginseng Soup
石斛养生鸡汤 (石斛、西洋参、茯苓、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

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

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

Buttery Sweet Corn Rice
奶香玉米饭

Beverage

Nourishing Burdock Tea
养生牛蒡茶

DINNER

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

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

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

Fragrant Rice Berry
紫米饭

Beverage

Red Date Vitality Tea
红枣元气茶

DINNER

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)
(清暑解热、除痰化咳)

Main

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

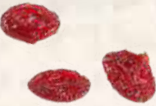
Napa Cabbage with Sliced Chicken
乃白菜炒鸡片

Staple

Goji & Sweet Potato Rice
枸杞红薯饭

Beverage

Red Date Vitality Tea
红枣元气茶



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

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

Goji & Sweet Potato Rice
枸杞红薯饭

Beverage

Red Date Vitality Tea
红枣元气茶

DINNER

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
波菜炒江鱼仔

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

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

Mixed Vegetable Fried Rice
什锦菜饭

Beverage

Nourishing Burdock Tea
养生牛蒡茶

DINNER

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

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

WEDNESDAY

LUNCH

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

Fragrant Rice Berry
紫米饭

Beverage

Red Date Vitality Tea
红枣元气茶

DINNER

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

Homestyle Stir-fried Vermicelli
家常炒米粉

Beverage

Red Date Vitality Tea
红枣元气茶

WEEK **D**

GENERAL HEALTH SERIES -

WELLNESS & NOURISHING WEEKLY MENU



**NO MSG/
LOW OIL**

THURSDAY

LUNCH

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

Longan & Goji Fried Rice
桂圆枸杞炒饭

Beverage

Nourishing Burdock Tea
养生牛蒡茶

DINNER

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

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

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

Stir-Fried Yee Noodles
炒伊面

Beverage

Red Date Vitality Tea
红枣元气茶

DINNER

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

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

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

Buttery Sweet Corn Rice
奶香玉米饭

Beverage

Nourishing Burdock Tea
养生牛蒡茶

DINNER

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

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

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

Fragrant Rice Berry
紫米饭

Beverage

Red Date Vitality Tea
红枣元气茶

DINNER

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

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.

