



**NouRiche**<sup>®</sup>  
ALWAYS RICH IN NOURISHMENT

# REGULAR CONFINEMENT MEAL



*\*All meals will be served in individually packed food grade, microwaveable and disposable containers. Liquids are properly sealed to prevent spillage.*



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## Week 1 (第一周)

The delivery of a baby is an exhausting experience for a woman, both mentally and physically. In the period directly after giving birth, postpartum women may suffer from postpartum cold and blood stasis in the low abdomen with an underlying condition of Qi and blood deficiency.

During the first week of the confinement period it is vital to:

1. Ensure that lochia is discharged smoothly
2. Revitalize blood circulation and movement of Qi within the body
3. Restoring the expanded uterus to its original state
4. Expel harmful toxins

## Sheng Hua Soup (生化汤)

Sheng Hua Soup (生化汤) is a traditional Chinese herbal formula widely consumed by Asian women right after delivery. This traditional Chinese herbal formula, which is prepared in the form of soup, aids in the expulsion of toxins, the discharge of lochia and the revitalization of Qi and blood.

Due to the taxation of giving birth, the body will be deficient in both Qi and blood. And it is these deficiencies that allow wind to invade the body causing postpartum cold and blood stasis.

Sheng Hua Soup (生化汤) can be translated as "Generating and Transforming Decoction", it can also be defined as "Transforming" the old and "Generating" the new. "Transforming" represents the purification process (whereby toxins are expelled) and the restoration of the uterus to its original state. "Generating" represents the nourishment of the body to replenish nutrients, blood and Qi.

Sheng Hua Soup (生化汤) is also able to treat conditions such as the retention of placental fragments within the uterus, lochioschesis, painful postpartum uterine contractions and chronic endometritis.

During the first week of the confinement period, it is vital the women who have just given birth pay close attention to the purification of the toxins and the replenishment of nutrients for the body.

Sheng Hua Soup (生化汤) plays a key part in helping postpartum women start their path to restoring their bodies to a healthy and sound state.



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## Sheng Hua Soup 生化汤

Consists of:

1. Szechuan Lovage Root (Chuan Xiong) 川芎
2. Semen Persicae (Tao Ren) 桃仁
3. Sliced Chinese Angelica (Dang Gui) 当归片
4. Roasted Licorice Root (Zhi Gan Cao) 炙甘草
5. Chinese Motherwort (Yi Mu Cao) 益母草
6. Blast-fried Ginger (Pao Jiang) 炮黑姜
7. Carthamus Tinctorius (Hong Hua) 红花

- *It helps to clear lochia after childbirth and prevents uterine tumors from developing.*
- *Szechuan Lovage Root (Chuan Xiong) improves the flow of Qi, blood flow and relieves pain.*
- *Semen Persicae (Tao Ren) is used as an anti-coagulation, anti-hypertensive, anti-inflammation, detoxification, anti-allergenic agent and to relieve pain, constipation.*
- *Roasted Licorice Root (Zhi Gan Cao) invigorates Qi and nourishes Yin, promotes Yang and regulates pulse.*
- *Chinese Motherwort (Yi Mu Cao), if taken on a regular basis, improve abnormal menstrual cycles. Due to antispasmodic effects, Motherwort is helpful to restore uterine muscle tone after the childbirth. It may also have relaxing effects on the nervous system, it is effective in physical as well as in emotional symptoms of premenstrual syndrome and menopause. Motherwort is also used to improve circulation, lower blood lipids, and reduce platelet aggregation. (Not for pregnancy stage)*

## Foods to Avoid After Birth

The main purpose of following an ideal diet after birth is to help the mother recover physically and also to aid in the healing of the C-Section incision or natural delivery.

Some foods are best to be avoided after natural birth or towards the recovery of the C-Section incision.

### Foods to Avoid Birth:

- Seafood

Mainly hairtail, yellow croaker, silver pomfret, freshwater mussel, shrimp, crab and other similar seafood. These types of seafood are generally salty and 'cold' and they may also contain toxins that are detrimental to mothers after a C-Section, especially for those that are hypersensitive. Consuming these types of seafood may cause asthma, allergic reactions such as nettle rash, swelling and other skin irritations.

- Poultry

Mainly chicken, beef, mutton and duck eggs etc. They are generally considered as containing toxins and may also elevate blood pressure, dizziness, headaches and harm the liver. And slow down the healing process of wound.

It is best to avoid these foods for the first 7 days after birth.



# Calendar 2025



Week **A**    Week **B**    Week **C**

## 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
					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

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						

## 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
			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

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						

## 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				



		Dinner
<b>MONDAY</b>	<p>Sheng Hua Soup 生化汤</p> <p>Steamed Pork Rib with Wolfberry &amp; Pumpkin 枸杞南瓜蒸排骨</p> <p>Stir Fried Kai Lan with King Oyster Mushroom 芥兰扒杏包菇</p> <p>Red Bean Tea 红豆茶</p> <p>Grain Rice 五谷饭</p>	<p>Dioscorea Polystachya (Chinese Yam) &amp; Wolfberry with Pork Rib Soup 山药枸杞排骨汤</p> <p>Steamed Snakehead Fish with Asparagus, Carrot &amp; Mushroom 麒麟蒸生鱼</p> <p>Stir Fried Snow Pea &amp; Fungus with Sliced Pork 甜豆木耳肉片</p> <p>Red Bean Tea 红豆茶</p> <p>Grain Rice 五谷饭</p>
<b>TUESDAY</b>	<p>Black Bean with Pork Rib Soup 黑豆排骨汤</p> <p>Steamed Cod Fish with Spinach 翡翠雪鱼</p> <p>Stir Fried French Bean with Wood Ear Fungus (Auricularia auricula-judae) 四季云耳</p> <p>Nourishing Burdock Tea 养生牛蒡茶</p> <p>Brown Rice 糙米饭</p>	<p>Nourishing Cordyceps with Threadfin Fish Soup 虫草滋补午鱼汤</p> <p>Stir Fried Pork Collar with Sesame Oil 麻香猪松板</p> <p>Stir Fried Celery with Mushrooms 西芹双菇</p> <p>Nourishing Burdock Tea 养生牛蒡茶</p> <p>Brown Rice 糙米饭</p>



**Healthier Menu**

Eat allfoods in moderation.



**Healthier options**  
available here



**We use healthier oil**

Eat allfoods in moderation.



**Lower-sodium options**

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May contain added potassium.



<p><b>WEDNESDAY</b></p>	<p>Solomonseal Rhizome, Wolfberry Pork Rib Soup 玉竹枸杞排骨汤</p> <p>Stir Fried Pork Fillet with Capsicum 彩椒炒猪柳条</p> <p>Stir Fried Asparagus with White Fungus 芦笋白木耳</p> <p>Astragalus, Wolfberry &amp; Red Date Tea 黄芪枸杞红枣茶</p> <p>Rice Berry 紫米饭</p>	<p>Sheng Hua Soup 生化汤</p> <p>Braised Pork Shank with Potato 清炖马铃薯肉 (猪腱肉)</p> <p>Stir Fried Kai Lan with Sliced Snakehead Fish 芥兰鱼生片</p> <p>Astragalus, Wolfberry &amp; Red Date Tea 黄芪枸杞红枣茶</p> <p>Rice Berry 紫米饭</p>
<p><b>THURSDAY</b></p>	<p>Black Fungus with Pork Rib Soup 黑木耳排骨汤</p> <p>Steamed Salmon with Ginkgo 白果蒸鲑鱼</p> <p>Braised Bean Curd, Red Carrot &amp; Black Fungus with Sliced Pork 家常豆腐</p> <p>Wellness Tea 保健茶</p> <p>**Logan &amp; Wolfberry Fried Rice 桂圆枸杞炒饭</p>	<p>Nourishing Red Date with Snakehead Fish Soup 滋养, 红枣生鱼汤</p> <p>Pig's Trotter in Ginger &amp; Vinegar 猪脚姜醋</p> <p>Stir Fried Broccoli with Capsicum 彩椒花椰</p> <p>Wellness Tea 保健茶</p> <p>Grain Rice 五谷饭</p>
<p><b>FRIDAY</b></p>	<p>Sheng Hua Soup 生化汤</p> <p>Shredded Ginger with Sliced Pork 子姜肉丝</p> <p>Stir Fried Snow Pea with Lion's Mane (Hericium Erinaceus) Mushroom 甜豆猴头菇</p> <p>Black Bean &amp; Licorice Tea 黑豆甘草茶</p> <p>Red Rice 红米饭</p>	<p>Lemon Grass with Pork Rib Soup 香茅姜排骨汤</p> <p>Steamed Grouper Fish with Chinese Angelica Root &amp; Red Date 当归红枣蒸石斑鱼</p> <p>Stir Fried Spinach with Sliced Pork 菠菜肉片</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>Burdock Root with Pork Rib Soup 牛蒡排骨汤</p> <p>“Five Willow” Snakehead Fish (Capsicums + Fungus + Mushroom) 五柳烧鱼 (彩椒 + 黑木耳 + 香菇) 生鱼</p> <p>Dioscorea Polystachya (Chinese Yam) with Sliced Pork 山药肉片</p> <p>Red Date Tea 红枣茶</p> <p>Brown Rice 糙米饭</p>	<p>Eucommia Bark with Pork Rib Soup 杜仲补腰排骨汤</p> <p>Sliced Pork with Onion &amp; Ginger Sauce 姜汁洋葱肉片</p> <p>Stir Fried Long Bean with Sesame Oil &amp; Bean Curd 长豆炒麻油豆干</p> <p>Red Date Tea 红枣茶</p> <p>Brown Rice 糙米饭</p>
<p><b>SUNDAY</b></p>	<p>Mushroom with Pork Rib Soup 香菇排骨汤</p> <p>Stir Fried Asparagus with Sliced Pork 芦笋烩肉片</p> <p>Stir Fried Broccoli with Sliced Snakehead Fish 花椰烩生鱼片</p> <p>Qi Invigorating Tea 益气补虚养身茶</p> <p>Rice Berry 紫米饭</p>	<p>Dioscorea, &amp; Wolfberry with Salmon Soup 淮山枸杞鲑鱼汤</p> <p>Eucommia Bark, Sesame Oil with Sliced Pork 杜仲, 麻油白肉</p> <p>Chayote with Mushroom 佛手鲜菇</p> <p>Qi Invigorating Tea 益气补虚养身茶</p> <p>Rice Berry 紫米饭</p>



**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.



	Lunch	Dinner
<b>MONDAY</b>	<p>Fenugreek, Green Papaya &amp; Peanut with Pork Rib Soup 葫芦巴木瓜花生排骨汤 <b>Fusion</b></p> <p>Stir Fried Sliced Chicken with Capsicum 彩椒鸡片</p> <p>Stir Fried Spinach with Mushrooms 菠菜双菇 (鸿禧菇 + 美白菇)</p> <p>Red Bean Tea 红豆茶</p> <p>Grain Rice 五谷饭</p>	<p>Chinese Angelica Root Chicken Tonic Soup 当归, 北芪鸡汤</p> <p>Steamed Snakehead Fish with Ginger &amp; Wolfberry 老姜枸杞蒸生鱼</p> <p>Stir Fried Potato with Sliced Pork 马铃薯炒肉片</p> <p>Red Bean Tea 红豆茶</p> <p>Grain Rice 五谷饭</p>
<b>TUESDAY</b>	<p>Polygonum Soup &amp; Black Bean with Black-bone Chicken Soup 首乌黑豆乌鸡汤</p> <p>Grilled Salmon with Lemon Caper Sauce 柠檬酸豆烤鲑鱼 <b>Fusion</b></p> <p>Stir-Fried Choy Sum Sprouts with Shredded Pork 港菜心苗炒肉丝</p> <p>Nourishing Burdock Tea 养生牛蒡茶</p> <p>Brown Rice 糙米饭</p>	<p>“Si Shen” Herbal with Pork Rib Soup 四神排骨汤</p> <p>Stir Fried Chicken &amp; Black Fungus with Rice Wine 黑木耳鸡酒</p> <p>Stir Fried Zucchini &amp; Mushroom <b>Fusion</b> 蘑菇炒节瓜</p> <p>Nourishing Burdock Tea 养生牛蒡茶</p> <p>Brown Rice 糙米饭</p>



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<p><b>WEDNESDAY</b></p>	<p>Dioscorea Pork Rib Soup 准山排骨汤</p> <p>Braised Turmeric Chicken 黄姜焖鸡</p> <p>Stir Fried Kai Lan with Sliced Snakehead Fish 芥兰生鱼片</p> <p>Astragalus, Wolfberry &amp; Red Date Tea 黄芪枸杞红枣茶</p> <p>Rice Berry 紫米饭</p>	<p>Gastrodia with Threadfin Fish Soup 天麻午鱼汤</p> <p>Honey Glazed Pork Chop with Sliced Ginger 姜丝, 蜜汁猪扒</p> <p>Stir Fried Lotus Root, Pea with Sweet Corn Kernels 莲藕碗豆片炒玉米粒</p> <p>Astragalus, Wolfberry &amp; Red Date Tea 黄芪枸杞红枣茶</p> <p>**Fried Rice with Shredded Pork &amp; Egg 姜肉丝蛋炒饭</p>
<p><b>THURSDAY</b></p>	<p>Eucommia Bark, Chinese Angelica Root 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 Chinese Spinach with Anchovies 苋菜炒银鱼</p> <p>Wellness Tea 保健茶</p> <p>Grain Rice 五谷饭</p>	<p>Creamy Mushroom &amp; Sweet Corn with Sliced Fish Soup 奶油蘑菇玉米鱼片汤 <span style="background-color: #c8a23d; border-radius: 50%; padding: 2px;">Fusion</span></p> <p>French-Style Red Wine Braised Chicken (Coq au Vin) <span style="background-color: #c8a23d; border-radius: 50%; padding: 2px;">Fusion</span> 法式红酒炖鸡</p> <p>Stir Fried Broccoli with Garlic 蒜香西兰花</p> <p>Wellness Tea 保健茶</p> <p>Grain Rice 五谷饭</p>
<p><b>FRIDAY</b></p> 	<p>Nourishing Cordyceps with Pork Rib Soup 虫草排骨汤</p> <p>“Hong Zao” (Red Glutinous Rice) Chicken 红糟鸡</p> <p>Stir Fried French Bean with Sliced Pork 四季肉片</p> <p>Black Bean &amp; Licorice Tea 黑豆甘草茶</p> <p>Red Rice 红米饭</p>	<p>Ten Herbal Chicken Soup 十全鸡汤</p> <p>Braised Pork Ball in Brown Sauce 红烧狮子头</p> <p>Stir Fried Bean Curd with Capsicum &amp; Mushroom 三色豆腐包 (彩椒 + 香菇)</p> <p>Black Bean &amp; Licorice Tea 黑豆甘草茶</p> <p>Red Rice 红米饭</p>



SATURDAY		
SUNDAY		
	<p>Green Papaya &amp; Corn Chicken Soup 木瓜玉米炖鸡汤</p> <p>Braised Pork Shank with Herbs 清炖猪腱肉</p> <p>Stir Fried Kai Lan with Abalone Mushroom 芥兰鲍鱼菇</p> <p>Red Date Tea 红枣茶</p> <p>Brown Rice 糙米饭</p>	<p>Fenugreek, Soybean with Pig's Trotter Soup 葫芦巴黄豆猪脚汤 <b>Fusion</b></p> <p>Steamed Chicken Thigh with D.O.M Wine 法式郎酒蒸鸡腿 <b>Fusion</b></p> <p>Baked Cauliflower &amp; Potato 奶香花椰烩马铃薯</p> <p>Red Date Tea 红枣茶</p> <p>Brown Rice 糙米饭</p>
	<p>Eucommia Bark Pork Rib Soup 杜仲排骨汤</p> <p>Braised Chicken with Chestnut &amp; Dried Longan 栗子, 桂圆烧鸡</p> <p>Braised Sliced Fish with Bean Curd 鱼片烩豆腐</p> <p>Qi Invigorating Tea 益气补虚养身茶</p> <p>Rice Berry 紫米饭</p>	<p>Chinese Motherwort with Sliced Pork Soup 益母草肉片汤</p> <p>Stir Fried King Oyster Mushroom with Sliced Pork Collar 麻油杏鲍菇炒五花肉</p> <p>Stir Fried Pea Sprouts with Beech Mushroom 豆苗炒蟹味菇</p> <p>Qi Invigorating Tea 益气补虚养身茶</p> <p>Rice Berry 紫米饭</p>



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**Healthier options available here**



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**Lower-sodium options**

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May contain added potassium.



	Lunch	Dinner
<b>MONDAY</b>	<p>Lotus Root, Peanut with Chicken Soup 莲藕花生鸡汤</p> <p>Braised Pork Rib with Black Vinegar 黑醋米酒烧排骨</p> <p>Stir Fried Celery &amp; Baby Corn with Minced Pork 西芹玉米肉碎</p> <p>Red Bean Tea 红豆茶</p> <p>Grain Rice 五谷饭</p>	<p>“Liu Wei” Nourishing Pork Rib Soup 六味滋补排骨汤</p> <p>Herbal Chicken 药材鸡</p> <p>Stir Fried Asparagus with Brown Beech Mushroom 芦笋鸿禧菇</p> <p>Red Bean Tea 红豆茶</p> <p>Grain Rice 五谷饭</p>
<b>TUESDAY</b>	<p>Cordyceps, Lion's Mane Mushroom with Pork Rib Soup 虫草猴头菇排骨汤</p> <p>Steamed Chicken with Astragalus Root 黄芪香菇蒸鸡</p> <p>Potato with Seaweed &amp; Minced Pork 紫菜肉碎烩薯片</p> <p>Nourishing Burdock Tea 养生牛蒡茶</p> <p>Brown Rice 糙米饭</p>	<p>Dioscorea &amp; Fungus with Black Chicken Soup 淮山枸杞桂圆雪耳乌鸡汤</p> <p>Miso Grilled Salmon <b>Fusion</b> 味噌烤鲑鱼</p> <p>Stir Fried Red Amaranth with Shredded Pork 红苋菜炒肉丝</p> <p>Nourishing Burdock Tea 养生牛蒡茶</p> <p>Brown Rice 糙米饭</p>



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<p><b>WEDNESDAY</b></p>	<p>Japanese-Style Onion Chicken Soup 日式洋葱鸡汤 <b>Fusion</b></p> <p>Japanese-Style Teriyaki Pork Chop 日式照烧猪扒 <b>Fusion</b></p> <p>Stir Fried Cauliflower with Japanese Tofu 花椰炒日本豆腐 <b>Fusion</b></p> <p>Astragalus, Wolfberry &amp; Red Date Tea 黄芪枸杞红枣茶</p> <p>Rice Berry 紫米饭</p>	<p>Polygonum with Pork Rib Soup 首乌排骨汤</p> <p>Stir Fried Chicken Fillet with Capsicum &amp; Cashew 彩椒, 腰果鸡柳</p> <p>Stir Fried Shanghai Green with Assorted Mushrooms 上海青炒什锦菇</p> <p>Astragalus, Wolfberry &amp; Red Date Tea 黄芪枸杞红枣茶</p> <p>**Fried Olive Rice 橄榄菜炒饭 <b>Fusion</b></p>
<p><b>THURSDAY</b></p>	<p>Seaweed &amp; Soybean with 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 with Anchovies 菠菜银鱼</p> <p>Wellness Tea 保健茶</p> <p>Grain Rice 五谷饭</p>	<p>Four Elements with 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 Cauliflower with Snakehead Fish 椰菜花炒生鱼片</p> <p>Wellness Tea 保健茶</p> <p>Grain Rice 五谷饭</p>
<p><b>FRIDAY</b></p>	<p>Pumpkin with Minced Pork Soup 南瓜浓汤</p> <p>Grilled Chicken with Italian Herbs 意式香料烤鸡排 <b>Fusion</b></p> <p>Stir Fried Pea Sprouts, Mushroom with Sliced Pork 冬菇肉丝炒豆苗</p> <p>Black Bean &amp; Licorice Tea 黑豆甘草茶</p> <p>**Spaghetti 红酱意大利面 <b>Fusion</b></p>	<p>"Si Shen" Herbal with Pork Rib Soup 四神排骨汤</p> <p>Stir Fried Turmeric Sliced Pork 姜黄肉片</p> <p>Stir Fried Baby Kai Lan with Anchovies 泰国小芥兰炒江鱼仔</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>Black Chicken with Tea Tree Mushroom Soup 茶树菇炖乌鸡汤</p> <p>Stewed Pork Rib with Potato 马铃薯焖排骨</p> <p>Chayote with Sliced Snakehead Fish 佛手片生鱼片</p> <p>Red Date Tea 红枣茶</p> <p>Brown Rice 糙米饭</p>	<p>Peanut, Red Date, Black Eye Pea with Pig's Trotter Soup 红枣花生眉豆猪脚汤</p> <p>Stir Fried Diced Chicken with Mushroom, Ginger &amp; Sesame Oil 姜麻, 蘑菇炒鸡丁</p> <p>Stir Fried Broccoli with White Fungus 花椰白木耳</p> <p>Red Date Tea 红枣茶</p> <p>Brown Rice 糙米饭</p>
<p><b>SUNDAY</b></p>	<p>Night Blooming Cereus with Snakehead Fish Soup 霸王花润肺生鱼汤</p> <p>Fuzhou Red Wine Chicken 福州红酒鸡</p> <p>Stir Fried Snow Peas with King Oyster &amp; Shimeji Mushrooms 荷兰豆炒鲜菇 (杏鲍菇 + 雪白菇)</p> <p>Qi Invigorating Tea 益气补虚养身茶</p> <p>Rice Berry 紫米饭</p>	<p>Szechuan Lovage Root &amp; Black Date with Chicken Soup 川芎黑枣鸡汤</p> <p>Steamed Grouper Fish with Sliced Ginger &amp; Sesame Oil 麻油蒸石斑鱼</p> <p>Braised Bean Curd with Hairy Gourd 节瓜烧豆腐</p> <p>Qi Invigorating Tea 益气补虚养身茶</p> <p>Rice Berry 紫米饭</p>



**Healthier Menu**

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**Healthier options**  
available here



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**Lower-sodium options**

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May contain added potassium.



	Lunch	Dinner
<b>MONDAY</b>	<p>Red Date, Chicken with Rice Wine Soup 红枣鸡米酒汤</p> <p>Steamed Pig's Trotter with Herbs 药膳蒸猪脚</p> <p>Stir Fried Broccoli with Sliced Pork 西兰花炒肉丝</p> <p>Red Bean Tea 红豆茶</p> <p>Grain Rice 五谷饭</p>	<p>Creamy Mushroom &amp; Sliced Fish Soup 蘑菇生鱼浓汤</p> <p>Western-Style Creamy Baked Chicken Cutlet 西式奶油烤鸡排 <b>Fusion</b></p> <p>Braised Hong Kong Choy Sum with Double Mushrooms 香港菜心烩双菇</p> <p>Red Bean Tea 红豆茶</p> <p>Grain Rice 五谷饭</p>
<b>TUESDAY</b>	<p>Japanese-Style Miso, Bean Curd with Pork Rib Soup 日式味噌豆腐排骨汤 <b>Fusion</b></p> <p>Japanese Sesame Grilled Salmon 日式芝麻酱烤鲑鱼 <b>Fusion</b></p> <p>Stir Fried Green Bean &amp; Baby Corn with Diced Chicken 毛豆, 玉米炒鸡丁</p> <p>Nourishing Burdock Tea 养生牛蒡茶</p> <p>Brown Rice 糙米饭</p>	<p>"Ba Zhen" with Chicken Soup 八珍鸡汤</p> <p>Sliced Pork with Double Mushrooms 双鲍菇炒肉片 (杏鲍菇 + 鲍鱼菇)</p> <p>Stir Fried Spinach with Anchovies 波菜银鱼</p> <p>Nourishing Burdock Tea 养生牛蒡茶</p> <p>Brown Rice 糙米饭</p>



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<p><b>WEDNESDAY</b></p>	<p>Eucommia Bark, Hawthorn with Chicken Soup 杜仲山楂鸡汤</p> <p>Baked Pork Chop with Tomato &amp; Cheese 番茄起司烤猪扒 <b>Fusion</b></p> <p>Braised Hairy Gourd with Glass Noodles 节瓜烩冬粉</p> <p>Astragalus, Wolfberry &amp; Red Date Tea 黄芪枸杞红枣茶</p> <p>Rice Berry 紫米饭</p>	<p>Black Bean with Pig's Trotter Soup 黑豆猪脚汤</p> <p>Hong Kong Style Steamed Threadfin 港式蒸午鱼</p> <p>Stir Fried Sliced Pork with Asparagus 芦笋肉片</p> <p>Astragalus, Wolfberry &amp; Red Date Tea 黄芪枸杞红枣茶</p> <p>Hawaiian Fried Rice with Pork Floss <b>Fusion</b> 夏威夷炒饭</p>
<p><b>THURSDAY</b></p>	<p>"Si Shen" Herbal with Pork Rib Soup 四神排骨汤</p> <p>"Hong Zao" (Red Glutinous Rice) Sliced Pork 红糟肉片</p> <p>Stir Fried Kai Lan with Shredded Chicken 芥兰鸡丝</p> <p>Wellness Tea 保健茶</p> <p>Grain Rice 五谷饭</p>	<p>Cordyceps with Chicken Soup 虫草鸡汤</p> <p>Pig's Trotter in Ginger &amp; Vinegar 猪脚姜醋</p> <p>Stir Fried Broccoli with White Fungus 绿椰银杏白木耳</p> <p>Wellness Tea 保健茶</p> <p>Grain Rice 五谷饭</p>
<p><b>FRIDAY</b></p>	<p>Tomato Borscht Soup with Pork <b>Fusion</b> 番茄罗宋猪肉汤</p> <p>Grilled Chicken with Basil <b>Fusion</b> 萝勒烤鸡排</p> <p>Stir Fried Romaine Lettuce with Mushrooms 油麦菜炒鲜菇</p> <p>Black Bean &amp; Licorice Tea 黑豆甘草茶</p> <p><b>**Pesto Spaghetti</b> <b>Fusion</b> 青酱意大利面</p>	<p>Nourishing Red Date with Sea Bass Soup 滋养红枣鲈鱼汤</p> <p>Braised Pork Rib with Ginger 姜丝, 红烧排骨</p> <p>Stir Fried French Bean with Sliced Chicken 四季豆炒鸡片</p> <p>Black Bean &amp; Licorice Tea 黑豆甘草茶</p> <p>Red Rice 红米饭</p>



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SATURDAY	<p>Eucommia Bark with Chicken Soup 杜仲补腰鸡汤</p> <p>Stir Fried Sliced Pork with Pumpkin 南瓜炒肉片</p> <p>Stir Fried Spinach with Enoki Mushroom 菠菜炒金针菇</p> <p>Red Date Tea 红枣茶</p> <p>Brown Rice 糙米饭</p>	<p>Creamy Onion Soup with Sliced Pork 洋葱肉片浓汤 <b>Fusion</b></p> <p>Braised Chicken with Mediterranean Herb 地中海香草炖鸡肉 <b>Fusion</b></p> <p>Stir Fried Bok Choy with Sliced Fish 奶白菜炒鱼片</p> <p>Red Date Tea 红枣茶</p> <p>Brown Rice 糙米饭</p>
SUNDAY	<p>Astragalus Root with Salmon Soup 黄芪鲑鱼汤</p> <p>Steamed Chicken with Ginger, Sesame Oil, Wolfberry &amp; Lotus seed 姜麻, 枸杞莲子蒸鸡</p> <p>Braised Assorted Vegetables with Lotus Root Slices 什锦烩藕片</p> <p>Qi Invigorating Tea 益气补虚养身茶</p> <p>Rice Berry 紫米饭</p>	<p>Dried Tangerine &amp; Black Date with Black Chicken Soup 陈皮黑枣乌鸡汤</p> <p>Stir Fried Sliced Pork with Black Fungus &amp; Sesame 黑木耳, 姜麻炒肉片</p> <p>Stir Fried Kai Lan with Mushroom 香菇芥兰</p> <p>Qi Invigorating Tea 益气补虚养身茶</p> <p>Rice Berry 紫米饭</p>



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NouRiche  
ALWAYS RICH IN NOURISHMENT

# REGULAR CONFINEMENT MEAL



## 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 Lili (Bai He) / 百合

Bulbus Lili (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.



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# REGULAR CONFINEMENT MEAL



## 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.

## Hawthorn (Shan Zha) / 山楂

Hawthorn can help restore a harmonious balance between Yin and Yang.

## Lemon Grass / 香茅

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

## Longan / 桂圆

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



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# REGULAR CONFINEMENT MEAL



## 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.



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# REGULAR CONFINEMENT MEAL



## UNDERSTANDING THE VEGETABLES:

### Asparagus / 芦笋

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

### Basil / 罗勒

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 phosphorous.

### 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.



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## 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

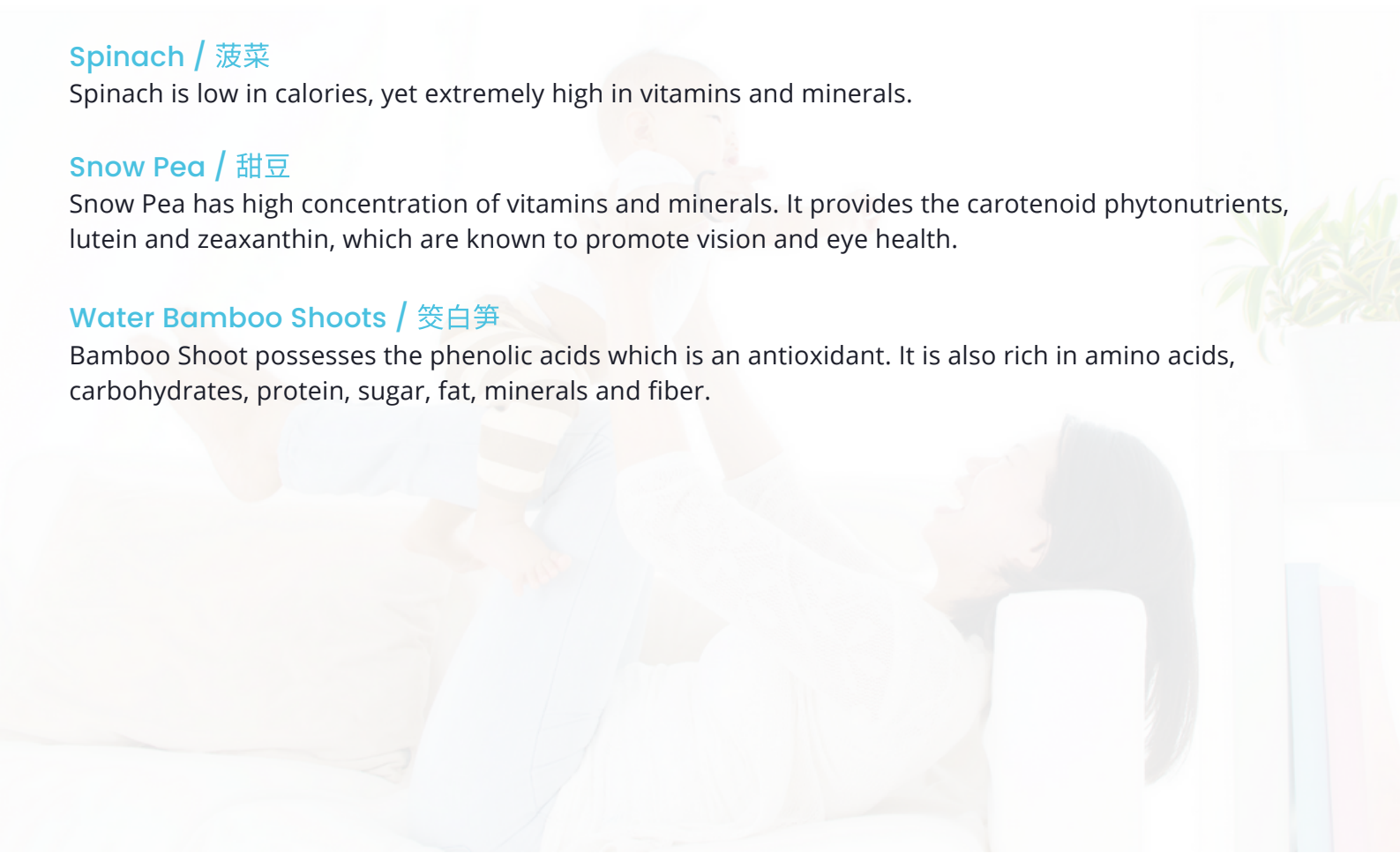
Spinach is low in calories, yet extremely high in vitamins and minerals.

## 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.





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## 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 thousands of 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.

