

Trial Menu A

祛血滋补排骨汤

Double-boiled Pork Ribs with Chinese Herbs

药膳黑豆蒸鸡

Sautéed Chicken with Black Bean and Chinese Herbs

or

红枣酱蒸雪鱼

Steamed Cod Fish with Red Dates

姜汁炒白菜苗

Sautéed Baby Cabbage with Ginger Sauce

五谷蒸饭

Steamed 5 Grains Rice

姜茶汤圆

Sweet Ginger Tea with Glutinous Rice ball

Trial Menu B

滋养红枣生鱼汤

Double-boiled Fish Soup with Red Dates

姜丝鸡精炒黑豚肉

Sautéed Sliced Black Pork with Ginger and Essence of Chicken

or

南瓜焖鸡肉

Braised Chicken with Pumpkin

木耳米酒炒蛋

Scrambled Egg with Black Fungus and Chinese Wine

蒸白饭

Steamed Rice

木瓜炖雪耳红枣

Double-boiled Papaya, Red Date and White Fungus