

CONFINEMENT MEALS BY YÀN 宴坐月子餐

DAY 8

Lunch

滋养红枣生鱼汤

Double-boiled Fish Soup with Red Dates

官保爆鸡球

[A] Sautéed Kung Pao Chicken

or

姜丝蛋花米酒鱼片

[B] Poached Fish Fillet with Egg, Ginger and Chinese Wine

清炒白菜苗

Sautéed Baby Cabbage

白果蒸饭

Steamed Rice with Ginkgo

DAY 8

Dinner

杜仲补腰炖排骨汤

(防止腰酸背痛, 补充体力)

Double-boiled Duzhong Soup with Pork Ribs

姜茸米酒蒸鸡

Steamed Chicken with Minced Ginger and Chinese Wine

胡椒粒炒肉片

[A] Sautéed Sliced Pork with Pepper

or

黑豆豉炒长豆角

(促进消化, 解毒, 活血, 祛风, 益气)

[B] Sautéed Long Bean with Black Bean

蒸白饭

Steamed Rice

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CONFINEMENT MEALS BY YÀN 宴坐月子餐

DAY 9

Lunch

青木瓜鸡脚花生汤

Double-boiled Papaya and Chicken Feet

莲藕云耳炒肉片

[A] Sautéed Sliced Pork with Lotus Root and Black Fungus

or

药材蒸鱼片

[B] Steamed Fish Fillet with Chinese Herbs

清炒芥兰仔

Sautéed Baby Kai Lan

姜茸蒸饭

Steamed Rice with Minced Ginger

DAY 9

Dinner

滋养红枣生鱼汤

Double-boiled Fish Soup with Red Dates

养命酒炒醉鸡

[A] Sautéed Chicken with Yomeishu Wine

or

金银蛋蒸蛋

[B] Steamed Egg with Salted Egg and Preserved egg

肉碎炒薯仔片

Sautéed Sliced Potato with Minced Pork

当归蒸饭

(健脾胃, 补血, 散寒, 止痛)

Steamed Rice with Dang Gui

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CONFINEMENT MEALS BY YÀN 宴坐月子餐

DAY 10

Lunch

祛血滋补排骨汤

Double-boiled Pork Ribs with Chinese Herbs

照烧汁焗鸡肉

[A] Wok-fried Chicken fillet Special Sauce

or

红曲山楂排骨

[B] Braised Pork Ribs with Hawthorn

素 XO 酱西兰花

(补胃, 增强免疫力, 帮助消化)

Sautéed Broccoli with Vegetarian XO Sauce

五谷蒸饭

Steamed Grain Rice

DAY 10

Dinner

营养黑豆排骨汤

Double-boiled Pork Ribs with Wu Dou

肉碎扒豆腐

[A] Braised Beancurd with Minced Pork

or

姜葱炒鱼球

[B] Sautéed Fish Fillet with Ginger and Spring Onions

姜片米酒炒白菜苗

Sautéed Baby Cabbage with Ginger and Chinese Wine

莲子蒸饭

(养心安神, 补脾虚)

Steamed Rice with Lotus seed

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CONFINEMENT MEALS BY YÀN 宴坐月子餐

DAY 11

Lunch

何首乌乌鸡汤

(提高生理机能, 补益精血, 对贫血有明显功效, 乌须发,)

Double-boiled Heshouwu with Black Chicken

云耳蒸肉片

[A] Steamed Sliced Pork with Black Fungus

or

姜葱炒鱼片

[B] Sautéed Fish Fillet with Ginger and Spring Onions

姜丝天津白菜

Sautéed Sautéed Tianjin Cabbage with with Ginger

当归蒸饭

(健脾胃, 补血, 散寒, 止痛)

Steamed Rice with Dang Gui

DAY 11

Dinner

山药羊肚菌鸡汤

Double-boiled Shanyao & Morel Soup with Chicken

莲藕炒鸡柳

[A] Sautéed Chicken Fillet with Lotus Root

or

芙蓉煎蛋

[B] Onion and BBQ Pork Omelette

冬菇芥兰仔

(益气血, 安神, 化痰理气)

Sautéed Baby Kai Lan with Mushroom

莲子蒸饭

(养心安神, 补脾虚)

Steamed Rice with Lotus Seed

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CONFINEMENT MEALS BY YÀN 宴坐月子餐

DAY 12

Lunch

滋养红枣生鱼汤

Double-boiled Fish Soup with Red Dates

养命酒炒醉鸡

[A] Sautéed Chicken with Yomeishu Wine

or

木瓜鱼片

[B] Sautéed Fish Fillet with Papaya

黑豆豉炒白菜苗

Sautéed Baby Cabbage with Black Bean

蒸白饭

Steamed Rice

DAY 12

Dinner

花旗参田七补血汤

Double-boiled American Ginseng & Tian Qi Soup with Pork

姜丝米酒蒸肉片

[A] Steamed Sliced Pork with Ginger and Chinese Wine

or

青红椒鱼片

(健脾益胃, 高蛋白质, 暖胃, 帮助消化)

[B] Sautéed Fish Fillet with Capsicum

姜粒炒西兰花

Sautéed Broccoli with Ginger

蒸白饭

Steamed Rice

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DAY 13

Lunch

青木瓜鱼汤

(增加母乳, 有补虚, 清热解毒, 有助于降血和降血脂)

Double-boiled Papaya and Fish Soup

红烧焖五花肉

[A] Braised Pork Belly

or

咕嚕鱼片

[B] Sweet and Sour Fish

红枣焖薯仔

Braised Potato with Red Dates

白果蒸饭

Steamed Rice with Ginkgo

DAY 13

Dinner

祛血滋补排骨汤

Double-boiled Pork Ribs with Chinese Herbs

蒜子黑豆豉炒鸡柳

[A] Sautéed Chicken Fillet with Black Bean and Garlic

or

姜丝杞子蒸鱼柳

[B] Steamed Fish Fillet with Garlic and Wolfberries

蒜蓉炒西兰花

Sautéed Broccoli with Garlic

香茅蒸饭

Steamed Rice with Lemongrass

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DAY 14

Lunch

营养黑豆排骨汤

Double-boiled Pork Ribs with Wu Dou

红糟鸡

(活血益肝, 补气, 增强免疫力, 降低胆固醇)

[A] Braised Chicken with Red Glutinous Rice Wine

or

麦片炸鱼块

[B] Deep Fried Fish Fillet with Crispy Oats

蚝油芥兰仔

Sautéed Baby Kai Lan with Oyster Sauce

香茅蒸饭

Steamed Rice with Lemongrass

DAY 14

Dinner

何首乌乌鸡汤

(提高生理机能, 补益精血, 对贫血有明显功效, 乌须发)

Double-boiled Heshouwu with Black Chicken

姜芽焖甘榜鸡

[A] Wok-fried Chicken with Young Ginger

or

肉碎蒸豆腐

[B] Steamed Beancurd with Minced Pork

紅焖茄子

Braised Eggplant

姜茸蒸饭

Steamed Rice with Minced Ginger

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CONFINEMENT MEALS BY YÀN 宴坐月子餐

DAY 15

Lunch

花旗参田七补血汤

Double-boiled American Ginseng & Tian Qi Soup with Pork

姜丝杞子蒸鸡

(祛风, 补血, 明目)

[A] Steamed Chicken with Ginger and Wolfberries

or

木耳米酒班

[B] Poached Grouper Fillet with Black Fungus and Chinese Wine

清炒白菜苗

Sauteed Baby Cabbage

莲子蒸饭

(养心安神, 补脾虚)

Steamed Rice with Lotus seed

DAY 15

Dinner

祛血滋补排骨汤

Double-boiled Pork Ribs with Chinese Herbs

文东姜猪脚醋

(补血滋补, 醒胃提神, 补钙和强筋健骨)

[A] Braised Pig's Trotter with Ginger with Black Vinegar

or

鸡蛋蒸豆腐

[B] Steamed Beancurd with Egg

红枣焖薯仔

Braised Potato with Red Dates

香茅蒸饭

Steamed Rice with Lemongrass

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CONFINEMENT MEALS BY YÀN 宴坐月子餐

DAY 16

Lunch

滋养红枣生鱼汤

Double-boiled Fish Soup with Red Dates

姜丝麻油炒肉片

(促进血液循环, 祛寒, 润肠, 解毒)

Sautéed Sliced Pork with Ginger and Sesame oil

红烧豆腐

[A] Braised Beancurd with Oyster Sauce

or

大葱煎蛋

[B] Onion Omelette

蒸白饭

Steamed Rice

DAY 16

Dinner

山药羊肚菌鸡汤

Double-boiled Shanyao & Morel Soup with Chicken

宫保鱼块

(促进食欲, 补肝, 润肠)

[A] Sautéed Kung Pao Fish Fillet

or

玫瑰露豉油鸡

[B] Soya Chicken with Chinese Rose Wine

冬菇芥兰仔

(益气血, 安神, 化痰理气)

Sautéed Baby Kai Lan with Mushroom

南瓜蒸饭

(润肺益气, 美容, 解毒)

Steamed Rice with Pumpkin

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DAY 17

Lunch

花旗参田七补血汤

Double-boiled American Ginseng & Tian Qi Soup with Pork

药材蒸鸡

[A] Steamed Chicken with Chinese Herbs

or

南瓜煮鱼块

[B] Braised Pumpkin with Fish Fillet

金银蒜炒四季豆

Sautéed French Bean with Garlic

姜茸蒸饭

Steamed Rice with minced ginger

DAY 17

Dinner

当归补血炖鸡汤

Double-boiled Chicken Soup with Dang Gui

香茅特酱焗鸡肉

[A] Wok-fried Chicken Fillet with Lemongrass Sauce

or

紅枣云耳蒸鱼块

[B] Steamed Fillet with Black Fungus Red Dated

姜片米酒炒白菜苗

Sautéed Baby Cabbage with Ginger and Chinese Wine

五谷蒸饭

Steamed Grain Rice

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CONFINEMENT MEALS BY YÀN 宴坐月子餐

DAY 18

Lunch

何首乌乌鸡汤

(提高生理机能, 补益精血, 对贫血有明显功效, 乌须发,)

Double-boiled Heshouwu with Black Chicken

黑豆豉焖排骨

[A] Braised Pork Ribs with Black Bean

or

姜葱炒鱼球

[B] Sautéed Fish Fillet with Ginger and Spring Onions

红枣焖薯仔

Braised Potato with Red Dates

当归蒸饭

(健脾胃, 补血, 散寒, 止痛)

Steamed Rice with Dang Gui

DAY 18

Dinner

山药羊肚菌鸡汤

Double-boiled Shanyao & Morel Soup with Chicken

北菇蒸片肉

[A] Steamed Sliced Pork with Black Mushroom

or

芙蓉煎蛋

[B] Onion and BBQ Pork Omelette

冬菇芥兰仔

(益气血, 安神, 化痰理气)

Sautéed Baby Kai Lan with Mushroom

莲子蒸饭

(养心安神, 补脾虚)

Steamed Rice with Lotus seed

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CONFINEMENT MEALS BY YÀN 宴坐月子餐

DAY 19

Lunch

滋养红枣生鱼汤

Double-boiled Fish Soup with Red Dates

养命酒炒醉鸡

[A] Sautéed Chicken with Yomeishu Wine

or

木瓜鱼球

[B] Sautéed Fish Fillet with Papaya

紅焖茄子

Braised Eggplant

当归蒸饭(健脾胃, 补血, 散寒, 止痛)

Steamed Rice with Dang Gui

DAY 19

Dinner

花旗参田七补血汤

Double-boiled American Ginseng & Tian Qi Soup with Pork

姜丝米酒蒸肉片

[A] Steamed Sliced Pork with Ginger and Chinese Wine

Or

七味炸鱼块

[B] Deep Fried Fish Fillet with Seven Spices Powder

姜片米酒炒白菜苗

Sautéed Baby Cabbage with Ginger and Chinese Wine

南瓜蒸饭

Steamed Rice with Pumpkin

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CONFINEMENT MEALS BY YÀN 宴坐月子餐

DAY 20

Lunch

青木瓜鱼汤

(增加母乳, 有补虚, 清热解毒, 有助于降血和降血脂)

Double-boiled Papaya and Fish Soup

文东姜猪脚醋

(补血滋补, 醒胃提神, 补钙和强筋健骨)

[A] Braised Pig's Trotter with Ginger with Black Vinegar

or

大葱煎蛋

[B] Onion Omelette

素 XO 酱西兰花

(补胃, 增强免疫力, 帮助消化)

Sautéed Broccoli with Vegetarian XO Sauce

姜茸蒸饭

Steamed Rice with Minced Ginger

DAY 20

Dinner

祛血滋补排骨汤

Double-boiled Pork Ribs with Chinese Herbs

酸甜古老肉

[A] Sweet and Sour Pork

or

药材蒸鱼球

[B] Steamed Fish Fillet with Chinese Herbs

豆豉鲮鱼肉炒油麦菜

Sautéed You Mai Cai with Fried Dace and Black Bean

番茄蒸饭

Steamed Rice with Tomato

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CONFINEMENT MEALS BY YÀN 宴坐月子餐

DAY 21

Lunch

山药羊肚菌鸡汤

Double-boiled Shanyao & Morel Soup with Chicken

玫瑰露豉油鸡

[A] Soya Chicken with Chinese Rose Wine

or

红烧豆腐

[B] Braised Beancurd with Oyster Sauce

金银蒜炒四季豆

Sautéed French Bean with Garlic

五谷蒸饭

Steamed Grain Rice

DAY 21

Dinner

何首乌乌鸡汤

(提高生理机能, 补益精血, 对贫血有明显功效, 乌须发,)

Double-boiled Heshouwu with Black Chicken

姜丝麻油炒肉片

(促进血液循环, 祛寒, 润肠, 解毒)

[A] Sautéed Sliced Pork with Ginger and Sesame oil

or

蒜蓉豆腐蒸鱼球

(活血祛瘀, 高蛋白质, 保肝, 增强免疫力)

[B] Steamed Fish Fillet with Beancurd and Minced Garlic

清炒西兰花

Sautéed Broccoli

蒸白饭

Steamed Rice

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CONFINEMENT MEALS BY YÀN 宴坐月子餐

DAY 22

Lunch

滋养红枣生鱼汤

Double-boiled Fish Soup with Red Dates

花雕姜片炸鸡

[A] Sautéed Chicken with Chinese and Young Ginger

or

蜜汁叉烧

[B] Barbecue Honey Pork

清炒白菜苗

Sautéed Baby Cabbage

当归蒸饭(健脾胃, 补血, 散寒, 止痛)

Steamed Rice with Dang Gui

DAY 22

Dinner

杜仲补腰炖排骨汤

(防止腰酸背痛, 补充体力)

Double-boiled Duzhong Soup with Pork Ribs

青红椒黑豆豉鱼球

(健脾益胃, 高蛋白质, 暖胃, 帮助消化)

[A] Sautéed Fish Fillet with Capsicum and Black Bean

or

姜丝米酒蒸肉片

[B] Steamed Sliced Pork with Ginger and Chinese Wine

冬菇芥兰仔

(益气血, 安神, 化痰理气)

Sautéed Baby Kai Lan with Mushroom

南瓜蒸饭

Steamed Rice with Pumpkin

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CONFINEMENT MEALS BY YÀN 宴坐月子餐

DAY 23

Lunch

青木瓜鸡脚花生汤

Double-boiled Papaya and Chicken feet

蒜子黑豆豉炒鸡

[A] Sautéed Chicken with Black Bean and Garlic

or

姜丝杞子蒸鱼球

[B] Steamed Fish Fillet with Ginger and Wolfberries

姜片米酒炒白菜苗

Sautéed Baby Cabbage with Ginger and Chinese Wine

姜茸蒸饭

Steamed Rice with Minced Ginger

DAY 23

Dinner

滋养红枣生鱼汤

Double-boiled Fish Soup with Red Dates

北菇蒸鸡

(祛风, 补血, 明目)

[A] Steamed Chicken with Mushroom

or

番茄炒蛋

(清热解毒, 健胃消化, 补血养颜)

[B] Scrambled Egg with Tomato

蒜蓉炒长豆角

Sautéed Long Bean with Minced Garlic

当归蒸饭

(健脾胃, 补血, 散寒, 止痛)

Steamed Rice with Dang Gui

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CONFINEMENT MEALS BY YÀN 宴坐月子餐

DAY 24

Lunch

祛血滋补排骨汤

Double-boiled Pork Ribs with Chinese Herbs

糖醋鱼块

(促进食欲, 补肝, 润肠)

[A] Sweet and Sour Fish Fillet

or

姜芽花椒五花肉

[B] Sautéed Sliced Pork Belly with Ginger Peppercorn

鸡蛋蒸豆腐

Steamed Beancurd with Egg

香茅蒸饭

Steamed Rice with Lemongrass

DAY 24

Dinner

营养黑豆排骨汤

Double-boiled Pork Ribs with Wu Dou

文东姜猪脚醋

(补血滋补, 醒胃提神, 补钙和强筋健骨)

[A] Braised Pig's Trotter with Ginger with Black Vinegar

or

药材蒸鸡

[B] Steamed Chicken with Chinese Herbs

姜片米酒炒西兰花

Sautéed Broccoli with Ginger and Chinese Wine

蒸白饭

Steamed Rice

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CONFINEMENT MEALS BY YÀN 宴坐月子餐

DAY 25

Lunch

何首乌乌鸡汤

(提高生理机能, 补益精血, 对贫血有明显功效, 乌须发,)

Double-boiled Heshouwu with Black Chicken

姜葱焖花肉

[A] Braised Pork Belly with Ginger and Spring Onion

or

木耳米酒鱼球

[B] Poached Fish Fillet with Black Fungus and Chinese Wine

肉碎炒薯仔片

Sautéed Sliced Potato with Minced Pork

白果蒸饭

Steamed Rice with Ginkgo

DAY 25

Dinner

山药羊肚菌鸡汤

Double-boiled Shanyao & Morel Soup with Chicken

老干妈炒肉片

[A] Sautéed Sliced Pork with Sichuan Spicy Sauce

or

姜丝蛋花米酒鱼球

[B] Poached Fish Fillet with Egg, Ginger and Chinese Wine

清炒油麦菜

Sautéed You Mai Cai

姜茸蒸饭

Steamed Rice with Minced Ginger

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CONFINEMENT MEALS BY YÀN 宴坐月子餐

DAY 26

Lunch

滋养红枣生鱼汤

Double-boiled Fish Soup with Red Dates

红糟鸡

(活血益肝, 补气, 增强免疫力, 降低胆固醇)

[A] Braised Chicken with Red Glutinous Rice Wine

or

黑蒜蓉炒肉片

(活血祛瘀, 高蛋白质, 保肝, 增强免疫力)

[B] Sautéed Sliced Pork with Minced Black Garlic

豆豉鲮鱼肉炒白菜苗

Sautéed Baby Cabbage with Fried Dace and Black Bean

番茄蒸饭

Steamed Rice with Tomato

DAY 26

Dinner

花旗参田七补血汤

Double-boiled American Ginseng & Tian Qi Soup with Pork

姜丝麻油炒肉片

(促进血液循环, 祛寒, 润肠, 解毒)

[A] Sautéed Sliced Pork with Ginger and Sesame Oil

or

麦片炸鱼块

[B] Deep Fried Fish Fillet with Crispy Oats

红烧豆腐

(促进消化, 解毒, 活血, 祛风, 益气)

Braised Beancurd with Oyster Sauce

莲子蒸饭

(养心安神, 补脾虚)

Steamed Rice with Lotus Seed

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CONFINEMENT MEALS BY YÀN 宴坐月子餐

DAY 27

Lunch

青木瓜鱼汤

(增加母乳, 有补虚, 清热解毒, 有助于降血和降血脂)

Double-boiled Papaya and Fish soup

红曲山楂排骨

[A] Braised Pork Ribs with Hawthorn

or

姜丝米酒炒蛋

(祛风, 暖胃, 去血淤)

[B] Scrambled Egg with Ginger and Chinese

清炒白菜苗

Sautéed Baby Cabbage

姜茸蒸饭

Steamed Rice with Minced Ginger

DAY 27

Dinner

祛血滋补排骨汤

Double-boiled Pork Ribs with Chinese Herbs

花雕姜片炸鸡

[A] Sautéed Chicken with Chinese and Young Ginger

or

红枣木耳蒸鱼球

[B] Steamed Fish Fillet with Red Dates and Black Fungus

蒜蓉炒西兰花

Sautéed Broccoli with Garlic

香茅蒸饭

Steamed Rice with Lemongrass

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CONFINEMENT MEALS BY YÀN 宴坐月子餐

DAY 28

Lunch

营养黑豆排骨汤

Double-boiled Pork Ribs with Wu Dou

南瓜炒肉片

[A] Sautéed Sliced Pork with Pumpkin

or

麦片炸豆腐

[B] Deep Fried Beancurd with Oat

冬菇芥兰仔

(益气血, 安神, 化痰理气)

Sautéed Baby Kai Lan with Mushroom

蒸白饭

Steamed Rice

DAY 28

Dinner

何首乌乌鸡汤

(提高生理机能, 补益精血, 对贫血有明显功效, 乌须发,)

Double-boiled Heshouwu with Black Chicken

辣子鸡

[A] Deep Fried Diced Chicken with Dried Chilli

or

木瓜鱼球

[B] Sautéed Fish Fillet with Papaya

金银蒜炒四季豆

Sautéed French Bean with Garlic

姜茸蒸饭

Steamed Rice with Minced Ginger

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CONFINEMENT MEALS BY YÀN 宴坐月子餐

DAY 29

Lunch

杜仲补腰炖排骨汤
(防止腰酸背痛, 补充体力)
Double-boiled Duzhong Soup with Pork Ribs

照烧汁焗鸡肉
[A] Wok-fried Chicken Fillet Special Sauce

or

姜葱炒鱼球
[B] Sautéed Fish Fillet with Ginger and Spring Onions

紅焖茄子
Braised Eggplant

香茅蒸饭
Steamed Rice with Lemongrass

DAY 29

Dinner

滋养红枣生鱼汤
Double-boiled Fish Soup with Red Dates

姜丝蛋花米酒鱼球
[A] Poached Fish Fillet with Egg, Ginger and Chinese Wine

or

玫瑰露豉油鸡
[B] Soya Chicken with Chinese Rose Wine

姜片米酒炒白菜苗
Sautéed Baby Cabbage with Ginger and Chinese Wine

五谷蒸饭
Steamed Grain Rice

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CONFINEMENT MEALS BY YÀN 宴坐月子餐

DAY 30

Lunch

滋养红枣生鱼汤

Double-boiled Fish Soup with Red Dates

青红椒炒肉片

[A] Sautéed Sliced Pork with Capsicum

or

姜丝米酒炒蛋

(祛风, 暖胃, 去血淤)

[B] Scrambled Egg with Ginger and Chinese

蚝油芥兰仔

Sautéed Baby Kai Lan with Oyster Sauce

南瓜蒸饭

(润肺益气, 美容, 解毒)

Steamed Rice with Pumpkin

DAY 30

Dinner

花旗参田七补血汤

Double-boiled American Ginseng & Tian Qi Soup with Pork

豉汁豆腐蒸鱼球

[A] Steamed Fish Fillet with Beancurd Black Bean Sauce or

Or

养命酒炒醉鸡

[B] Sautéed Chicken with Yomeishu Wine

素XO酱炒四季豆

Sautéed French Bean with Vegetarian XO Sauce

蒸白饭

Steamed Rice

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CONFINEMENT MEALS BY YÀN 宴坐月子餐

DAY 31

Lunch

何首乌乌鸡汤

(提高生理机能, 补益精血, 对贫血有明显功效, 乌须发)

Double-boiled Heshouwu with Black Chicken

胡椒粒炒肉片

[A] Sautéed Sliced Pork with Pepper

or

木耳米酒鱼球

[B] Poached Fish Fillet with Black Fungus and Chinese Wine

肉碎炒薯仔片

Sautéed Sliced Potato with Minced Pork

白果蒸饭

Steamed Rice with Ginkgo

DAY 31

Dinner

营养黑豆排骨汤

Double-boiled Pork Ribs with Wu Dou

文东姜猪脚醋

(补血滋补, 醒胃提神, 补钙和强筋健骨)

[A] Braised Pig's Trotter with Ginger with Black Vinegar

or

药材蒸鸡

[B] Steamed Chicken with Chinese Herbs

姜片米酒炒西兰花

Sautéed Broccoli with Ginger and Chinese Wine

蒸白饭

Steamed Rice

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