

Week 1, 3 & 5 Menu 第一, 三与五星期菜单

星期一 Mon	午餐 Lunch	猪脚醋鸡蛋/*香菇蒸肉饼 Braised Vinegar Trotter with Egg / *Steamed Minced Pork Patty with Mushroom (The Chinese believe that vinegar purifies the blood & cleanse the arteries while the old ginger drives out the wind. As a precaution against the vinegar being too acidic & therefore weakening the stomach, the glutinous ligaments and collagen of the pig's trotters are in the dish to serve as a lubricant) *Replacement Dish	枸纪子炒苋菜 Stir Fried Chinese Spinach with Woflberry (It is high in protein, vitamin A,B and C)	当归黑枣鸡汤 Double Boiled Dang Gui Black Dates Chicken Soup (It tonifies the blood, strengthens Qi; warms the body and strengthens the stomach. It is highly recommended for women who suffer abdominal pain, blood-asthenia and menstrual pain after giving birth)
	晚餐 Dinner	姜蓉蒸中翅 Steamed Mid Wing with Ginger Paste (Old ginger has been used widely during confinement to expel wind)	罗汉斋 Braised Lohan Vegetable (This vegetarian dish taste is light ang yet delicious. It contains various assorted vegetable which is a good source of vitamin and fiber)	鱼尾木瓜汤 Fish Tail & Papaya Soup (The sap from the papaya and protein from the fish enriches the milk glands. Drinking this soup helps to fill up your natural milk reservoir)
星期二 Tue	午餐 Lunch	麻油鸡 Braised Sesame Chicken (To promote circulation, provide nourishment & stimulate energy)	鸡腿菇黑木耳玉米心炒荷兰豆 Stir Fried Snow Peas with Coprinus Mushroom, Black Fungus & Baby Corn (Snow Peas is rich in vitamin C and fiber while Mushroom is a great source of vitamin A, C & K, folic acid and fiber)	莲藕花生淮山排骨汤 Lotus Root with Peanut & Discorea Yam Pork Rib Soup (Lotus Root harmonizes the spleen and stomach. It also improves appetite and blood circulation)
	晚餐 Dinner	酸甜酱炸午鱼 Deep Fried Threadfin with Sweet & Sour Sauce (Good source of protein, vitamins and minerals which are essential to maintain good health)	猪肉碎蒸滑蛋 Steamed Silky Egg with Minced Pork (Good source of protein and minerals such as zinc, iron and copper)	花旗参红萝卜黑鸡汤 Double Boiled American Ginseng & Carrot Black Chicken Soup (It clears heat, tonifies the Qi & blood)

星期三 Wed	午餐 Lunch	香茅杂菜炒猪腰肉和猪肝 Stir Fried Pork Tenderloin & Liver with Assorted Vegetable & Lemongrass (Pork tenderloin is low in fat yet high in protein and vitamin B while liver helps to replenish iron. Lemongrass helps to flush out toxins)	焖冬菇粒炒西兰花 Stir Fried Broccoli with Braised Chinese Mushroom (Broccoli is an all-star food with many health benefits. While low in calories, it is a great source of vitamin A, C & K, folic acid and fiber)	何手乌鸡汤 Double Boiled He Shou Wu Chicken Soup (It benefits the liver & kidney, blackens the hair and defies aging)
	晚餐 Dinner	西式烤红糟鸡腿 Grilled Hong Zhao Chicken Drumstick Western Style (Traditional Confinement food passed down from generation with a twist of fusion. Homemade fermented glutinous rice wine helps to promote blood circulation)	生鱼片炒上海青 Stir Fried Shanghai Green with Sliced Sheng Yu (It contains a wealth of vitamin and excellent sources of calcium, magnesium and iron. Sheng Yu helps in the healing process as it is very rich in albumin)	健脾补肾黑豆排骨汤 Black Bean Pork Rib Soup (If you have lost a great amount of blood during delivery and feel anemic during confinement, this soup helps you to build up new blood cells. It also benefits the liver and kidney, blackens the hair and helps to defy aging)
星期四 Thurs	午餐 Lunch	日式酱烤三文鱼 Grilled Salmon Fillet with Teriyaki Sauce (Omega 3 fatty acid from Salmon is great for breast-feeding mother. Research has confirmed that adding EPA and DHA to the diet of pregnant woman has a positive effect on visual and cognitive development of the baby)	鸡肉片炒芥兰 Stir Fried Kai Lan with Sliced Chicken (It is a great vegetable for ladies who have just given birth as it can help replenish iron and calcium loss while Sliced Chicken is a great source of protein)	四物补血排骨汤 Double Boiled Si Wu Pork Rib Soup (It tonifies and invigorates the blood. It is good for women who have menoxenia and lower back pain due to blood-asthenia. It helps to ease all general symptoms associated with blood-asthenia)
	晚餐 Dinner	猪脚醋鸡蛋 /* 栗子焖五花肉 Braised Vinegar Trotter with Egg /* Braised Pork with Chestnut The Chinese believe that vinegar purifies the blood & cleanse the arteries while the old ginger drives out the wind. As a precaution against the vinegar being too acidict & therefore weakening the stomach, the glutinous ligaments and collagen of the pig's trotters are in the dish to serve as a lubricant) *Replacement Dish	鲍鱼菇黑木耳炒西芹 Stir Fried Celery with Black Fungus & Abalone Mushroom (Celery is loaded w extreme mineral and vitamin such as folate, potassium and vitamin B6. It has many benefits such as good digest, flushes out toxin, speed up weight loss and boost immunity)	鱼漂红萝卜鸡汤 Fish Maw & Carrot Chicken Soup (Great source of collagen, proteins and nutrients)

星期五 Fri	午餐 Lunch	姜丝火腿鸡肉炒饭 Fried Rice with Chicken Ham, Egg & Shredded Ginger (This nourishing dish contains both protein and carbohydrate while ginger provides the additional wellness bonus)	麻油姜片排骨王 Pork Chop Deluxe (Sesame oil prevents "wind" in the body, improves blood circulation and vitality)	胡椒猪肚汤 Pig's Tripe Peppercorn Soup (Peppercorn is rich in potassium and helps to expel wind)
	Dinner 晚餐	豆酱蒸午鱼 Steamed Threadfin with Bean Sauce (Good Source of protein, vitamins and minerals which are essential to maintain good health)	日本菇炒西兰花 Stir Fried Cauliflower with Shimeji Mushroom (Cauliflower is rich in vitamin and mineral. It helps the body's ability to detoxify in multiple ways)	四神鸡汤 Double Boiled Si Shen Chicken Soup (It is very good for strengthening the digestion system and improving appetite. This soup is very mild and can be taken for long term)
星期六 Sat	午餐 Lunch	鱼膘焖排骨 Stewed Fish Maw with Pork Rib (The collagen found in fish maw is one of the best foods to strengthen limbs & joints. It also improves "chi" and beautify one's complexion)	长豆煎蛋 Pan Fried Egg with Long Bean (Long Bean is rich in vitamin A and enhances skin complexions)	雪蛤黑鸡汤 Double Boiled Hashima Black Chicken Soup (Contains 7 kinds of amino acids and improves the immune system. Good for blood circulation and skin complexion)
	晚餐 Dinner	药材蒸鸡腿 Steamed Herbal Chicken Drumstick (Combination of herbs helps to heal and nourish the body)	莲藕鸡腿菇黑木耳炒荷兰豆 Stir Fried Snow Peas with Lotus Root, Black Fungus & Coprinus Mushroom (Lotus root, rich in iron and copper helps in the production of red blood cell and increases blood flow)	猪脚花生汤 Peanuts Pig Trotter Soup (It nourishes blood and qi, moisturizing skin and also for increasing milk for nursing mother)



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星期天 Sun	午餐 Lunch	鲍鱼酱黑木耳炸香醇午鱼 Deep Fried Threadfin with Black Fungus In Abalone Sauce (Black Fungus is rich in proteins, vitamin D, B1, B2. It also improves the blood and blood circulation)	猪肝片炒菠菜 Stir Fried Spinach with Sliced Liver (Liver helps to replenish iron)	白木耳木瓜排骨汤 White Fungus & Papaya Pork Rib Soup (This is a light herbal tonic which has the effect of improving the general health of the new mother. It also serves to soothe the nerves so that the tired mother can have a good, sound sleep)
	晚餐 Dinner	香菇老姜卤五花肉 Braised Pork with Mushroom & Ginger (Pork provides good source of protein and iron. Sesame oil and ginger help drive out wind)	生鱼片炒芥兰 Stir Fried Kai Lai with Sliced Shengyu (Sheng Yu helps in the healing process as it is very rich in albumin)	虫草花玉米鸡汤 Cordyceps & Sweet Corn Chicken Soup (Cordyceps flower helps to moisten the throat, reduce fatigue. It helps to increase immune system and has anti-aging effects)

Week 2 & 4 Menu 第二与四星期菜单

星期一 Mon	午餐 Lunch	姜蓉豆酱蒸排骨 Steamed Pork Rib with Ginger Bean Sauce (An all-time favourite dish that is simple yet delicious)	罗汉斋 Braised Lohan Vegetable (This vegetarian dish taste is light and yet delicious. It contains various assorted vegetable which is a good source of vitamin and fiber)	田七黑鸡汤 Double Boiled Tian Qi Black Chicken Soup (Tian Qi helps to promote blood circulation and break up blood stagnation and clogging. It helps to dispel heat and reduces swelling)
	晚餐 Dinner	黑胡椒酱烤三文鱼 Grilled Salmon Fillet with Black Pepper Sauce (Omega 3 fatty acid from Salmon is great for breast-feeding mother. Research has confirmed that adding EPA and DHA to the diet of pregnant woman has a positive effect on visual and cognitive development of the baby)	猪肉碎日本菇蒸滑蛋 Steamed Silky Egg with Minced Pork & Shimeji Mushroom (Good source of protein and minerals such as zinc, iron and copper)	八珍补血补气排骨汤 Double Boiled Ba Zhen Pork Rib Soup (Stimulate the blood circulation and nourish the blood)
星期二 Tue	午餐 Lunch	枸杞子花雕酒蒸中翅 Steamed Mid Wing with Wolfberry & Wine (Wolfberry provide high levels of antioxidants and nutrients. It helps to improve immune system, detoxify the liver and promote healthy skin.)	莲藕鸡腿菇黑木耳炒西兰花 Stir Fried Broccoli with Lotus Root, Black Fungus & Coprinus Mushroom (Broccoli is an all-star food with many health benefits. While low in calories, it is a great source of vitamin A, C & K, folic acid and fiber)	花旗参鱼尾汤 American Ginseng Fish Tail Soup (Its helps to boost energy, lower blood sugar and cholesterol levels. Reduce stress and promote relaxation)
	晚餐 Dinner	梅酱排骨王 Deep Fried Pork Chop with Plum Sauce (It is rich in protein and essential vitamins, minerals and amino acids good for overall health)	生鱼片炒菠菜 Stir Fried Spinach with Sliced Sheng Yu (Spinach has an extremely high nutritional value and is rich in antioxidants. It can help replenish lost iron and vitamin stores. Sheng Yu, on the other hand, is rich in albumin and helps to speed up the healing process)	杜仲补腰鸡汤 Double Boiled Du Zhong Chicken Soup (Eucommia Bark is one of the best herbs for strengthening the kidneys. It also helps to lower blood pressure and beneficial to those who suffer from high blood pressure during pregnancy)

星期三 Wed	午餐 Lunch	猪脚醋鸡蛋/*卤猪脚鸡蛋 Braised Vinegar Trotter with Egg /* Braised Trotter with Egg (The Chinese believe that vinegar purifies the blood & cleanse the arteries while the old ginger drives out the wind. As a precaution against the vinegar being too acidic & therefore weakening the stomach, the glutinous ligaments and collagen of the pig's trotters are in the dish to serve as a lubricant) *Replacement Dish	枸杞子炒苋菜 Stir Fried Chinese Spinach with Wolfberry (Chinese Spinach is source of complete protein, containing a complete set of amino acids)	虫草花红萝卜黑鸡汤 Double Boiled Cordyceps Flower & Carrot Black Chicken Soup (Cordyceps flower helps to moisten the throat, reduce fatigue. It helps to increase immune system and has anti-aging effects)
	晚餐 Dinner	蒸午鱼潮州式 Steamed Threadfin Teochew Style (Good Source of protein, vitamins and minerals which are essential to maintain good health)	鲍鱼菇玉米芯炒荷兰豆 Stir Fried Snow Peas with Abalone Mushroom & Baby Corn (Snow Peas is rich in vitamin C and fiber while Mushroom is a great source of vitamin A, C & K, folic acid and fiber)	生地药膳排骨汤 Double Boiled Raw Di Huang Pork Rib Soup (It clears heat, cools the blood and nourishes the yin. It cures constipation due to yin-asthenia or insufficient body fluid)
星期四 Thurs	午餐 Lunch	日式酱烤鸡排 Grilled Chicken Chop with Teriyaki Sauce (An all-time favourite dish that is simple yet delicious)	番茄炒蛋 Stir Fried Egg with Tomato (Tomatoes contain a great deal of vitamins and beta-carotene works as antioxidants. It helps to neutralize harmful free radicals in the blood.	玉米百合排骨汤 Sweet Corn Lily Bulb Pork Rib Soup (Sweet corn is rich in dietary fiber which help new mother to fight against constipation while lily bulb is rich in calcium, iron, vitamin B1, B2 and C)
	晚餐 Dinner	蜜汁排骨 Stir Fried Pork Rib with Rock Honey Sauce An all-time favourite dish that is simple yet delicious)	焗冬菇粒炒白兰花 Stir Fried Cauliflower with Braised Chinese Mushroom (Cauliflower is rich in vitamin and mineral. It helps the body's ability to detoxify in multiple ways)	鸡茶汤 Double Boiled Chicken Tea Soup (It benefits the kidneys, strengthens the vital energy (Qi) and reduces the cholesterol level)
星期五 Fri	午餐 Lunch	金针黑木耳蒸午鱼 Steamed Threadfin with Black Fungus & Lily Bulb (Good Source of protein, vitamins and minerals which are essential to maintain good health)	日本菇炒芥兰 Stir Fried Kai Lan with Shimeiji Mushroom (Kai Lan is rich in iron, antioxidants and has anti-inflammatory properties. It helps you to replenish iron and calcium loss)	杂豆鸡汤 Assorted Beans Chicken Soup (An excellent source of proteins)

	Dinner 晚餐	鸡酒 Braised Chicken with Homemade Glutinous Wine (Chicken wine is a masterpiece of Chinese cuisine. New mother is advised to drink chicken wine to promote blood circulation and invigorate the major organs in the body)	猪肉碎炒长豆 Stir Fried Long Bean with Minced Pork (Long Bean is rich in vitamin A and enhances skin complexions)	六味排骨汤 Double Boiled Six Herbs Pork Rib Soup (Strengthening kidneys, relieving leucorrhoea (which happens to women) and strengthening the spleen, regulating blood pressure. Good for stomach for those with poor appetites and helps with weak lungs)
星期六 Sat	午餐 Lunch	灯笼椒玉米心腰豆炒鸡丁 Stir Fried Chicken Cube with Capsicum, Baby Corn & Cashew Nuts (Chicken is high in protein and rich in vitamins and minerals)	江鱼仔炒菠菜 Stir Fried Spinach with Ikan Bilis (Spinach has an extremely high nutritional value and is rich in antioxidants. It's benefits include detoxification, promote good sleep, boosting immunity and enhancing the skin)	白木耳百合排骨汤 White Fungus & Lily Bulbs Pork Rib Soup (White Fungus helps to soothe the body and nourish the body, healing dry cough and clear heat in the lung. Lily bulb helps to calm spirit promote restful sleep and lessen irritability)
	晚餐 Dinner	姜葱炒猪腰肉 Stir Fried Pork Tenderloin with Ginger & Spring Onion (Pork tenderloin is low in fat yet high in protein and vitamin B while liver helps to replenish iron)	鲍鱼菇黑木耳炒西芹 Stir Fried Celery with Black Fungus & Abalone Mushroom (Celery is loaded w extreme mineral and vitamin such as folate, potassium and vitamin B6. It has many benefits such as good digest, flushes out toxin, speed up weight loss and boost immunity)	北芪党参黑鸡汤 Doubled Boiled Bei Qi Dan Sheng Black Chicken Soup (It improves digestive system and blood circulation to revitalize the body)
星期天 Sun	Lunch 午餐	港式酱青炸午鱼 Deep Fried Threadfin with Ginger & Premium Soya Sauce (Good Source of protein, vitamins and minerals which are essential to maintain good health)	猪肉片炒上海青 Stir Fried Shanghai Green with Sliced Pork (It contains a wealth of vitamins and excellent sources of calcium, magnesium and iron)	天麻鸡汤 Double Boiled Tian Ma Chicken Soup (It benefits the liver, expels wind, eases anxiety and tonifies the blood)



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	<p>Dinner 晚餐</p>	<p>梅菜焗鸡腿 Braised Chicken Drumstick with Preserved Vegetable (A dish that has been prepared the traditional way. The preserved veg has been braised for hours before adding in the drumstick to absorb all the favor)</p>	<p>生鱼片炒西兰花 Stir Fried Broccoli with Sheng Yu (Broccoli is an all-star food with many health benefits. While low in calories, it is a great source of vitamin A, C & K, Folic Acid and Fiber. Sheng Yu helps in the healing process as it is very rich in albumin)</p>	<p>肉骨茶猪肚汤 Ba Kut Teh Pig's Tripe Soup (This traditional soup contain varies herbs which promote blood circulation and drive out wind)</p>
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