



康樂 Kang Le Kitchen Wellness & Nourishment Menu

Designed for you that enjoy better things in life. Packed with nutrients and fibres, together with the goodness of Chinese herbs, wellness right from the start.

Each Of Our Meal Consists Of:

Slow Cooked TCM Nourishing Soup
1 Meat Dish
1 Vegetable Dish
Single Rice/Carb Serving
1 Litre Of Formulated Drink
Dessert (On Selected Days/Meals)

Every meal will be prepared fresh with accordance to Singapore Food Agency (SFA) guidelines of consumption within 4 hours. All our meals are packed in Food Grade single use food ware to ensure your convenience and safety. All our dishes are delivered warm in specialised thermal bag. Please do return the thermal bag to our delivery personnel upon the delivery of the next meal.

康樂 Kang Le Kitchen (Wellness & Nourishment Menu) 1ST Day Of The Month



🚫 NO MSG & Dark Soya Sauce. ✅ ONLY Olive Oil. ✅ ONLY Vegetarian Sauce.

LUNCH

Nourishing Soup

Chinese Yam And Shiitake Soup

山藥香菇湯

Soup Benefit

Great source of anti-oxidant.
Help with diabetes, by modulating oxidative stress and lipid profiles. Excellent soup for supporting the lung qi and lung yin. Help immune system.
Have anti-inflammatory properties.

抗氧化劑的重要來源。通過調節氧化應激和脂質分佈來幫助治療糖尿病。養肺佳湯 氣和肺陰。幫助免疫系統。具有抗炎特性。

Meat Dish

Steamed Snow Cod With Spinach
小家碧玉

Vegetable Dish

Hong Kong Kai Lan With Gingko
清炒白果香港芥蘭

Rice

Rice Berry
紫米飯

Beverage

Mulberry Mistletoe Tea
桑寄生茶
(桑寄生 枸杞 紅棗)

Dessert

Black Glutinous Rice Dried Longan Dessert
黑糯米桂圓湯

DINNER

Nourishing Soup

Barley Tangerine Peel Pork Rib Soup 薏米仁橘皮排骨湯

Soup Benefit

Tangerines can improve digestion, regulate blood pressure, protect heart, and reduce risk for cancer, diabetes. Insoluble and soluble fibre content improves digestion. Beta-glucans may help lower cholesterol.

橘子可以改善消化、調節血壓、保護心臟並降低患癌症和糖尿病的風險。不溶性和可溶性纖維含量可改善消化。β-葡聚糖可能有助於降低膽固醇。

Meat Dish

Steamed Chicken Slices With Yomeishu
養命酒蒸肉片

Vegetable Dish

Broccoli With Gluten
香炒西蘭花麵筋

Rice

Quinoa Rice
小米飯

Beverage

Mulberry Mistletoe Tea
桑寄生茶
(桑寄生 枸杞 紅棗)

康樂 Kang Le Kitchen (Wellness & Nourishment Menu) 2ND Day Of The Month



🚫 NO MSG & Dark Soya Sauce. ✅ ONLY Olive Oil. ✅ ONLY Vegetarian Sauce.

LUNCH

Nourishing Soup

Haw Black Fungus and Bean Soup 山楂黑木耳黑豆湯

Soup Benefit

Used to treat both low blood pressure and high blood pressure. Help circulation in swollen legs and feet protecting liver, lowering cholesterol, and boosting gut health. Packed with fiber and antioxidants.

用於治療低血壓和高血壓。幫助腫脹的腿腳循環，保護肝臟，降低膽固醇，促進腸道健康。富含纖維和抗氧化劑。

Meat Dish

Stir Fried D.O.M Pork Slice
D.O.M炒肉片

Vegetable Dish

Seasonal Green With Lion's Mane Mushroom
猴頭菇炒時菜

Carb

Traditional Mee Sua
家乡面线

Beverage

Tai Zi Shen Tea
太子參茶
(太子參 黃芪 黨參 紅棗)

DINNER

Nourishing Soup

Huai Shan Luffa Gourd Soup 淮山絲瓜湯

Soup Benefit

Healing liver problems, blood detoxication, joint-related issues, and to support kidneys function.
Great for arthritis pain & muscle pain.

治癒肝臟問題、血液解毒、關節相關問題並支持腎臟功能。非常適合關節炎疼痛和肌肉疼痛。

Meat Dish

Pan Seared Salmon With Corn Cream Sauce
香煎三文魚玉米醬

Vegetable Dish

Chinese Cabbage With King Oyster Mushroom
香炒白菜杏鮑菇

Rice

Barley Millet Rice
薏米飯

Beverage

Tai Zi Shen Tea
太子參茶
(太子參 黃芪 黨參 紅棗)

Dessert

Detox Green Bean Lily Bub Soup
綠豆百合湯

康樂 Kang Le Kitchen (Wellness & Nourishment Menu) 3RD Day Of The Month



🚫 NO MSG & Dark Soya Sauce. ✅ ONLY Olive Oil. ✅ ONLY Vegetarian Sauce.

LUNCH

Nourishing Soup

Mustard Green Sweet Potato Sheng Yu Soup 芥菜蕃薯魚湯

Soup Benefit

Contain many health-boosting antioxidants like beta carotene, which can protect your skin and lower risk factors of diabetes.

Rich source of fibre as well as containing an array of vitamins and minerals.

含有許多促進健康的抗氧化劑，如β-胡蘿蔔素，可以保護您的皮膚並降低患糖尿病的危險因素。豐富的纖維來源以及多種維生素和礦物質。

Meat Dish

Braised Pork Collar With Du Zhong & Sesame Oil
杜仲麻油燜豬頸肉

Vegetable Dish

Chinese Yam With Lotus Root & Black Fungus
山藥蓮藕炒黑木耳

Rice

Tri-Colour Grains
三色飯

Beverage

An Qi Tea
安琪茶
(紅棗 黨參 北芪 枸杞 陳皮 麥冬)

DINNER

Nourishing Soup

Ling Zhi Tian Qi Soup 靈芝田七湯

Soup Benefit

Benefits of ling zhi include control of blood glucose levels, modulation of the immune system, hepatoprotection, bacteriostasis, abilities to eliminate blood stasis, reduce swellings and pain, and stop bleeding.

靈芝的好處包括控制血糖水平、調節免疫系統、保肝、抑菌。具有消除瘀血、消腫止痛、止血的功效。

Meat Dish

Stir Fried Miso Pork With Chestnut
日式味噌炒馬蹄肉片

Vegetable Dish

Baby Kai Lan With Lemongrass Sauce
芥蘭炒香茅醬

Rice

Pumpkin Rice With Pumpkin Seed
金瓜籽金瓜飯

Beverage

An Qi Tea
安琪茶
(紅棗 黨參 北芪 枸杞 陳皮 麥冬)

康樂 Kang Le Kitchen (Wellness & Nourishment Menu) 4TH Day Of The Month



🚫 NO MSG & Dark Soya Sauce. ✅ ONLY Olive Oil. ✅ ONLY Vegetarian Sauce.

LUNCH

Nourishing Soup

American Ginseng Bei Qi Pork Slice Soup 花旗參北芪肉片湯 Soup Benefit

High in antioxidants, including carotenoids and flavonoids, which help fight against disease-causing free radicals. Filled with iron that helps to enhance oxygen distribution throughout our body, keeping us more energetic and maintaining a healthy level of immunity.

富含抗氧化劑，包括類胡蘿蔔素和類黃酮，有助於對抗引起疾病的自由基。富含鐵質，有助於增強整個身體的氧氣分佈，使我們更有活力並保持健康的免疫力水平。

Meat Dish

Steamed Salmon With
Snow Fungus and Gingko
清蒸銀耳三文魚

Vegetable Dish

Braised Herbal Tofu
藥膳豆腐

Rice

Five Grains
五穀飯

Beverage

American Ginseng Yi Shen Tea
泡參益參茶
(泡參 石斛 枸杞)

DINNER

Nourishing Soup

Snow Fungus, Lou Han Gou Pork Rib Soup 銀耳羅漢果排骨湯 Soup Benefit

Improves and enhances the action of a type of white blood cell. efficacy of antibodies which are also used by the immune system.

改善和增強一種白細胞的作用。免疫系統也使用的抗體的功效。

Meat Dish

Braised Chicken Fillet
With Truffle Chinese Mushroom
松露香菇焗雞柳

Vegetable Dish

XO Edamame With Sweet Potato
XO 炒毛豆蕃薯

Carb

Bell Pepper Aglio Olio
彩椒意粉

Beverage

American Ginseng Yi Shen Tea
泡參益參茶
(泡參 石斛 枸杞)

康樂 Kang Le Kitchen (Wellness & Nourishment Menu) 5TH Day Of The Month



🚫 NO MSG & Dark Soya Sauce. ✅ ONLY Olive Oil. ✅ ONLY Vegetarian Sauce.

LUNCH

Nourishing Soup

Bok Choy BeanCurd Fish Soup 白菜豆腐魚湯

Soup Benefit

Wide variety of vitamins and minerals, as well as antioxidants and fiber that are good for your health. beneficial for heart health, bone health, and thyroid function. Great source of protein.

多種維生素和礦物質，以及對您的健康有益的抗氧化劑和纖維。有益於心臟健康、骨骼健康和甲狀腺功能。蛋白質的重要來源。

Meat Dish

Steamed Chicken Drumstick With Black Fungus
清蒸黑木耳雞腿

Vegetable Dish

Snow Pea & Lily Bub With Macadamia
雪豆百合炒堅果

Rice

Quinoa Rice
小米飯

Beverage

Noble Dendrobium Chrysanthemum Tea
石斛菊花茶
(石斛 菊花 枸杞)

Dessert

Double Boiled Snow Fungus With Red Dates
銀耳紅棗湯

DINNER

Nourishing Soup

Corn Silk Huai Shan Soup 玉米絲淮山湯

Soup Benefit

Used to treat congestive heart failure, diabetes, high blood pressure, fatigue, and high cholesterol levels. invigorates the spleen and stomach-for deficiency in energy with poor appetite, fatigue, loose stools or chronic diarrhoea.

用於治療充血性心力衰竭、糖尿病、高血壓、疲勞和高膽固醇水平。健脾胃用於氣虛、食慾不振、乏力、便溏或久瀉。

Meat Dish

Steamed Herbal Barramundi
清蒸藥膳金目魷

Vegetable Dish

Steam Tofu With Enoki
清蒸金針菇豆腐

Rice

Brown Rice
糙米飯

Beverage

Noble Dendrobium Chrysanthemum Tea
石斛菊花茶
(石斛 菊花 枸杞)

康樂 Kang Le Kitchen (Wellness & Nourishment Menu) 6TH Day Of The Month



🚫 NO MSG & Dark Soya Sauce. ✅ ONLY Olive Oil. ✅ ONLY Vegetarian Sauce.

LUNCH

Nourishing Soup

Qi Nourishing Soup 補氣大補湯

Soup Benefit

Strengthens Lung and Kidney Qi function and regulates blood. Strongly tonifies both Qi and Blood and nourishes the Yin too.

增強肺腎氣功能，調節血液。強補氣血，滋陰。

Meat Dish

Pan Seared White Fish With Lemon Cream Sauce
香煎白魚奶油檸檬獎

Vegetable Dish

Cauliflower With Shiitake
花椰燜香菇

Carb

Straw Mushroom Bee Hoon
(草菇素米粉)

Beverage

Mulberry Mistletoe Tea
桑寄生茶
(桑寄生 枸杞 紅棗)

DINNER

Nourishing Soup

He Shou Wu Black Bean Soup 何首烏黑豆湯

Soup Benefit

Promote general good health, especially in old age. Used to treat various health conditions, such as diabetes, hair loss, heart disease, constipation, and cancer.

Antioxidants, fiber, protein, and carbohydrates in black beans make them nutritionally powerful.

促進整體健康，尤其是在老年時。用於治療各種健康狀況，如糖尿病、脫髮、心臟病、便秘和癌症。黑豆中的抗氧化劑、纖維、蛋白質和碳水化合物使它們營養豐富。

Meat Dish

Braised Chicken With Radish Oden Style
日式白蘿蔔燜雞

Vegetable Dish

Garlic Sprouts With Lily Bub & Snow Fungus
蒜苗炒百合銀耳

Rice

Tri-Colour Grains
三色飯

Beverage

Mulberry Mistletoe Tea
桑寄生茶
(桑寄生 枸杞 紅棗)

Dessert

Red Bean Lily Seed Soup
紅豆蓮子湯

康樂 Kang Le Kitchen (Wellness & Nourishment Menu) 7TH Day Of The Month



🚫 NO MSG & Dark Soya Sauce. ✅ ONLY Olive Oil. ✅ ONLY Vegetarian Sauce.

LUNCH

Nourishing Soup

Bei Qi Dang Shen Dang Gui Soup
北芪党参當歸湯

Soup Benefit

Strengthen the spleen, enhance Qi and improve digestion. enrich blood, promote blood circulation and treat blood deficiency pattern. Used to treat the common cold, upper respiratory infections, fibromyalgia, and diabetes.

健脾益氣，健脾益胃。補血活血，治療血虛證。用於治療普通感冒、上呼吸道感染、纖維肌痛和糖尿病。

Meat Dish

Kyoto Vinaigrette Pork Ribs
京都排骨

Vegetable Dish

Stewed Potato With Lion's Mane Mushroom
燜猴頭菇馬鈴薯

Rice

Pumpkin Rice With Pumpkin Seed
金瓜籽金瓜飯

Beverage

Tai Zi Shen Tea
太子參茶
(太子參 黃芪 党参 紅棗)

DINNER

Nourishing Soup

Sha Shen Yu Zhu Pork Rib Soup
沙參玉竹排骨湯

Soup Benefit

Relieve dry throat or dry heaty coughs with scanty sticky phlegm due to yin deficiency in the lung. Moistens the lungs and nourish the stomach by clearing heat.

用於肺陰虛所致的咽乾燥熱咳嗽，痰少粘稠。清熱潤肺，養胃。

Meat Dish

Steamed Sheng Yu With Black Fungus & Cordyceps Blossom
清蒸虫草花生魚黑木耳

Vegetable Dish

Celery With Minced Meat & Black Fungus
芹菜炒肉碎黑木耳

Rice

Five Grains
五穀飯

Beverage

Tai Zi Shen Tea
太子參茶
(太子參 黃芪 党参 紅棗)

康樂 Kang Le Kitchen (Wellness & Nourishment Menu) 8TH Day Of The Month



🚫 NO MSG & Dark Soya Sauce. ✅ ONLY Olive Oil. ✅ ONLY Vegetarian Sauce.

LUNCH

Nourishing Soup

Double Strength Six
Combination Soup
雙料六味湯

Soup Benefit

Strengthens the spleen and kidneys, improves digestion and helps to get rid of excess 'heat' in the body. Anti-aging ingredient that is beneficial for healthy skin as well.

強化脾腎，促進消化，幫助排除體內多餘的“熱量”。抗衰老成分也有益於健康的皮膚。

Meat Dish

Seared Pork Steak With Snow Pear Plum Sauce
香煎肉扒雪梨梅醬

Vegetable Dish

Hong Kong Kai Lan With Fish Slice
清炒香港芥蘭魚片

Rice

Rice Berry
紫米飯

Beverage

An Qi Tea
安琪茶
(紅棗 黨參 北芪 枸杞 陳皮 麥冬)

DINNER

Nourishing Soup

Superior Herbal Soup
十全大補湯

Soup Benefit

Effectively replenishes Qi and promotes vein relaxation. Keeps body warm and revitalises blood and energy. helps eliminate feelings of lethargy and other symptoms.

有效補氣，促進靜脈鬆弛。保持身體溫暖，恢復血液和能量。有助於消除嗜睡和其他症狀的感覺。

Meat Dish

Double Boiled Pork Collar With Ginger Wine
雙燉姜酒豬頸肉

Vegetable Dish

Poached Broccoli And Cauliflower
With Yuzu Dressing
花椰柚子醬

Carb

Classic Tomato Macaroni
義大利番茄粉

Beverage

An Qi Tea
安琪茶
(紅棗 黨參 北芪 枸杞 陳皮 麥冬)

康樂 Kang Le Kitchen (Wellness & Nourishment Menu) 9TH Day Of The Month



🚫 NO MSG & Dark Soya Sauce. ✅ ONLY Olive Oil. ✅ ONLY Vegetarian Sauce.

LUNCH

Nourishing Soup

Snow Pear Nan Bei Xing Soup 雪梨南北杏湯

Soup Benefit

Help moisten the lungs, relieve dryness in the throat and reduce phlegm. Provides benefit such as micronutrients which are important for cardiovascular health.

幫助潤肺，緩解喉嚨乾燥，化痰。提供益處，例如對心血管健康很重要的微量營養素。

Meat Dish

Japanese Sakana No Nitsuke
日式燜三文魚

Vegetable Dish

Baked Vegetable & Pumpkin With Macadamia
烤金瓜野菜堅果

Rice

Brown Rice
糙米飯

Beverage

American Ginseng Yi Shen Tea
泡參益參茶
(泡參 石斛 枸杞)

Dessert

Barley Millet With Oats Porridge
薏米燕麥粥

DINNER

Nourishing Soup

Nourishing Saffron Red Dates Soup

紅棗紅花生魚湯

Soup Benefit

Powerful spice high in antioxidants. improved mood and libido. has antioxidants that boosts immunity and has anti-inflammatory and anti-fungal properties.

富含抗氧化劑的強力香料。改善情緒和性慾。具有增強免疫力的抗氧化劑，並具有抗炎和抗真菌特性。

Meat Dish

Fu Zhou Sliced Pork
福州紅糟肉片

Vegetable Dish

Snow Pea With Bean Curd
雪豆炒豆乾

Rice

Barley Millet Rice
薏米飯

Beverage

American Ginseng Yi Shen Tea
泡參益參茶
(泡參 石斛 枸杞)



🚫 NO MSG & Dark Soya Sauce. ✅ ONLY Olive Oil. ✅ ONLY Vegetarian Sauce.

LUNCH

Nourishing Soup

Chrysanthemum, Pear & Fig Soup 菊花鴨梨無花果湯

Soup Benefit

Treat respiratory problems, high blood pressure, and hyperthyroidism. Reduce inflammation and calm your nerves. High in natural sugars, minerals and soluble fibre.

治療呼吸系統問題、高血壓和甲狀腺功能亢進。減少炎症並鎮靜您的神經。富含天然糖分、礦物質和可溶性纖維。

Meat Dish

Stir Fried Pork Slice With Capsicum
彩椒炒肉片

Vegetable Dish

Celery With Cashew Nut
芹菜炒腰果

Carb

Stir Fry Hokkien Bee Hoon
福建白米粉

Beverage

Noble Dendrobium Chrysanthemum Tea
石斛菊花茶
(石斛 菊花 枸杞)

DINNER

Nourishing Soup

Pork Rib Black Fungus In Glutinous Rice Wine Soup 黑木耳米酒排骨湯

Soup Benefit

Promoting appetite, helping digestion, relieving summer heat, refreshing oneself, promoting blood circulation, and moisturizing skin. Black fungus improve blood circulation.

促進食慾、幫助消化、解暑、提神、活血、潤膚。黑木耳改善血液循環。

Meat Dish

Seared Chicken Fillet In Cranberry Sauce
香煎蔓越莓鸡

Vegetable Dish

Braised Lotus Root With Gluten & Mushroom
燜蓮藕片香菇麵筋

Rice

Pumpkin Rice With Pumpkin Seed
金瓜籽金瓜飯

Beverage

Noble Dendrobium Chrysanthemum Tea
石斛菊花茶
(石斛 菊花 枸杞)

Dessert

Double Boiled Peach Gum With Honey Dates
桃膠蜜棗湯



🚫 NO MSG & Dark Soya Sauce. ✅ ONLY Olive Oil. ✅ ONLY Vegetarian Sauce.

LUNCH

Nourishing Soup

Salmon Corn Soup 玉米三文魚湯

Soup Benefit

High fiber content, it can aid with digestion. It also contains valuable B vitamins, which are important to your overall health. Salmon is also one of the best sources of vitamin B12.

纖維含量高，可以幫助消化。它還含有寶貴的B族維生素，這對您的整體健康很重要。三文魚也是維生素B12的最佳來源之一。

Meat Dish

Seared Chicken Chop With Black Garlic Truffle Sauce
香煎雞扒松露黑蒜醬

Vegetable Dish

Broccoli With Capsicum
香炒西蘭花彩椒

Rice

Five Grains
五穀飯

Beverage

Mulberry Mistletoe Tea
桑寄生茶
(桑寄生 枸杞 紅棗)

DINNER

Nourishing Soup

Black Garlic Ba Kut Teh 黑蒜肉骨茶

Soup Benefit

With its antioxidants, black garlic can help reduce inflammation in the body and prevent cognitive conditions such as Alzheimer's disease and Parkinson's disease. It may also help to improve memory and other parts of cognitive function.

黑蒜可以幫助減少體內炎症並預防阿爾茨海默病和帕金森病等認知疾病。它還可能有助於改善記憶力和認知功能的其他部分。

Meat Dish

Threadfin In Homemade Sauce
香煎家鄉午魚

Vegetable Dish

Poach Nai Bai With Truffle King Oyster Mushroom
松露奶白杏鮑菇

Rice

Rice Berry
紫米飯

Beverage

Mulberry Mistletoe Tea
桑寄生茶
(桑寄生 枸杞 紅棗)



🚫 NO MSG & Dark Soya Sauce. ✅ ONLY Olive Oil. ✅ ONLY Vegetarian Sauce.

LUNCH

Nourishing Soup

Double Strength Shi Sheng Soup

雙料四神湯

Soup Benefit

Improving appetite and is commonly given to children with poor appetites. Strengthens the body, improves body weight and improves appetite.

改善食慾，通常用於食慾不佳的兒童。強身健體，改善體重，改善食慾。

Meat Dish

Stir Fried Pork Slice With Tangerine Peel
香橘子皮炒肉片

Vegetable Dish

Green Capsicum With Pork Strip
青椒肉絲

Rice

Quinoa Rice
小米飯

Beverage

Tai Zi Shen Tea
太子參茶
(太子參 黃芪 黨參 紅棗)

DINNER

Nourishing Soup

Beetroot And Corn Soup 甜菜根玉米湯

Soup Benefit

Beetroots are a great source of fiber, folate (vitamin B9), manganese, potassium, iron, and vitamin C. Improved blood flow, lower blood pressure, and increased exercise performance.

甜菜根是纖維、葉酸（維生素 B9）、錳、鉀、鐵和維生素 C 的重要來源。改善血液流動、降低血壓並提高運動表現。

Meat Dish

Stewed Chicken Thigh With Green Pea
雞尾肉燜青豆

Vegetable Dish

Chinese Yam With Carrot And Pork Slice
山藥蘿蔔炒肉片

Carb

Traditional Mee Sua
家乡面线

Beverage

Tai Zi Shen Tea
太子參茶
(太子參 黃芪 黨參 紅棗)



🚫 NO MSG & Dark Soya Sauce. ✅ ONLY Olive Oil. ✅ ONLY Vegetarian Sauce.

LUNCH

Nourishing Soup

Dang Gui Dried Longan Soup 當歸桂圓湯

Soup Benefit

Enrich blood, promote blood circulation and treat blood deficiency pattern. Contains a good amount of potassium, which helps control blood pressure.

補血活血，治療血虛證。含有大量鉀，有助於控制血壓。

Meat Dish

Pan Seared Snow Cod Fillet With Yuzu Sauce
香煎柚子雪魚

Vegetable Dish

Stew Chinese Cabbage With Gluten
白菜燜麵筋

Rice

Barley Millet Rice
薏米飯

Beverage

An Qi Tea
安琪茶
(紅棗 黨參 北芪 枸杞 陳皮 麥冬)

Dessert

Detox Green Bean Lily Bub Soup
綠豆百合湯

DINNER

Nourishing Soup

Du Zhong Sesame Oil Pork Slice Soup 杜仲麻油肉片湯

Soup Benefit

Used to nourish the kidneys and liver, strengthen muscles and bones and lower blood pressure. High in antioxidants. Has strong anti-inflammatory properties.

Good for your heart.

May help control blood sugar.

用於滋養腎臟和肝臟，增強肌肉和骨骼，降低血壓。抗氧化劑含量高。具有很強的抗炎特性。對你的心臟有好處。可能有助於控制血糖。

Meat Dish

Bulgogi Pork Slice
韓式燒醬豬肉片

Vegetable Dish

Braised Bean Curd With Chayote & Mushroom
燜佛手瓜香菇豆乾

Rice

Tri-Colour Grains
三色飯

Beverage

An Qi Tea
安琪茶
(紅棗 黨參 北芪 枸杞 陳皮 麥冬)

康樂 Kang Le Kitchen

(Wellness & Nourishment Menu)

14TH Day Of The Month



🚫 NO MSG & Dark Soya Sauce. ✅ ONLY Olive Oil. ✅ ONLY Vegetarian Sauce.

LUNCH

Nourishing Soup

Cordyceps Blossom Pork Rib

Soup

虫草花排骨湯

Soup Benefit

Renowned for its immune-boosting properties as well as its role in promoting healthy cognitive function, cordyceps flower helps strengthen your immune and respiratory system, reduce fatigue and revitalise your body with its anti-ageing properties.

冬蟲夏草花以其增強免疫的特性以及促進健康認知功能的作用而聞名，它的抗衰老特性有助於增強您的免疫和呼吸系統，減少疲勞並讓您的身體恢復活力。

Meat Dish

Braised Minced Pork With
Lotus Root & Bitter gourd Slice
紅燒釀蓮藕苦瓜片

Vegetable Dish

Steamed Tofu With Fu Ling and Snow Fungus
清蒸茯苓銀耳豆腐

Carb

Bell Pepper Aglio Olio
彩椒意粉

Beverage

American Ginseng Yi Shen Tea
泡參益參茶
(泡參 石斛 枸杞)

DINNER

Nourishing Soup

Lion's Mane Huang Qi Soup

猴頭菇黃芪湯

Soup Benefit

Protect against dementia, reduce mild symptoms of anxiety and depression and help repair nerve damage.

It also has strong anti-inflammatory, antioxidant and immune-boosting abilities and been shown to lower the risk of heart disease, cancer, ulcers and diabetes.

防癡呆，減輕焦慮和抑鬱的輕微症狀，並有助於修復神經損傷。它還具有很強的抗炎、抗氧化和增強免疫能力，並已被證明可以降低患心臟病、癌症、潰瘍和糖尿病的風險。

Meat Dish

Pan Seared Salmon With Plum Sauce
香煎三文魚香梅醬

Vegetable Dish

XO French Bean With Macadamia
XO 堅果四季豆

Rice

Five Grains
五穀飯

Beverage

American Ginseng Yi Shen Tea
泡參益參茶
(泡參 石斛 枸杞)

Dessert

Eight Treasure Soup
八寶湯



🚫 NO MSG & Dark Soya Sauce. ✅ ONLY Olive Oil. ✅ ONLY Vegetarian Sauce.

LUNCH

Nourishing Soup

Barley Tangerine Peel Pork Rib Soup

薏米仁橘皮排骨湯

Soup Benefit

Tangerines can improve digestion, regulate blood pressure, protect heart, and reduce risk for cancer, diabetes. Insoluble and soluble fibre content improves digestion. Beta-glucans may help lower cholesterol.

橘子可以改善消化、調節血壓、保護心臟並降低患癌症和糖尿病的風險。不溶性和可溶性纖維含量可改善消化。β-葡聚糖可能有助於降低膽固醇。

Meat Dish

Steamed Chicken Slices With Yomeishu
養命酒蒸肉片

Vegetable Dish

Broccoli With Gluten And King Oyster
Mushroom
香炒西蘭花麵筋杏鮑菇

Rice

Rice Berry
紫米飯

Beverage

Noble Dendrobium Chrysanthemum Tea
石斛菊花茶
(石斛 菊花 枸杞)

DINNER

Nourishing Soup

Old Cucumber Lotus Root Soup

老黃瓜蓮藕湯

Soup Benefit

Remedy in Cantonese culture to detoxify the digestive tract, help soothe sore throats and coughs, and contribute anti-aging benefits. Decrease swelling, kill cancer cells and bacteria, reduce blood sugar.

廣東文化中的偏方，可排毒消化道，幫助緩解喉嚨痛和咳嗽，並有助於抗衰老。消腫，殺死癌細胞和細菌，降低血糖。

Meat Dish

Stir Fried Sheng Yu With Onion And Ginger
姜蔥生魚片

Vegetable Dish

Shanghai Green With Shiitake
上海青炒香菇

Rice

Quinoa Rice
小米飯

Beverage

Noble Dendrobium Chrysanthemum Tea
石斛菊花茶
(石斛 菊花 枸杞)

康樂 Kang Le Kitchen

(Wellness & Nourishment Menu)

16TH Day Of The Month



🚫 NO MSG & Dark Soya Sauce. ✅ ONLY Olive Oil. ✅ ONLY Vegetarian Sauce.

LUNCH

Nourishing Soup

Huai Shan Luffa Gourd Soup
淮山絲瓜湯

Soup Benefit

Healing liver problems, blood detoxication, joint-related issues, and to support kidneys function.
Great for arthritis pain & muscle pain.

治癒肝臟問題、血液解毒、關節相關問題並支持腎臟功能。非常適合關節炎疼痛和肌肉疼痛。

Meat Dish

Pan Seared Salmon With Corn Cream Sauce
香煎三文魚玉米醬

Vegetable Dish

Chinese Cabbage With King Oyster Mushroom
香炒白菜杏鮑菇

Rice

Pumpkin Rice With Pumpkin Seed
金瓜籽金瓜飯

Beverage

Mulberry Mistletoe Tea
桑寄生茶
(桑寄生 枸杞 紅棗)

DINNER

Nourishing Soup

Revitalising Tonic Soup
康樂湯

Soup Benefit

Strongly tonifies both Qi and Blood and nourishes the Yin too. Suitable for: Those with Qi and Blood deficiency.

強補氣血，滋陰。適用人群：氣血不足者。

Meat Dish

Slow Cooked Chicken Teriyaki With Vegetable
慢煮日式雞

Vegetable Dish

Spinach With White Bait
菠菜炒白飯魚

Carb

Straw Mushroom Bee Hoon
(草菇素米粉)

Beverage

Mulberry Mistletoe Tea
桑寄生茶
(桑寄生 枸杞 紅棗)



🚫 NO MSG & Dark Soya Sauce. ✅ ONLY Olive Oil. ✅ ONLY Vegetarian Sauce.

LUNCH

Nourishing Soup

Ling Zhi Tian Qi Soup 靈芝田七湯

Soup Benefit

Benefits of ling zhi include control of blood glucose levels, modulation of the immune system, hepatoprotection, bacteriostasis, abilities to eliminate blood stasis, reduce swellings and pain, and stop bleeding.

靈芝的好處包括控制血糖水平、調節免疫系統、保肝、抑菌。具有消除瘀血、消腫止痛、止血的功效。

Meat Dish

Stir Fried Miso Pork With Chestnut
日式味噌炒馬蹄肉片

Vegetable Dish

Seasonal Vege With Beancurd In Lemongrass sauce
時蔬豆干炒香茅醬

Rice

Tri-Colour Grains
三色飯

Beverage

Tai Zi Shen Tea
太子參茶
(太子參 黃芪 黨參 紅棗)

Dessert

Red Bean Lily Seed Soup
紅豆蓮子湯

DINNER

Nourishing Soup

Chinese Yam And Shiitake Soup 山藥香菇湯 Soup Benefit

Great source of anti-oxidant.
Help with diabetes, by modulating oxidative stress and lipid profiles. Excellent soup for supporting the lung qi and lung yin. Help immune system. Have anti-inflammatory properties.

抗氧化劑的重要來源。通過調節氧化應激和脂質分佈來幫助治療糖尿病。養肺佳湯 氣和肺陰。幫助免疫系統。具有抗炎特性。

Meat Dish

Steamed Snow Cod With Spinach
小家碧玉

Vegetable Dish

Hong Kong Kai Lan With Gingko
清炒白果香港芥蘭

Rice

Brown Rice
糙米飯

Beverage

Tai Zi Shen Tea
太子參茶
(太子參 黃芪 黨參 紅棗)

康樂 Kang Le Kitchen

(Wellness & Nourishment Menu)

18TH Day Of The Month



🚫 NO MSG & Dark Soya Sauce. ✅ ONLY Olive Oil. ✅ ONLY Vegetarian Sauce.

LUNCH

Nourishing Soup

Snow Fungus, Lou Han Gou
Pork Rib Soup
銀耳羅漢果排骨湯

Soup Benefit

Improves and enhances the action of a type of white blood cell. efficacy of antibodies which are also used by the immune system.

改善和增強一種白細胞的作用。免疫系統也使用的抗體的功效。

Meat Dish

Sweet & Sour Fish
酸甜魚片

Vegetable Dish

XO Edamame With Sweet Potato
XO 炒毛豆蕃薯

Carb

Classic Tomato Macaroni
義大利番茄粉

Beverage

An Qi Tea
安琪茶
(紅棗 黨參 北芪 枸杞 陳皮 麥冬)

DINNER

Nourishing Soup

Haw Black Fungus and Bean
Soup
山楂黑木耳黑豆湯

Soup Benefit

Used to treat both low blood pressure and high blood pressure. Help circulation in swollen legs and feet protecting liver, lowering cholesterol, and boosting gut health. Packed with fiber and antioxidants.

用於治療低血壓和高血壓。幫助腫脹的腿腳循環，保護肝臟，降低膽固醇，促進腸道健康。富含纖維和抗氧化劑。

Meat Dish

Stir Fried D.O.M Pork Slice
D.O.M炒肉片

Vegetable Dish

Seasonal Green With Lion's Mane Mushroom
猴頭菇炒時菜

Rice

Rice Berry
紫米飯

Beverage

An Qi Tea
安琪茶
(紅棗 黨參 北芪 枸杞 陳皮 麥冬)

Dessert

Snow Pear Chuan Bei Soup
雪梨川貝湯



🚫 NO MSG & Dark Soya Sauce. ✅ ONLY Olive Oil. ✅ ONLY Vegetarian Sauce.

LUNCH

Nourishing Soup

Corn Silk Huai Shan Soup 玉米絲淮山湯

Soup Benefit

Used to treat congestive heart failure, diabetes, high blood pressure, fatigue, and high cholesterol levels. invigorates the spleen and stomach-for deficiency in energy with poor appetite, fatigue, loose stools or chronic diarrhoea.

用於治療充血性心力衰竭、糖尿病、高血壓、疲勞和高膽固醇水平。健脾胃用於氣虛、食慾不振、乏力、便溏或久瀉。

Meat Dish

Steamed Herbal Barramundi
清蒸藥膳金目魷

Vegetable Dish

Steam Tofu With Enoki
清蒸金針菇豆腐

Rice

Quinoa Rice
小米飯

Beverage

American Ginseng Yi Shen Tea
泡參益參茶
(泡參 石斛 枸杞)

DINNER

Nourishing Soup

Mustard Green Sweet Potato Sheng Yu Soup 芥菜蕃薯魚湯

Soup Benefit

Contain many health-boosting antioxidants like beta carotene, which can protect your skin and lower risk factors of diabetes.

Rich source of fibre as well as containing an array of vitamins and minerals.

含有許多促進健康的抗氧化劑，如β-胡蘿蔔素，可以保護您的皮膚並降低患糖尿病的危險因素。豐富的纖維來源以及多種維生素和礦物質。

Meat Dish

Braised Pork Collar With Du Zhong & Sesame Oil
杜仲麻油燜豬頸肉

Vegetable Dish

Chinese Yam With Lotus Root & Black Fungus
山藥蓮藕炒黑木耳

Rice

Brown Rice
糙米飯

Beverage

American Ginseng Yi Shen Tea
泡參益參茶
(泡參 石斛 枸杞)

康樂 Kang Le Kitchen

(Wellness & Nourishment Menu)

20TH Day Of The Month



🚫 NO MSG & Dark Soya Sauce. ✅ ONLY Olive Oil. ✅ ONLY Vegetarian Sauce.

LUNCH

Nourishing Soup

He Shou Wu Black Bean Soup 何首烏黑豆湯

Soup Benefit

Promote general good health, especially in old age.
Used to treat various health conditions, such as diabetes, hair loss, heart disease, constipation, and cancer.

Antioxidants, fiber, protein, and carbohydrates in black beans make them nutritionally powerful.

促進整體健康，尤其是在老年時。用於治療各種健康狀況，如糖尿病、脫髮、心臟病、便秘和癌症。黑豆中的抗氧化劑、纖維、蛋白質和碳水化合物使它們營養豐富。

Meat Dish

Braised Chicken With Radish Oden Style
日式白蘿蔔燜雞

Vegetable Dish

Garlic Sprouts With Lily Bud & Snow Fungus
蒜苗炒百合銀耳

Rice

Barley Millet Rice
薏米飯

Beverage

Noble Dendrobium Chrysanthemum Tea
石斛菊花茶
(石斛 菊花 枸杞)

DINNER

Nourishing Soup

American Ginseng Bei Qi Pork Slice Soup 花旗參北芪肉片湯

Soup Benefit

Boost energy, lower blood sugar and cholesterol levels, reduce stress, promote relaxation, treat diabetes.
Protect against heart disease. It's also used to help improve overall weakness.

增強能量，降低血糖和膽固醇水平，減輕壓力，促進放鬆，治療糖尿病。預防心臟病。它還用於幫助改善整體弱點。

Meat Dish

Steamed Salmon With Snow Fungus and
Ginkgo
清蒸銀耳三文魚

Vegetable Dish

Braised Herbal Tofu
藥膳豆腐

Carb

Stir Fry Hokkien Bee Hoon
福建白米粉

Beverage

Noble Dendrobium Chrysanthemum Tea
石斛菊花茶
(石斛 菊花 枸杞)

康樂 Kang Le Kitchen (Wellness & Nourishment Menu) 21ST Day Of The Month



🚫 NO MSG & Dark Soya Sauce. ✅ ONLY Olive Oil. ✅ ONLY Vegetarian Sauce.

LUNCH

Nourishing Soup

Sha Shen Yu Zhu Pork Rib Soup
沙參玉竹排骨湯

Soup Benefit

Relieve dry throat or dry hearty coughs with scanty sticky phlegm due to yin deficiency in the lung. Moistens the lungs and nourish the stomach by clearing heat.

用於肺陰虛所致的咽乾燥熱咳嗽，痰少粘稠。
清熱潤肺，養胃。

Meat Dish

Steamed Sheng Yu With Black Fungus & Cordyceps Blossom
清蒸虫草花生魚黑木耳

Vegetable Dish

Celery With Minced Meat & Black Fungus
芹菜炒肉碎黑木耳

Rice

Pumpkin Rice With Pumpkin Seed
金瓜籽金瓜飯

Beverage

Mulberry Mistletoe Tea
桑寄生茶
(桑寄生 枸杞 紅棗)

Dessert

Double Boiled Peach Gum With Honey Dates
桃膠蜜棗湯

DINNER

Nourishing Soup

Bok Choy BeanCurd Fish Soup
白菜豆腐魚湯

Soup Benefit

Wide variety of vitamins and minerals, as well antioxidants and fiber that are good for your health. beneficial for heart health, bone health, and thyroid function. Great source of protein.

多種維生素和礦物質，以及對您的健康有益的抗氧化劑和纖維。有益於心臟健康、骨骼健康和甲狀腺功能。蛋白質的重要來源。

Meat Dish

Steamed Chicken Drumstick With Black Fungus
清蒸黑木耳雞腿

Vegetable Dish

Snow Pea & Lily Bub With Macadamia
雪豆百合炒堅果

Rice

Five Grains
五穀飯

Beverage

Mulberry Mistletoe Tea
桑寄生茶
(桑寄生 枸杞 紅棗)



🚫 NO MSG & Dark Soya Sauce. ✅ ONLY Olive Oil. ✅ ONLY Vegetarian Sauce.

LUNCH

Nourishing Soup

Lung Tonic Soup 補肺湯

Soup Benefit

To nourish and improve appetite. Moisten the lungs and throat. Reduce dryness and make breathing more refreshing.

以滋養和改善食慾。潤肺潤喉。減少干燥，讓呼吸更清爽。

Meat Dish

Braised Stuffed Gluten With Herbal Sauce
藥膳釀麵筋

Vegetable Dish

Luffa Gourd With Minced Meat
絲瓜炒肉碎

Carb

Traditional Mee Sua
家乡面线

Beverage

Tai Zi Shen Tea
太子参茶
(太子参 黄芪 党参 红枣)

DINNER

Nourishing Soup

Qi Nourishing Soup 補氣大補湯

Soup Benefit

Strengthens Lung and Kidney Qi function and regulates blood. Strongly tonifies both Qi and Blood and nourishes the Yin too.

增強肺腎氣功能，調節血液。強補氣血，滋陰。

Meat Dish

Pan Seared White Fish With Lemon Cream Sauce
香煎白鱼奶油檸檬獎

Vegetable Dish

Cauliflower With Shiitake
花椰燜香菇

Rice

Quinoa Rice
小米飯

Beverage

Tai Zi Shen Tea
太子参茶
(太子参 黄芪 党参 红枣)

Dessert

Black Glutinous Rice Dried Longan Dessert
黑糯米桂圆湯

康樂 Kang Le Kitchen

(Wellness & Nourishment Menu)

23RD Day Of The Month



🚫 NO MSG & Dark Soya Sauce. ✅ ONLY Olive Oil. ✅ ONLY Vegetarian Sauce.

LUNCH

Nourishing Soup

Superior Herbal Soup 十全大補湯

Soup Benefit

Effectively replenishes Qi and promotes vein relaxation.

Keeps body warm and revitalises blood and energy. helps eliminate feelings of lethargy and other symptoms.

有效補氣，促進靜脈鬆弛。保持身體溫暖，恢復血液和能量。有助於消除嗜睡和其他症狀的感覺。

Meat Dish

Steamed Barramundi HK Style With Tofu
港蒸豆腐金目鮪

Vegetable Dish

Snow Pea With Bean Curd
雪豆炒豆乾

Rice

Brown Rice
糙米飯

Beverage

An Qi Tea
安琪茶
(红枣 党参 北芪 枸杞 陈皮 麦冬)

DINNER

Nourishing Soup

Bei Qi Dang Shen Dang Gui Soup 北芪党参當歸湯

Soup Benefit

Strengthen the spleen, enhance Qi and improve digestion. enrich blood, promote blood circulation and treat blood deficiency pattern. Used to treat the common cold, upper respiratory infections, fibromyalgia, and diabetes.

健脾益氣，健脾益胃。補血活血，治療血虛證。用於治療普通感冒、上呼吸道感染、纖維肌痛和糖尿病。

Meat Dish

Stir Fried Black Bean Pork
黑豆炒豬肉

Vegetable Dish

Stewed Potato With Lion's Mane
Mushroom
燜猴頭菇馬鈴薯

Rice

Barley Millet Rice
薏米飯

Beverage

An Qi Tea
安琪茶
(红枣 党参 北芪 枸杞 陈皮 麦冬)

康樂 Kang Le Kitchen

(Wellness & Nourishment Menu)

24TH Day Of The Month



🚫 NO MSG & Dark Soya Sauce. ✅ ONLY Olive Oil. ✅ ONLY Vegetarian Sauce.

LUNCH

Nourishing Soup

Nourishing Saffron Red Dates Soup 紅棗紅花生魚湯

Soup Benefit

Powerful spice high in antioxidants, improved mood and libido, has antioxidants that boosts immunity and has anti-inflammatory and anti-fungal properties.

富含抗氧化劑的強力香料。改善情緒和性慾。具有增強免疫力的抗氧化劑，並具有抗炎和抗真菌特性。

Meat Dish

Stir Fried Sesame Pork Slice With Apricot
杏片芝麻醬炒肉片

Vegetable Dish

Braised Lotus Root With Gluten & Mushroom
燜蓮藕片香菇麵筋

Rice

Tri-Colour Grains
三色飯

Beverage

American Ginseng Yi Shen Tea
泡參益參茶
(泡參 石斛 枸杞)

DINNER

Nourishing Soup

Double Strength Six Combination Soup 雙料六味湯

Soup Benefit

Strengthens the spleen and kidneys, improves digestion and helps to get rid of excess 'heat' in the body. Anti-aging ingredient that is beneficial for healthy skin as well.

強化脾腎，促進消化，幫助排除體內多餘的“熱量”。抗衰老成分也有益於健康的皮膚。

Meat Dish

Seared Chicken Steak With Snow Pear Plum Sauce
香煎雞扒雪梨梅醬

Vegetable Dish

Hong Kong Kai Lan With Fish Slice
清炒香港芥蘭魚片

Carb

Bell Pepper Aglio Olio
彩椒意粉

Beverage

American Ginseng Yi Shen Tea
泡參益參茶
(泡參 石斛 枸杞)

康樂 Kang Le Kitchen

(Wellness & Nourishment Menu)

25TH Day Of The Month



🚫 NO MSG & Dark Soya Sauce. ✅ ONLY Olive Oil. ✅ ONLY Vegetarian Sauce.

LUNCH

Nourishing Soup

Pork Rib Black Fungus In
Glutinous Rice Wine Soup
黑木耳米酒排骨湯

Soup Benefit

Promoting appetite, helping digestion, relieving summer heat, refreshing oneself, promoting blood circulation, and moisturizing skin. Black fungus improve blood circulation.

促進食慾、幫助消化、解暑、提神、活血、潤膚。黑木耳改善血液循環。

Meat Dish

Stir Fried Chinese Yam With Pork Cube
山藥炒肉丁

Vegetable Dish

Poach Nai Bai With Truffle King Oyster Mushroom
松露奶白杏鮑菇

Rice

Five Grains
五穀飯

Beverage

Noble Dendrobium Chrysanthemum Tea
石斛菊花茶
(石斛 菊花 枸杞)

Dessert

Eight Treasure Soup
八寶湯

DINNER

Nourishing Soup

Snow Pear Nan Bei Xing Soup
雪梨南北杏湯

Soup Benefit

Help moisten the lungs, relieve dryness in the throat and reduce phlegm. Provides benefit such as micronutrients which are important for cardiovascular health.

幫助潤肺，緩解喉嚨乾燥，化痰。提供益處，例如對心血管健康很重要的微量營養素。

Meat Dish

Mediterranean Seared White Fish
With Fresh Tomato Sauce
地中海白魚番茄醬

Vegetable Dish

Baked Vegetable & Pumpkin With Macadamia
烤金瓜野菜堅果

Rice

Rice Berry
紫米飯

Beverage

Noble Dendrobium Chrysanthemum Tea
石斛菊花茶
(石斛 菊花 枸杞)



🚫 NO MSG & Dark Soya Sauce. ✅ ONLY Olive Oil. ✅ ONLY Vegetarian Sauce.

LUNCH

Nourishing Soup

Beetroot And Corn Soup

甜菜根玉米湯

Soup Benefit

Beetroots are a great source of fiber, folate (vitamin B9), manganese, potassium, iron, and vitamin C. Improved blood flow, lower blood pressure, and increased exercise performance.

甜菜根是纖維、葉酸（維生素 B9）、錳、鉀、鐵和維生素 C 的重要來源。改善血液流動、降低血壓並提高運動表現。

Meat Dish

Stewed Chicken Thigh With Green Pea
雞尾肉燜青豆

Vegetable Dish

Chinese Yam With Carrot And Pork Slice
山藥蘿蔔炒肉片

Carb

Straw Mushroom Bee Hoon
(草菇素米粉)

Beverage

Mulberry Mistletoe Tea
桑寄生茶
(桑寄生 枸杞 紅棗)

DINNER

Nourishing Soup

Chrysanthemum, Pear & Fig

Soup

菊花鴨梨無花果湯

Soup Benefit

Treat respiratory problems, high blood pressure, and hyperthyroidism. Reduce inflammation and calm your nerves. High in natural sugars, minerals and soluble fibre.

治療呼吸系統問題、高血壓和甲狀腺功能亢進。減少炎症並鎮靜您的神經。富含天然糖分、礦物質和可溶性纖維。

Meat Dish

Stir Fried Pork Slice With Capsicum
彩椒炒肉片

Vegetable Dish

Celery With Cashew Nut
芹菜炒腰果

Rice

Brown Rice
糙米飯

Beverage

Mulberry Mistletoe Tea
桑寄生茶
(桑寄生 枸杞 紅棗)

Dessert

Double Boiled Snow Fungus With Red Dates
銀耳紅棗湯



🚫 NO MSG & Dark Soya Sauce. ✅ ONLY Olive Oil. ✅ ONLY Vegetarian Sauce.

LUNCH

Nourishing Soup

Black Garlic Ba Kut Teh
黑蒜肉骨茶

Soup Benefit

With its antioxidants, black garlic can help reduce inflammation in the body and prevent cognitive conditions such as Alzheimer's disease and Parkinson's disease. It may also help to improve memory and other parts of cognitive function.

黑蒜可以幫助減少體內炎症並預防阿爾茨海默病和帕金森病等認知疾病。它還可能有助於改善記憶力和認知功能的其他部分。

Meat Dish

Pan Seared Salmon With Plum Sauce
香煎三文魚香梅醬

Vegetable Dish

Braised Bean Curd With Chayote & Mushroom
燜佛手瓜香菇豆乾

Rice

Barley Millet Rice
薏米飯

Beverage

Tai Zi Shen Tea
太子參茶
(太子參 黃芪 黨參 紅棗)

DINNER

Nourishing Soup

Salmon Corn Soup
玉米三文魚湯

Soup Benefit

High fiber content, it can aid with digestion. It also contains valuable B vitamins, which are important to your overall health. Salmon is also one of the best sources of vitamin B12.

纖維含量高，可以幫助消化。它還含有寶貴的B族維生素，這對您的整體健康很重要。三文魚也是維生素B12的最佳來源之一。

Meat Dish

Seared Chicken Chop With Black Garlic Truffle Sauce
香煎雞扒松露黑蒜醬

Vegetable Dish

Broccoli With Capsicum
香炒西蘭花彩椒

Rice

Tri-Colour Grains
三色飯

Beverage

Tai Zi Shen Tea
太子參茶
(太子參 黃芪 黨參 紅棗)



🚫 NO MSG & Dark Soya Sauce. ✅ ONLY Olive Oil. ✅ ONLY Vegetarian Sauce.

LUNCH

Nourishing Soup

Du Zhong Sesame Oil Pork Slice Soup 杜仲麻油肉片湯

Soup Benefit

Used to nourish the kidneys and liver, strengthen muscles and bones and lower blood pressure. High in antioxidants. Has strong anti-inflammatory properties.

Good for your heart.

May help control blood sugar.

用於滋養腎臟和肝臟，增強肌肉和骨骼，降低血壓。抗氧化劑含量高。具有很強的抗炎特性。對你的心臟有好處。可能有助於控制血糖。

Meat Dish

Slow Braised Iberico Pork With Potato
清燉土豆伊比利亞豬肉

Vegetable Dish

XO French Bean With Macadamia
XO 堅果四季豆

Rice

Quinoa Rice
小米飯

Beverage

An Qi Tea
安琪茶
(紅棗 黨參 北芪 枸杞 陳皮 麥冬)

DINNER

Nourishing Soup

Dang Gui Dried Longan Soup 當歸桂圓湯

Soup Benefit

Enrich blood, promote blood circulation and treat blood deficiency pattern. Contains a good amount of potassium, which helps control blood pressure.

補血活血，治療血虛證。含有大量鉀，有助於控制血壓。

Meat Dish

Pan Seared Snow Cod Fillet With Yuzu Sauce
香煎柚子雪魚

Vegetable Dish

Green Capsicum With Pork Strip
青椒肉絲

Carb

Classic Tomato Macaroni
義大利番茄粉

Beverage

An Qi Tea
安琪茶
(紅棗 黨參 北芪 枸杞 陳皮 麥冬)

康樂 Kang Le Kitchen (Wellness & Nourishment Menu) 29TH Day Of The Month



🚫 NO MSG & Dark Soya Sauce. ✅ ONLY Olive Oil. ✅ ONLY Vegetarian Sauce.

LUNCH

Nourishing Soup

Lion's Mane Huang Qi Soup 猴頭菇黃芪湯

Soup Benefit

Protect against dementia, reduce mild symptoms of anxiety and depression and help repair nerve damage. It also has strong anti-inflammatory, antioxidant and immune-boosting abilities and been shown to lower the risk of heart disease, cancer, ulcers and diabetes.

預防癡呆，減輕焦慮和抑鬱的輕微症狀，並有助於修復神經損傷。它還具有很強的抗炎、抗氧化和增強免疫能力，並已被證明可以降低患心臟病、癌症、潰瘍和糖尿病的風險。

Meat Dish

Stir Fried Chicken Cube
In Miso Honey Lemon Sauce
味增香柠蜜汁鸡丁

Vegetable Dish

Shanghai Green With Shiitake
上海青炒香菇

Rice

Tri-Colour Grains
三色飯

Beverage

American Ginseng Yi Shen Tea
泡参益参茶
(泡参 石斛 枸杞)

Dessert

Snow Pear Chuan Bei Soup
雪梨川貝湯

DINNER

Nourishing Soup

Cordyceps Blossom Pork Rib Soup 虫草花排骨湯 Soup Benefit

Renowned for its immune-boosting properties as well as its role in promoting healthy cognitive function, cordyceps flower helps strengthen your immune and respiratory system, reduce fatigue and revitalise your body with its anti-ageing properties.

冬蟲夏草花以其增強免疫的特性以及促進健康認知功能的作用而聞名，它的抗衰老特性有助於增強您的免疫和呼吸系統，減少疲勞並讓您的身體恢復活力。

Meat Dish

Stir Fried Pork Slice With Tangerine Peel
香橘子皮炒肉片

Vegetable Dish

Stew Chinese Cabbage With Gluten
白菜燜麵筋

Rice

Pumpkin Rice With Pumpkin Seed
金瓜籽金瓜飯

Beverage

American Ginseng Yi Shen Tea
泡参益参茶
(泡参 石斛 枸杞)



🚫 NO MSG & Dark Soya Sauce. ✅ ONLY Olive Oil. ✅ ONLY Vegetarian Sauce.

LUNCH

Nourishing Soup

Old Cucumber Lotus Root Soup

老黃瓜蓮藕湯

Soup Benefit

Remedy in Cantonese culture to detoxify the digestive tract, help soothe sore throats and coughs, and contribute anti-aging benefits. Decrease swelling, kill cancer cells and bacteria, reduce blood sugar.

廣東文化中的偏方，可排毒消化道，幫助緩解喉嚨痛和咳嗽，並有助於抗衰老。消腫，殺死癌細胞和細菌，降低血糖。

Meat Dish

Double Boiled Pork Collar With Ginger Wine
雙燉姜酒豬頸肉

Vegetable Dish

Poached Broccoli And Cauliflower With Yuzu
Dressing
花椰柚子醬

Carb

Stir Fry Hokkien Bee Hoon
福建白米粉

Beverage

Noble Dendrobium Chrysanthemum Tea
石斛菊花茶
(石斛 菊花 枸杞)

DINNER

Nourishing Soup

Double Strength Shi Sheng Soup

雙料四神湯

Soup Benefit

Improving appetite and is commonly given to children with poor appetites. Strengthens the body, improves body weight and improves appetite.

改善食慾，通常用於食慾不佳的兒童。強身健體，改善體重，改善食慾。

Meat Dish

Braised Minced Pork With
Lotus Root & Bitter gourd Slice
紅燒釀蓮藕苦瓜片

Vegetable Dish

Steamed Tofu With Fu Ling and Snow Fungus
清蒸茯苓銀耳豆腐

Rice

Rice Berry
紫米飯

Beverage

Noble Dendrobium Chrysanthemum Tea
石斛菊花茶
(石斛 菊花 枸杞)

Dessert

Barley Millet With Oats Porridge
薏米燕麥粥

康樂 Kang Le Kitchen

(Post Surgery / Treatment Menu)

31ST Day Of The Month



🚫 NO Chicken & Egg. 🚫 NO MSG & Dark Soya Sauce. ✅ ONLY Olive Oil. ✅ ONLY Vegetarian Sauce.

LUNCH

Nourishing Soup

Revitalising Tonic Soup 康樂湯

Soup Benefit

Strongly tonifies both Qi and Blood and nourishes the Yin too. Suitable for: Those with Qi and Blood deficiency.

強補氣血，滋陰。適用人群：氣血不足者。

Meat Dish

Threadfin In Homemade Sauce
香煎家鄉午魚

Vegetable Dish

Spinach With White Bait
菠菜炒白飯魚

Rice

Quinoa Rice
小米飯

Beverage

Roasted Barley Tea
烤麦茶
(烤大麦)

DINNER

Nourishing Soup

Lung Tonic Soup 補肺湯

Soup Benefit

To nourish and improve appetite. Moisten the lungs and throat. Reduce dryness and make breathing more refreshing.

以滋養和改善食慾。潤肺潤喉。減少干燥，讓呼吸更清爽。

Meat Dish

Grilled Japanese Sesame Chicken Steak
日式芝麻烤鸡扒

Vegetable Dish

Luffa Gourd With Minced Meat
絲瓜炒肉碎

Rice

Brown Rice
糙米飯

Beverage

Roasted Barley Tea
烤麦茶
(烤大麦)