

Sydney Joyous Postpartum Home Care
one week sample menu

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	Breakfast	Lunch	Dinner	Soup	Dessert
Day 1	Lotus seed chicken congee Stir fry broccoli and tofu	Stir fry choy sum with garlic Mince pork with tofu Seaweed xiangsong rice	Miso cabbage Ginger spring onion fried mushroom and pork Black pepper beef Brown rice	Goji berry pork bone soup	Black sesame paste
Day 2	Mushroom and fish congee Seaweed salad	Asparagus with scallops Steamed chicken with mushroom Sweet potato rice	Spinach in broth Japanese style beef Grilled salmon with cheese Pumpkin rice	Coconut chicken soup	Sweet potato and red dates soup
Day 3	Chive soba noodle Capsicum with grilled eel	Chinese broccoli with oyster Sauce Sliced pork with garlic sauce Burdock rice	Chinese lettuce with carrot Satay beef Steamed pork cake with tofu Sweet potato rice	Dried scallops mushroom chicken soup	Goji berry Snow pear sweet soup
Day 4	Goji berry pork congee Tomatoo tofu	Stir fried broccoli with garlic Braised pork with carrots Red bean rice	Seasonal greens Cordyceps flower steamed chicken Steamed garlic prawns Black sesame brown rice	Goji berry pork slice soup	Stewed red payaya with milk
Day 5	Dried scallop pork congee Grilled broccoli with crabmeat	Roasted pork with tomato sauce Stir fry chinese greens Pumpkin rice	Lettuce with oyster sauce Cantonese style shredded chicken Tomato beef stew Corn rice	Peanut pork bone soup	Black multigrain dessert
Day 6	Century egg and pork congee Spinach with sesame sauce	Seasonal greens Chestnut chicken Oat rice	Seasonal vegetables Pork knuckles and ginger stew Chicken meatballs Purple rice	Tofu fish soup	Goji berry dried logan soup
Day 7	Egg and beef congee Stir fry broccoli with garlic	Baby cabbage in broth Stir fry pork with onion Five grain rice	Dry pot cabbage Cumin flavored beef Cantonese style steamed fish Oat rice	Vegetable soup	Red multigrain dessert