



MAMA J's  
@CONFINEMENTFOODSG

# The Menu

W E E K 1  
M O N D A Y

## Lunch

Red Glutinous Wine Chicken

红糟鸡

Sesame Oil Braised Potato and Tau Kwa

马铃薯烧豆腐

Papaya Pork Ribs Soup

木瓜排骨

Lemongrass Rice

香茅饭

## Dinner

Stir-fry Pork Slices with Capsicum

猪肉炒青椒

Nai Bai with Enoki Mushrooms

豆苗肉碎

Double-Boiled Detox Herbal Soup

排毒生化汤

Fragrant White Rice

米饭

Sweet Black Bean Soup

黑豆甜汤



MAMA J's  
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# The Menu

W E E K 1  
T U E S D A Y

## Lunch

Stir-fry Pork Tenderloin with Ginger & Spring Onion  
姜葱猪肉

Snake Gourd with Black Fungus and Glass noodles  
蛇瓜铜粉

Double-boiled Yellow Flower Vegetable Pork Bone Soup  
黄花菜猪骨汤  
Oatmeal Rice  
麦片饭

## Dinner

Steamed Chicken with Cordyceps and Shiitake  
Mushrooms  
黑木耳香菇蒸鸡

Spinach with Fish cakes  
菠菜炒鱼饼

Double-boiled Dang Sheng Chicken Soup  
党参鸡汤

Fragrant White Rice  
白饭



MAMA J's  
@CONFINEMENTFOODSG

# The Menu

W E E K 1  
W E D N E S D A Y

## Lunch

Steamed Handmade Confinement Siu Mai Dumplings  
蒸烧卖

Stir-fry Snow Peas with Mushrooms  
香菇清炒荷兰豆

Superior Egg Drop Soup  
蛋花三鲜汤

Korean Purple Rice  
紫米饭

## Dinner

D.O.M Chicken Drumstick  
酒炖鸡腿

Stir Fry You Mai Cai with Oyster sauce  
蚝油油麦

Double-boiled Red Dates Chicken Soup with Peanut and  
Corn  
花生玉米枣鸡汤

Longevity Garlic Noodle  
蒜蓉长寿面



MAMA J's  
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# The Menu

W E E K 1  
T H U R S D A Y

## Lunch

Steamed Fish Fillet with Lemongrass and Mushrooms

香菇香茅蒸鱼

Braised Vegetables with Red Fermented Beancurd

南乳杂菜

Ten Essence Herbal Black Chicken Soup

十全大补乌鸡汤

Corn Millet Rice

小米饭

## Dinner

Baked Seaweed Minced Meat Cake

紫菜肉碎饼

Stir-fry Celtue with Garlic

莴笋炒蒜米

5-Grain Lotus Seed Porridge

南瓜粥

White Fungus Peach Gum Dessert Soup

雪耳桃胶汤



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# The Menu

W E E K 1  
F R I D A Y

## Lunch

Saute Chicken with Corn And Cashew Nut

腰果玉米粒炒鸡丁

Tri-colored Capsicum with King Oyster Mushroom

香杏鲍菇炒三色灯笼椒

Double-boiled Black Bean Pork Bone Soup

陈皮黑豆骨汤

Stir-fry Black Fungus Bee Hoon

木耳炒米粉

## Dinner

Baked Oatmeal Fish Slices

烤燕麦鱼

Milk-Boosting Milk Pak-choy with Garlic

大蒜炒玉米奶白

Double-Boiled Chinese Yam Pork Bone Soup

山药猪骨汤

Fragrant White Rice

白饭



MAMA J's  
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# The Menu

W E E K 1  
S A T U R D A Y

## Lunch

Steamed Chicken with Cordyceps Flowers

虫草花香菇蒸鸡

Stir Fry Broccoli with Carrots

炒菜花和红萝卜

Double-boiled Lotus Pork Bone Soup with Red Dates

莲子红枣猪骨汤

Fragrant Brown Rice

糙米饭

## Dinner

Braised Pork Ribs With Pumpkin

炖南瓜排骨

Stir-fry Pea Shoots with Black Fungus

豆苗炒木耳丝

Blood-Nourishing Herbal Soup

活血化瘀汤

Fragrant White Rice

白饭



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# The Menu

W E E K 1  
S U N D A Y

## Lunch

Grilled Ginger Turmeric Chicken Wings With Spinach

烤黄姜鸡翅

Steamed Tofu with Minced Meat

肉碎蒸豆腐

Double-boiled Yu Zhu Fish Soup

玉竹堂生鱼汤

Goji Berry Longan Rice

枸杞龙眼饭

## Dinner

Steamed Minced Pork with Wakame Seaweed

海带肉饼

Long Bean with Shimeiji Mushrooms & Black Fungus

长豆炒黑木耳菇

Sesame Oil Tofu Puffs With Minced Pork Sesame Oil

Soup

麻油豆包汤

Fragrant Mushroom Rice

香菇饭



MAMA J's  
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# The Menu

W E E K 2  
M O N D A Y

## Lunch

Diced Fish cubes With Sweet Peas and Carrot

豌豆炒鱼丁

Braise Tau Kwa With Capsicum

彩椒炒豆腐

Sesame Oil Ginger Egg Drop Soup

麻油姜蛋肉汤

Lemongrass Rice

香茅饭

## Dinner

Three Cup Chicken

三杯鸡

Stir-fried Malabar Spinach with Shiitake Mushrooms

香菇炒帝皇苗

Double-boiled Dang Gui Red Dates Chicken Soup

当归红枣鸡汤

Five-Red beans Soup

五红汤

Fragrant White Rice

白饭





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# The Menu

W E E K 2  
T U E S D A Y

## Lunch

Braised Chicken with Lotus Seed

莲子鸡丁

Stir Fry Cauliflower with Potato & Sweet Pea

椰花烩马铃薯

Seaweed Chicken Soup with Red Dates

海带红枣鸡汤

Milk-Boosting Oatmeal Rice

麦片饭

## Dinner

Roasted Chicken with Sesame Seed

烤芝麻鸡

Stir Fry Minced Meat With You Mai

肉碎炒油麦

Double-boiled Pork Bone Six Herbs Tonic Soup

六味猪骨汤

Fragrant White Rice

白饭



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# The Menu

W E E K 2

W E D N E S D A Y

## Lunch

Scallion Oil Chicken

葱油鸡

Stir Fry Eggs with Tomato

番茄炒鸡蛋

Dang Sheng Pork Bone Soup

党参猪骨汤

Korean Purple Rice

紫米饭

## Dinner

Char Siew Pork

叉烧肉

Stir Fry Red Spinach With Shiitake Mushroom

清炒红苋菜蚝油香菇

Double-boiled Peanut Chicken Feet Soup

花生眉豆鸡脚汤

Stir-fry Mushroom Bean Noodle

香菇豆面线



MAMA J'S  
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# The Menu

W E E K 2

T H U R S D A Y

## Lunch

Mixed Vegetables with Chicken Cubes

清炒什菜肉丁

Stir Fry Pencil Asparagus With Carrot

芦笋炒萝卜

Double-boiled Pumpkin Pork Bone Soup

南瓜猪肉汤

Corn Millet Rice

小米饭

## Dinner

Signature Baked Herbal Chicken

传统药材鸡

Stir Fry Broccoli With Egg Sauce

西兰花炒鸡蛋酱

Seaweed Tofu Soup

紫菜豆腐汤

Fragrant Mushroom Rice

香菇饭

Long Yan Bai He Soup

红豆汤



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# The Menu

W E E K 2

F R I D A Y

## Lunch

Steamed Peanut Pork Ribs

花生排骨

Black Fungus with Enoki Mushroom

炒黑木耳金针菇

Tomato Spinach Soup

菠菜番茄汤

Stir Fry Longevity Noodle With Shredded Ginger

干炒姜丝面线

## Dinner

Stir-fry Fish slices with Ginger & Spring Onion

姜葱鱼片

Cai Xin with Beancurd Skin

菜心炒豆腐片

Cordyceps Chicken Soup

虫草花鸡汤

Fragrant White Rice

白饭



MAMA J's  
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# The Menu

W E E K 2

S A T U R D A Y

## Lunch

Grilled Chicken Drumlet

姜蒜烤鸡腿

Steamed Pumpkin with Goji Berry

蒸枸杞南瓜

Herbal Bak Ku Teh

梅菜骨汤

Fragrant Brown Rice

糙米饭

## Dinner

Steam Herbal Minced Pork With White Fungus

雪耳肉饼

Stir-fry Nai Bai with Tofu Puffs

九白菜炆豆卜

Double-boiled Dang Sheng Red Dates Chicken Soup

当归红枣鸡汤

Fragrant White Rice

白饭



# The Menu

W E E K 2  
S U N D A Y

## Lunch

Steamed Pork Ribs With Potato  
土豆蒸排骨

Tomato with Broccoli  
番茄炒西兰花

Tea Tree Mushroom Chicken Soup  
茶树菇鸡汤

Goji Berry Longan Rice  
枸杞龙眼饭

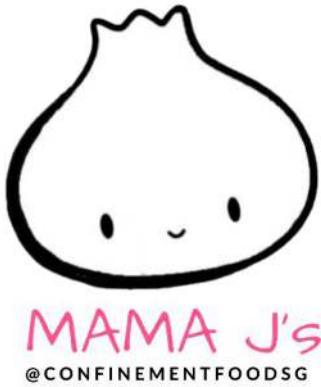
## Dinner

Steamed Mid Wing Chicken With Chicken Essence  
鸡精翅

Black Fungus and Fried Ginger Omelette  
姜丝木耳煎鸡蛋

Herbal Fish Soup  
百合玉竹红戈里鱼片汤

Fragrant White Rice  
白饭



# The Menu

W E E K 3  
M O N D A Y

## Lunch

Chestnut Chicken Cubes  
核桃仁鸡丁

Stir Fry French Bean With Carrot & Black Fungus  
四季豆炒三丝

Tomato Tofu Chicken Soup  
番茄豆腐鸡汤

Lemongrass Rice  
香茅饭

## Dinner

Broccoli with Pork Slices  
西兰花炒猪肉片

Stir Fry Nai Bai with Enoki Mushroom  
奶白炒金针菇

Herbal Shi Shen Soup  
四神汤

Fragrant White Rice  
白饭

Sweet Glutinous Rice Soup  
甜糯米汤



# The Menu

W E E K 3  
T U E S D A Y

## Lunch

Stir Fry Minced Pork With Black Fungus and Tomatoes

黑木耳番茄肉碎

Braised Tofu with Sugar Pea

红烧豆腐

Adzuki Bean Lotus Root Pork Bone Soup

赤小豆莲藕猪骨汤

Milk-Boosting Oatmeal Rice

麦片饭

## Dinner

Black Pepper Ginger Fish Slices

黑胡椒姜丝鱼片

Stir Fry Xiao Bai Cai with Cordyceps Flower

小白菜炒虫草花

Double-boiled Herbal Chicken Soup

药材鸡汤

Fragrant White Rice

白饭





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# The Menu

W E E K 3

W E D N E S D A Y

## Lunch

Chinese Yam Steamed Chicken

山药蒸鸡

Stir Fry Mix Mushroom With Tomato

番茄炒菇

Bak Ku Teh

肉骨茶

Korean Purple Rice

紫米饭

## Dinner

Pork Tenderloin With Double Fungus

双耳姜丝炒肉片

Stir Fry Sugar Pea With Liliy Bulb

百花甜豆

ABC Soup

ABC鸡汤

Shaoxing Wine Braised Rice Noodles

绍兴酒焖米粉



MAMA J's  
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# The Menu

W E E K 3

T H U R S D A Y

## Lunch

Stir Fry Minced Pork with Mint Leaf

蘑菇炒猪肉片

Stir fry Minced Meat with egg

姜丝肉碎炒蛋

Double-boiled Huai Shan Pork Bone Soup

淮山猪骨汤

Corn Millet Rice

小米饭

## Dinner

Hua Tiao Chicken

姜酒鸡

Stir-fry Confinement Ladyfinger Dish

酱蒸羊角豆

Lemongrass Pork Soup

香茅猪肉汤

Fragrant Mushroom Soup

香菇饭

Black Valley Dessert

黑谷汤



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# The Menu

W E E K 3

F R I D A Y

## Lunch

Braised Chicken With Tau Pok

姜丝炒鸡丝

Clay Pot Egg Tofu

速炖豆腐锅

Red Dates Si Wu Soup

红枣四物汤

Sesame Oil and Scallion Noodles

麻油葱拌面

## Dinner

Braised Pork Rib With Black Bean

黑豆焖猪肉

Stir Fry Spinach with Mushrooms

菠菜炒平菇

Double-boiled Mountain Herbs Chicken Soup

山药党参纯鸡

Fragrant White Rice

白饭



MAMA J's  
@CONFINEMENTFOODSG

# The Menu

W E E K 3  
S A T U R D A Y

## Lunch

Steamed Fish with Essence of Chicken and Tofu

鸡精豆腐蒸鱼

Steamed Pumpkin Egg

金瓜蒸鸡蛋

Double-boiled Black Eye Pea Pork Rib Soup

香菇眉豆猪骨汤

Fragrant Brown Rice

糙米饭

## Dinner

Sesame Oil Chicken

麻油鸡

Xiao Bai Cai with Oyster Sauce

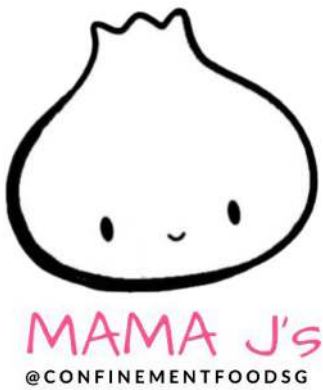
蚝油香菇小白菜

Double-boiled Multi-Nourishing Herbal Soup

强筋补腰杜仲汤

Fragrant White Rice

白饭



# The Menu

W E E K 3  
S U N D A Y

## Lunch

Baked Sesame Chicken

烤芝麻鸡

Five Heavenly King Vegetables

五大天王

Clear-boiled Black Chicken Soup

清炖黑鸡汤

Goji Berry Longan Rice

枸杞龙眼饭

## Dinner

Steamed Minced Pork With Cherry Tomato

小番茄蒸肉

Long Bean Omelette

长豆蛋饼

Milk-Boosting Papaya Fish Soup

木瓜鱼汤

Mushroom Rice

香菇饭



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# The Menu

W E E K 4  
M O N D A Y

## Lunch

Stir-fry Pork Tenderlion with Chestnuts

栗子炒猪

Stir Fry Celery With Tau Kwa

芹菜炒豆腐条

Carrot Pork Bone Soup

萝卜猪骨汤

Lemongrass Rice

香茅饭

## Dinner

Black Pepper Chicken Cubes

黑胡椒鸡丁

Jui Bai with Cordyceps Sauce

什菜炒枸杞

An Shen Mind-Nourishing Soup

安神补脑天麻汤

Fragrant White Rice

白饭

Rock Sugar Lotus Seed Soup

冰糖莲子汤



MAMA J's  
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# The Menu

W E E K 4  
T U E S D A Y

## Lunch

Stir-Fried Shredded Pork with Garlic

碎薄荷炒肉

Steamed Egg with Ginger Juice

姜汁蒸蛋

Double-Boiled Six Balancing Soup

清补六味鸡汤

Milk-Boosting Oatmeal Rice

麦片饭

## Dinner

Gong Bao Chicken

宫保鸡丁

Cai Xin with Tofu Puffs

豆卜菜心

Warm Medicated Pork Ribs Soup

暖身药膳猪排煲

Fragrant White Rice

白饭



MAMA J's  
@CONFINEMENTFOODSG

# The Menu

W E E K 4

W E D N E S D A Y

## Lunch

Baked Turmeric Fish

烤姜丝黄姜鱼

Mixed Vegetables with Goji Berry

双菇西兰花豆腐

Pea Shoots Vegetable Soup

豆苗菜汤

Fragrant Brown Rice

糙米饭

## Dinner

Garlic Sprout Pork Slices

蒜苔炒肉丝

Huai Shan with Black Fungus

木耳炒淮山

Chicken Feet Yellow Bean Soup

鸡脚黄豆汤

Red Glutinous Mee Sua

红糟面线





MAMA J's  
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# The Menu

W E E K 4  
T H U R S D A Y

## Lunch

Apple Curry Chicken with Lady Finger  
苹果咖喱鸡

Jiu Bai Cai with Cordycep Flowers Sauce  
虫草花炒九白菜

Double-boiled Eight Treasure Soup  
八珍汤

Corn Millet Rice  
小米饭

## Dinner

Red Braised Meat  
红烧肉

Garlic Sprout with Carrot  
蒜苗胡萝卜

5 Grain Lotus Seed Porridge  
五谷莲子粥

Red Bean Soup  
龙眼百合枣汤



MAMA J's  
@CONFINEMENTFOODSG

# The Menu

W E E K 4

F R I D A Y

## Lunch

Stir Fry Salmon with Green Capsicums

香煎青花椒三文魚

Stir-Fried Celtue With Black Fungus

莴笋炒木耳

Dang Gui Tonifying Blood Soup

当归补血汤

Braised Long Bean Noodles

豆角焖面

## Dinner

Yellow Braised Chicken

黄焖鸡肉

You Mai Cai with Oyster Mushroom

油麦炒杏鲍菇

Bei Qi Internal Refreshinig Herbal Soup

产后补胃汤

Fragrant White Rice

白饭



MAMA J's  
@CONFINEMENTFOODSG

# The Menu

W E E K 4  
S A T U R D A Y

## Lunch

Steamed Minced Meat with Mushrooms

蒸肉碎香菇

Long Bean with Pork Slices

猪肉炒菜豆

Black Bean Peanut Soup

黑豆花生骨汤

Fragrant Brown Rice

糙米饭

## Dinner

Baked Lemongrass Chicken

考香茅鸡

Stir-fried Malabar Spinach with Corn

玉米炒帝王庙

Shen Qi Herbal Soup

补气益血参芪汤

Fragrant White Rice

白饭



MAMA J's  
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# The Menu

W E E K 4  
S U N D A Y

## Lunch

Roasted Dang Gui Pork Ribs

当归烧排骨

Steamed Tofu with Ginger

姜葱蒸豆腐

Ginseng Chicken Soup

人参须鸡汤

Goji Berry Longan Rice

枸杞龙眼饭

## Dinner

Steamed Fish with Garlic Tomato

蒜蓉番茄蒸鱼

Roasted Pumpkin with Cauliflower

烤南瓜花椰菜

Spinach Tofu Soup

菠菜豆腐汤

Mushroom Rice

香菇饭



MAMA J's  
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# The Menu

DAY 12 / 28

## Lunch/Dinner

Meat of the Day

Vegetable of the Day

Rice/Noodle of the Day

### 猪脚醋

Pig Trotter in Black Vinegar

\*Please let us know if you would like to opt out from the Pig Trotter in Black Vinegar special.





MAMA J'S  
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# The Menu

W E E K 1  
W E D N E S D A Y

## Lunch

Pan-fried Handmade Confinement Siew Mai

蒸烧卖

Stir-fry Snow Peas with Mushrooms

香菇清炒荷兰豆

Double-boiled Pork Ribs Soup with Papaya

木瓜排骨

Korean Purple Rice

紫米饭

## Dinner

DOM Chicken

酒炖鸡腿

Stir Fry You Mai Cai with Oyster sauce

蚝油油麦

Double-boiled Red Dates Chicken Soup with

Peanut and Corn

花生玉米枣鸡汤

Longevity Garlic Noodle

蒜蓉长寿面