



MAMA J'S
@CONFINEMENTFOODSG

Recovery Menu

W E E K 1

Lunch

Red Glutinous Wine Chicken
红糟鸡
Sesame Oil Braised Potato and Tau Kwa
马铃薯烧豆腐
Double-boiled Pork Ribs Soup With Papaya
木瓜排骨
*5 Grain Rice
五谷饭

Dinner

Stir-fried Pork with Green Peppers
猪肉炒青椒
Bean Sprouts with dry Scallop and Sea Cucumber
干贝海参豆苗
Detoxification Sheng Hua Soup
排毒生化汤
Quinoa
藜麦饭
Black Bean Sweet Dessert
黑豆甜汤

Lunch

Steamed Cod Fish with Fried Ginger
炸姜蒸鳕鱼
Stir-fried Mushrooms with Broccoli & Tomato
番茄炒菇
Yellow Flower Vegetable Pork Bone Soup
黄花菜土豆胡萝卜骨汤
Oatmeal Rice
麦片饭

Dinner

*Steamed Chicken with Shiitake Mushroom
香菇蒸鸡
Spinach with Oyster Mushroom
平菇菠菜
Double-boiled Dang Sheng Chicken Soup
党参鸡汤
Fragrant White Rice
白饭

Lunch

Pan-fried Handmade Confinement Siew Mai
蒸烧卖
Stir-fry Snow Peas with Mushrooms and Scallop
香菇扇贝清炒荷兰豆
Superior Egg Drop Soup
蛋花三鲜汤
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



Lunch

Diced Chicken with Lotus Seeds
莲子鸡丁
Braised Vegetables w
Red Fermented Beancurd
杂菜
All Recovery Black Chicken Soup
十全大补乌鸡汤
Pumpkin Porridge with Minced Meat
南瓜粥

Dinner

Baked Seaweed Minced Meat Cake
紫菜肉碎饼
Stir-fry Celtuce with Fresh Huai Shan
山药莴笋炒木耳
Corn Millet Rice
小米饭
Herbal Dang Gui Fish Soup
当归鱼汤
Snow Fungus Nutritious Dessert
雪耳桃胶汤

Lunch

Baked Oatmeal Fish Slices
烤燕麦鱼
Tri-colored Capsicum with Mushrooms
香杏鲍菇炒三色灯笼椒
Double-boiled Black Bean Pork Bone Soup
陈皮黑豆骨汤
Fragrant White Rice
白饭

Dinner

Steamed Chicken with Cordyceps and
Shiitake Mushroom
虫草花香菇蒸鸡
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

Lunch

Braised Pork Ribs With Pumpkin
炖南瓜排骨
Stir Fry Broccoli, Carrots with Fish Maw
炒菜花红萝卜鱼肚
Lotus Pork Bone Soup with Red Dates
莲子红枣猪骨汤
Fragrant Brown Rice
糙米饭

Dinner

Pan Fried Tomato Sea Bass Fish
番茄鲈鱼
Stir-fry Pea Shoots with
Ikan Bilis & Black Fungus
江鱼仔豆苗炒木耳丝
Blood-Nourishing Herbal Soup
活血化痰汤
Fragrant White Rice
白饭

Lunch

Grilled Ginger Turmeric Chicken Wings
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 Seaweed
海带肉饼
Long Bean w Shimeiji Mushrooms
& Black Fungus
长豆炒黑木耳菇
Stuffed Tofu Puffs with Sesame Oil Soup
麻油酿豆腐泡芙汤
Fragrant Mushroom Rice
香菇饭



Recovery Menu

W E E K 2

Lunch

Fish Cubes with Sweet Peas and Carrot
豌豆炒鱼丁
Colorful Capsicum with Tau Kwa and Egg tofu
彩椒炒鸡蛋豆腐
Seaweed Red Dates Chicken Soup
海带红枣鸡汤
*Fragrant Brown Rice
糙米饭

Dinner

Three Cup Chicken
三杯鸡
Stir-fried Emperor Seedlings 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

Lunch

Steamed Handmade Cordyceps Dumplings
蒸虫草花水饺
You Mai Cai with Oyster Sauce
蚝油炒油麦
Sesame Oil Ginger Egg Soup
麻油姜蛋肉汤
Milk-Boosting Oatmeal Rice
麦片饭

Dinner

Salmon with Sesame Ginger Soy Sauce
三文鱼配芝麻姜
Roasted Cauliflower with Potato
椰花烩马铃薯
Double-boiled Pork Bone Soup with 6 tastes
六味猪骨汤
Fragrant White Rice
白饭

Lunch

Steamed Chicken Roulade With Goji Berry
枸杞鸡肉卷
Stir Fry Eggs with Tomato
番茄炒鸡蛋
*Sesame Oil Tofu Puffs Soup
麻油豆包汤
Korean Purple Rice
紫米饭

Dinner

Char Siew Pork with Braised Egg
叉烧肉
Hong Kong Kai Lan with Oyster sauce
香港蚝油芥兰
Double-boiled Peanut Chicken Feet Soup
花生眉豆鸡脚汤
Mushroom and Bean Noodles
香菇豆面线

Lunch

Stir-fried Pork Slices with Mushrooms
蘑菇炒猪肉片
Sautéed Carrots with Asparagus
芦笋炒萝卜
Seaweed and Tofu Soup
紫菜豆腐汤
Corn Millet Rice
小米饭

Dinner

Baked Herbal Chicken
传统药材鸡
Broccoli Scrambled Egg Sauce
西兰花炒鸡蛋酱
Herbal Fish Soup
百合玉竹红戈里鱼片汤
Garlic Fried Rice
炒蒜饭
Red Bean Soup
红豆汤

Lunch

Ginger and Scallion Fish Fillet
姜葱鱼片
Black Fungus with Enoki Mushroom
炒黑木耳金针菇
Pumpkin Pork Bone Soup
南瓜猪肉汤
Shaoxing Wine Braised Rice Noodles
绍兴酒焖米粉

Dinner

Peanut with Pork Ribs
花生焗排骨
Cai Xin with Beancurd Skin
菜心炒豆腐片
Cordyceps Chicken Soup
虫草花鸡汤
Fragrant White Rice
白饭

Lunch

Braised Chicken with Tofu
and Tang Hoon
豆卜焖鸡
Steamed Pumpkin with Goji Berry
蒸枸杞南瓜
Plum Vegetable Bone Soup
梅菜骨汤
Fragrant Brown Rice
糙米饭

Dinner

Herbal Dang Gui with
White Fungus Meat Patties
雪耳肉饼
Stir-fry Nai Bai with Tofu Puffs
九白菜炆豆卜
Soothing Chicken Soup
安神鸡汤
Fragrant White Rice
白饭

Lunch

Chicken Essence Mid-Wings
鸡精翅
Sautéed Broccoli with Tomatoes
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

Sweet & Sour Fish with Capsicum
酸甜鱼
Black Fungus and
Fried Ginger Omelette
姜丝木耳煎鸡蛋
Spinach and Tomato Soup
菠菜番茄汤
Mushroom Rice
香菇饭





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W E E K 3

Lunch

Chicken with Walnuts
核桃仁鸡丁
Long Beans Vegetables
四季豆炒三丝
ABC Chicken Alphabet Soup
ABC鸡汤
Lemongrass Rice
香茅饭

Dinner

Pig Trotter in Black Vinegar with Egg
猪脚醋
Nai Bai with Enoki Mushrooms
奶白炒金针菇
Herbal Shi Shen Soup
四神汤
Sweet Potato Rice
地瓜饭
Sweet Glutinous Rice Soup
甜糯米汤

Lunch

*Minced Meat with Black Fungus and
Tomato
黑木耳番茄肉碎
Braised Tofu
红烧豆腐
Lotus 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-fried Cordyceps Flowers with
Xiao Bai Cai
小白菜炒虫草花
Double-boiled Herbal Chicken Soup
药材鸡汤
Fragrant White Rice
白饭

Lunch

Mountain Herbs Steamed Chicken
山药蒸鸡
Snake Gourd with Tang Hoon
蛇瓜铜粉
Herbal 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
Sweet Peas with Lilybulbs
百花甜豆
Double Boiled Black Chicken D.O.M Soup
法国廊酒炖黑鸡汤
Corn Millet Rice
小米饭



Lunch

Fried Salmon Tofu Patty
煎三文鱼豆腐饼
Pumpkin Steamed Egg Pan
金瓜蒸鸡蛋
Double-boiled Huai Shan
淮山猪骨汤
Pork Bone Soup
淮山猪骨汤
Noodles with Ginger
干炒姜丝面线

Dinner

Ginger Wine Chicken
姜酒鸡
Steamed Ladyfingers with Dry Scallop
干贝酱蒸羊角豆
Lemongrass Pork Soup
香茅猪肉汤
Fragrant Mushroom Rice
香菇饭
Black Valley Dessert
黑谷汤

Lunch

Stir-fried Shredded Chicken with
Shredded Ginger
姜丝炒鸡丝
Quick Stew Tofu Pot
速炖豆腐锅
Red Dates Si Wu Soup
红枣四物汤
Fried Rice Noodles with Fungus
木耳炒米粉

Dinner

Black Bean Braised Pork Meat
黑豆焖猪肉
Spinach with Mushrooms and Abalone
蘑菇鲍鱼菠菜
Pure Chicken with Yam and
Dang Sheng Soup
山药党参纯鸡
Fragrant White Rice
白饭

Lunch

Steamed Fish w
Essence of Chicken & Tofu
鸡精豆腐蒸鱼
Stir-fried Pork and Fried Beans
猪肉炒菜豆
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
Cai Xin with Stuffed Tofu
菜心酿豆腐
Double-boiled Multi-Nourishing
Herbal Soup
强筋补腰杜仲汤
Fragrant White Rice
白饭

Lunch

Cantonese Steamed Meatballs With
Cherry Tomato
广式小番茄蒸肉丸
HK Chye Sim with Superior Soya Sauce
酱汁香港菜心
Clear-boiled Black Chicken Soup
清炖黑鸡汤
Goji Berry Longan Rice
枸杞龙眼饭

Dinner

Grilled Sesame Chicken
烤芝麻鸡
Fried Wolfberry with Mixed
Vegetables
什菜炒枸杞
Milk-Boosting Papaya
Fish Soup
木瓜鱼汤
Mushroom Rice
香菇饭



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W E E K 4

Lunch

*Fish Fillet with Mushrooms
香菇蒸鱼
Celery with Smoked Beancurd
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
Long Bean Omelette
长豆蛋饼
An Shen Mind-Nourishing Soup
安神补脑天麻汤
Braised Bean Noodles
豆角焖面
Rock Sugar Lotus Seed Soup
冰糖莲子汤

Lunch

Meatballs with Egg and sauce
红烧狮子头
Black Fungus with Chinese Yam
木耳炒淮山
Qingbu Six Flavors Chicken Soup
清补六味鸡汤
Milk-Boosting Oatmeal Rice
麦片饭

Dinner

Stir-Fried Chicken Breast with
Black Fungus, Dried Lily Flower and D.O.M
黑木耳百合干炒肉
Xiao Bai Cai with Scallops in Oyster Sauce
蚝油香菇干贝小白菜
Warm Medicated Pork Ribs Soup
暖身药膳猪排煲
Fragrant White Rice
白饭

Lunch

Baked Turmeric Fish
烤姜丝黄姜鱼
Broccoli and Tofu with Double Mushrooms
双菇西兰花豆腐
Pea Shoots Vegetable Soup
豆苗菜汤
Fragrant Brown Rice
糙米饭

Dinner

Stir-fried Shredded Pork with Garlic Sprout
蒜苔炒肉丝
Ginger Sauce Steamed Egg
姜汁蒸蛋
Fish Maw Soup
鱼鳔汤
Goji Berry Longan Rice
枸杞龙眼饭

Lunch

Apple Curry Chicken
苹果咖喱鸡
Stir-fried Chinese Cabbage with
Cordyceps Flowers
虫草花炒九白菜
Wonton Soup
馄饨汤
Corn Millet Rice
小米饭

Dinner

Red Braised Meat
红烧肉
Five Heavenly Kings
五大天王
Five Grain Lotus Seed
Rice (Chalbab)
五粒莲子饭
Double Strength
Eight Treasure Black Chicken Soup
上品八珍黑鸡汤
Longan with Lily and Date Soup
龙眼百合枣汤

Lunch

Silced Salmon with Green Capsicums
香煎青花椒三文鱼
Stir-Fried Fungus with Celtus
莴笋炒木耳
Angelica Tonifying Blood Soup
当归补血汤
Sesame Oil and Green
Onion Noodles
麻油葱拌面

Dinner

Braised Chicken
黄焖鸡肉
You Mai Cai with Oyster Mushroom
油麦炒杏鲍菇
Postpartum Stomach Replenishing
Soup
产后补胃汤
Fragrant White Rice
白饭

Lunch

Steamed Minced Pork and
Shiitake Mushrooms
蒸肉碎香菇
Roasted Pumpkin Cauliflower
烤南瓜花椰菜
Black Bean Peanut Soup
黑豆花生骨汤
Fragrant Brown Rice
糙米饭

Dinner

Lemongrass Chicken
考香茅鸡
Fried Emperor Temple with Corn
玉米炒帝王庙
Shen Qi Herbal Soup
补气益血参芪汤
Fragrant White Rice
白饭

Lunch

Angelica Braised Pork Ribs
当归烧排骨
Steamed Tofu with Ginger and
Scallion
姜葱蒸豆腐
Spinach Tofu Soup
菠菜豆腐汤
Lemongrass Rice
香茅饭

Dinner

Steamed Fish with Garlic Tomato
蒜蓉番茄蒸鱼
Scrambled Eggs with
Ginger Minced Meat
姜丝肉碎炒蛋
*Spinach Tofu Soup
菠菜豆腐汤
Fragrant Mushroom Rice
香菇饭

