



MAMA J's

@CONFINEMENTFOODSG

Monthly Menu

WEEK 1

*Menu is arranged by day of the week and follows the calendar date



Monday

Lunch

Red Glutinous Wine Chicken

红糟鸡

Braised Potato and Tau Kwa

马铃薯烧豆腐

Double-boiled Pork Soup With Papaya

木瓜排骨

Red Glutinous Mee Sua

红糟面线

Dinner

Stir-fry Pork with Green Peppers

猪肉炒青椒

Pea Shoots with Scallop

豆苗干贝

Double-boiled Detox Herbal Soup

排毒生化汤

Rice with Quinoa

藜麦饭

Black Bean Sweet Dessert

黑豆甜汤

Tuesday

Lunch

Sweet & Sour Fish with Capsicum

酸甜鱼

Tomato Fried Mushroom

番茄炒菇

Dried Lily Flowers Pork Bone Soup

黄花菜土豆胡萝卜骨汤

Oatmeal Rice

麦片饭

Dinner

Chicken with Black Fungus

黑木耳香菇鸡

Spinach with Oyster Mushroom

平菇菠菜

Double-boiled Dang Sheng Chicken Soup

党参鸡汤

Fragrant White Rice

白饭

Wednesday

Lunch

Steamed 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

Thursday

Lunch

Diced Chicken with Lotus Seeds

莲子鸡丁

Braised Vegetables with

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 Red Spinach with Garlic and Black

Fungus

红菠菜炒黑木耳和大蒜

Corn Millet Rice

小米饭

Herbal Dang Gui Fish Soup

当归鱼汤

Snow Fungus Peach Gum Dessert

雪耳桃胶汤



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Friday

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 Tangerine Skin Black Bean
Pork Bone Soup
陈皮黑豆骨汤

Fragrant White Rice
白饭

Dinner

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

Nai Bai with Enoki Mushroom
奶白炒金针菇

Double-Boiled Chinese Yam Pork Bone
Soup
山药猪骨汤

Fragrant White Rice
白饭

Saturday

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

Fish with Fried Ginger
炸姜蒸鱼

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

Sunday

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 with 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





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Monday

Lunch

Fish Cubes with Sweet Peas and Carrot
豌豆炒鱼丁

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

Lemongrass Rice
香茅饭

Dinner

Three Cup Chicken
三杯鸡

Malabar Spinach with Shiitake Mushrooms
香菇炒帝皇苗

Dang Gui Red Dates Chicken Soup
当归红枣鸡汤

Fragrant White Rice
白饭

Five-Red beans Soup Dessert
五红汤

Tuesday

Lunch

Steamed Handmade Dumplings with
Cordyceps Flowers
蒸虫草花水饺

Stir Fry Spinach with Scallop Sauce
菠菜炒干贝

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

Stir Fry Cauliflower with Potato
椰花烩马铃薯

Pork Bone Soup with 6 Tastes
六味猪骨汤

Fragrant White Rice
白饭

Wednesday

Lunch

Scallion Oil Chicken
葱油鸡

Stir Fry Eggs with Tomato
番茄炒鸡蛋

Dang Shen Pork Bone Soup
党参猪骨汤

Korean Purple Rice
紫米饭

Dinner

Char Siew Pork
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

Thursday

Lunch

Stir-fried Pork Slices with Mushrooms
蘑菇炒猪肉片

Sauteed Radishes 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

Golden Garlic Fried Rice
姜丝鸡蛋炒饭

Red Bean Soup Dessert
红豆汤





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Friday

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
花生焖排骨

Cai Xin with Beancurd Skin
菜心炒豆腐片

Cordyceps Flower Chicken Soup
虫草花鸡汤

Fragrant White Rice
白饭

Saturday

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 Shen with
White Fungus Meat Patties
党参雪耳肉饼

Stir-fry Kow Bai Cye with Tofu Puffs
九白菜炆豆卜

Soothing Chicken Soup
安神鸡汤

Fragrant White Rice
白饭

Sunday

Lunch

Chicken Essence Mid-Wings
鸡精翅

Sautéed Broccoli and Mushroom with
Tomatoes
番茄蘑菇炒西兰花

Tea Tree Mushroom Chicken Soup
茶树菇鸡汤

Goji Berry Longan Rice
枸杞龙眼饭

Dinner

Steamed Cod with Fried Ginger
炸姜蒸鳕鱼

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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Monday

Lunch

Stir-fried Shredded Chicken with
Shredded Ginger

姜丝炒鸡丝

Fragrant Stir-fry French Bean

香炒四季豆

Replenishing Chicken and Vegetable Soup

鸡腿蔬菜汤

Lemongrass Rice

香茅饭

Dinner

Pig Trotter in Black Vinegar with Egg

猪脚醋

Nai Bai with Enoki Mushrooms
and Dry Scallop

奶白炒金针菇

Herbal Shi Shen Soup

四神汤

Sweet Potato Rice

地瓜饭

Sweet Glutinous Rice Soup Dessert

甜糯米汤

Tuesday

Lunch

Lemongrass Ginger Meat Sticks

香茅姜丝肉棒

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

Salmon Tofu Patty

煎三文鱼豆腐饼

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

Wednesday

Lunch

Mountain Herbs Steamed Chicken

山药蒸鸡

Snake Gourd with Tang Hoon

蛇瓜铜粉

Herbal Bak Kut 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 DOM Soup

法国廊酒炖黑鸡汤

Corn Millet Rice

小米饭





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Thursday

Lunch

Black Pepper Ginger Fish Slices
黑胡椒姜丝鱼片
Pumpkin Steamed Egg
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

Braised Pork Belly with Mushroom and
Black Fungus
香菇黑木耳焖五花肉
Blanched 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

Friday

Lunch

Chicken with Walnuts
核桃仁鸡丁
Quick Braised Tofu Pot
速炖豆腐锅
Red Dates Four Items Soup
红枣四物汤
Fragrant Brown Rice
糙米饭

Dinner

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

Saturday

Lunch

Steamed Fish with
Essence of Chicken and Tofu
鸡精豆腐蒸鱼
Long Beans with Shredded Pork
猪肉丝炒长豆
Double-boiled Black Eye Pea
Pork Rib Soup
香菇眉豆猪骨汤
Fried Rice Noodles with Fungus
木耳炒米粉

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

Sunday

Lunch

Cantonese Steamed Meatballs
With Cherry Tomato
广式小番茄蒸肉丸
HK Kai Lan 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
Stir-fry Mixed Vegetables
with Wolfberry
什菜炒枸杞
Milk-Boosting Papaya
Fish Soup
木瓜鱼汤
Mushroom Rice
香菇饭





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Monday

Lunch

Superior Steamed Cod Fish with Spring Onion
上等葱蒸鳕鱼
Celery with Beancurd Skin
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
Calming Mind-Nourishing Soup
安神补脑天麻汤
Ee Fu Noodles with Carrot and Fungus
萝卜黑木耳丝伊府面
Rock Sugar Lotus Seed Soup Dessert
冰糖莲子汤

Tuesday

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 Flowers and DOM
黑木耳黄花菜炒肉
Xiao Bai Cai with Abalone Sauce
香菇小白菜
Warm Medicated Pork Ribs Soup
暖身药膳猪排煲
Fragrant White Rice
白饭

Wednesday

Lunch

Baked Turmeric Fish
烤姜丝黄姜鱼
Broccoli and Tau Pok 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
Minced Pork Steamed Egg
姜汁蒸蛋
Fish Maw Soup
鱼鳔汤
Goji Berry Longan Rice
枸杞龙眼饭



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Thursday

Lunch

Apple Curry Chicken

苹果咖喱鸡

Jiu Bai Cai with Cordyceps Flowers

虫草花炒九白菜

Wanton Pork Bone Soup

云吞猪骨汤

Corn Millet Rice

小米饭

Dinner

Red Braised Meat

红烧肉

Five Heavenly King Vegetable

五大天王

Five Grain Lotus Seed

Rice

五谷莲子饭

Double Strength Eight Treasure Black

Chicken Soup

上品八珍黑鸡汤

Longan with Lily and Date Soup Dessert

龙眼百合枣汤

Friday

Lunch

Grilled Salmon with Green Capsicums

香煎青花椒三文鱼

Stir-Fried Black Fungus with Celtuce

莴笋炒木耳

Angelica Tonic Blood Soup

当归补血汤

Sesame Oil and Green

Onion Noodles

麻油葱拌面

Dinner

Ginger Wine Chicken

姜酒鸡

You Mai Cai with King Oyster Mushroom

油麦炒杏鲍菇

Postpartum Stomach Replenishing

Soup

产后补胃汤

Fragrant White Rice

白饭

Saturday

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

烤香茅鸡

Stir-Fried Malabar Spinach with Corn

玉米炒帝皇苗

Shen Qi Herbal Soup

补气益血参芪汤

Fragrant White Rice

白饭

Sunday

Lunch

Braised Pork Ribs with Dang Gui

当归烧排骨

Steam 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

Broccoli with Quail Egg

and Tea Tree Mushroom

西兰花配鹌鹑蛋和茶树菇

Ginseng Chicken Soup

人参须鸡汤

Fragrant Mushroom Rice

香菇饭





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IMPORTANT NOTES

- This menu roughly follows the calendar date, not your personal confinement meal schedule.

For example: If your subscription starts on **May 4th 2025**, your Day 1 meals will match the menu listed under **Week 1 Sunday**, as 4th May is a Sunday and we are on the Week 1 menu for that week. The meals you receive on the next day will follow Week 2 Monday menu.

- **On Day 12** of your personal confinement, your dinner menu will be the **Pig Trotter in Black Vinegar**, regardless of the item listed on that date. You may request to skip this and stick to the menu instead.

We hope you enjoy every nourishing bite!

Love,

Mama J's Team 

