



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 Mixed Vegetable Black Fungus

杂菜炒黑木耳

Corn Millet Rice

小米饭

Herbal Dang Gui Soup

当归汤

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 Black Bean Sauce  
豉汁鱼

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

Yu Zhu Chicken Soup  
玉竹鸡汤

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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# Monthly Menu

## W E E K 2

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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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# Monthly Menu

## WEEK 2

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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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# Monthly Menu

## W E E K 3

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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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# Monthly Menu

## WEEK 3

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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

干炒姜丝面线

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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# Monthly Menu

## W E E K 4

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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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# Monthly Menu

## W E E K 4

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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

Wonton 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 Tonifying 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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# Monthly Menu

## IMPORTANT NOTES

- This menu roughly follows the calendar date, not your personal confinement meal schedule.  
→ **For example:** If your subscription starts on **May 4<sup>th</sup> 2025**, your Day 1 meals will match the menu listed under **Week 1 Sunday**, as 4<sup>th</sup> 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 

