



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

Sesame Oil Mee Sua

酱油面线

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 Abalone Sauce

鲍鱼汁炒油麦

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

Assorted Vegetables

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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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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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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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 King Oyster Mushroom

奶白炒杏鲍菇

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

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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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

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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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 

