



MAMA J's
@CONFINEMENTFOODSG

Monthly Menu

W E E K 1

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



Monday

Lunch

Red Glutinous Tempeh

红糟天贝

Braised Potato and Tau Kwa

马铃薯烧豆腐

Double-boiled Soup With Papaya

青木瓜汤

Sesame Oil Mee Sua

酱油面线

Dinner

Mushroom with Green Peppers

杏鲍菇青椒

Pea Shoots

豆苗

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 and Sour Fried Tau Kwa

酸甜豆干

Tomato Fried Mushroom

番茄炒菇

Dried Lily Flowers Soup

黄花菜土豆胡萝卜汤

Oatmeal Rice

麦片饭

Dinner

Whole Egg with Black Fungus

鸡蛋木耳

Spinach with Oyster Mushroom

平菇菠菜

Double-boiled Dang Sheng Soup

党参汤

Fragrant White Rice

白饭

Wednesday

Lunch

Vegetarian Siew Mai

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

DOM Shiitake Mushroom

廊酒蘑菇

Stir-fry You Mai Cai

炒油麦

Double-boiled Red Dates Soup with

Peanut and Corn

花生玉米枣汤

Longevity Garlic Noodle

蒜蓉长寿面

Thursday

Lunch

Tempeh with Lotus Seeds

天贝莲子

Assorted Vegetables

杂菜

All Recovery Soup

十全大补汤

Pumpkin Porridge

南瓜粥

Dinner

Mushroom Patty with Seaweed

紫菜蘑菇饼

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 Tau Kwa
麦片豆干
Tri-colored Capsicum with Mushrooms
香杏鲍菇炒三色灯笼椒
Double-boiled Tangerine Skin Black Bean
Soup
陈皮黑豆汤
Fragrant White Rice
白饭

Dinner

Steamed Egg with Cordyceps Flowers and
Shiitake Mushroom
虫草花香菇蒸蛋
Nai Bai with Enoki Mushroom
奶白炒金针菇
Double-Boiled Chinese Yam Soup
山药汤
Fragrant White Rice
白饭

Saturday

Lunch

Quail Egg With Pumpkin
鹌鹑蛋配南瓜
Stir Fry Broccoli and Carrots
炒菜花红萝卜
Lotus Soup with Red Dates
莲子红枣汤
Fragrant Brown Rice
糙米饭

Dinner

Egg Mushroom Omelette
鸡蛋蘑菇煎蛋饼
Stir-fry Pea Shoots with
Black Fungus
豆苗炒木耳丝
Blood-Nourishing Herbal Soup
活血化痰汤
Fragrant White Rice
白饭

Sunday

Lunch

Turmeric Tempeh Slices
烤姜天贝片
Steamed Tofu
蒸豆腐
Yu Zhu Soup
玉竹汤
Goji Berry Longan Rice
枸杞龙眼饭

Dinner

Mushroom Patties with Japanese
Seaweed
蘑菇饼配海苔
Long Bean with Shimeiji Mushrooms
& Black Fungus
长豆炒黑木耳菇
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

Scrambled Egg with Sweet Peas and Carrot
甜豌豆胡萝卜炒蛋
Capsicum with Tau Kwa and Egg Tofu
彩椒炒鸡蛋豆腐
Seaweed Red Dates Soup
海带红枣汤
Lemongrass Rice
香茅饭

Dinner

Three-Cup Chicken Style Tau Kwa
三杯鸡式炒豆干
Malabar Spinach with Shiitake Mushrooms
香菇炒帝皇苗
Dang Gui Red Dates Soup
当归红枣汤
Fragrant White Rice
白饭
Five-Red Bean Soup Dessert
五红汤

Tuesday

Lunch

Egg and Leek Dumplings with Cordyceps
Flowers
虫草花蛋韭饺
Stir Fry Spinach
菠菜
Sesame Oil Ginger Egg Soup
麻油姜蛋汤
Milk-Boosting Oatmeal Rice
麦片饭

Dinner

Braised Peanut with Sesame Ginger Soy
Sauce
芝麻酱油焖花生
Stir Fry Cauliflower with Potato
椰花烩马铃薯
Soup with 6 Tastes
六味汤
Fragrant White Rice
白饭

Wednesday

Lunch

Scallion Oil Tau Kwa and Tau Pok
葱油豆干和豆卜
Stir Fry Eggs with Tomato
番茄炒鸡蛋
Dang Shen Soup
党参汤
Korean Purple Rice
紫米饭

Dinner

Vegan Char Siew
纯素叉烧
Hong Kong Kai Lan with Oyster Sauce
香港蚝油芥兰
Double-boiled Peanut Soup
花生眉豆汤
Mushroom and Bean Noodles
香菇豆面线

Thursday

Lunch

Stir-fried Egg with Mushrooms
蘑菇炒鸡蛋
Sauteed Carrot 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 Tempeh
药材天贝
Broccoli Scrambled Egg Sauce
西兰花炒鸡蛋酱
Lily Bulb Herbal Soup
百合玉竹汤
Golden Garlic Fried Rice
姜丝鸡蛋炒饭
Red Bean Soup Dessert
红豆汤





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WEEK 2

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Friday

Lunch

Fried Egg with Ginger and Spring Onion

洋葱炒鸡蛋

Black Fungus with Enoki Mushroom

炒黑木耳金针菇

Pumpkin Soup

南瓜汤

Shaoxing Wine Braised Rice Noodles

绍兴酒焖米粉

Dinner

Peanut with Egg Tofu and Tau Pok

花生配蛋豆腐和豆卜

Cai Xin with Beancurd Skin

菜心炒豆腐片

Cordyceps Flower Soup

虫草花汤

Fragrant White Rice

白饭

Saturday

Lunch

Braised Tempeh with Tau Pok

and Tang Hoon

天贝配粉丝

Steamed Pumpkin with Goji Berry

蒸枸杞南瓜

Plum Vegetable Soup

梅菜汤

Fragrant Brown Rice

糙米饭

Dinner

Herbal Dang Shen with

Mushroom Patty

党参雪耳菇饼

Stir-fry Kow Bai Cye with Tofu Puffs

九白菜炆豆卜

Soothing Soup

安神汤

Fragrant White Rice

白饭

Sunday

Lunch

Tau Kwa Braised in Soy Sauce

酱油焖豆腐干

Sautéed Broccoli and Mushroom with

Tomatoes

番茄蘑菇炒西兰花

Tea Tree Mushroom Soup

茶树菇汤

Goji Berry Longan Rice

枸杞龙眼饭

Dinner

Specialty Black Beans with Tomato Sauce

特色黑豆番茄酱

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 Tempeh with
Shredded Ginger
天贝炒姜丝
Fragrant Stir-fry French Bean
香炒四季豆
Replenishing Vegetable Soup
蔬菜汤
Lemongrass Rice
香茅饭

Dinner

Frozen Tau Kwa in Black Vinegar with Egg
黑醋冻豆腐
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 Mushroom Patty
香茅菌菇饼
Braised Tofu
红烧豆腐
Lotus Soup
赤小豆莲藕汤
Milk-Boosting Oatmeal Rice
麦片饭

Dinner

Black Bean Patty
黑豆饼
Stir-fried Cordyceps Flowers with
Xiao Bai Cai
小白菜炒虫草花
Double-boiled Herbal Soup
药材汤
Fragrant White Rice
白饭

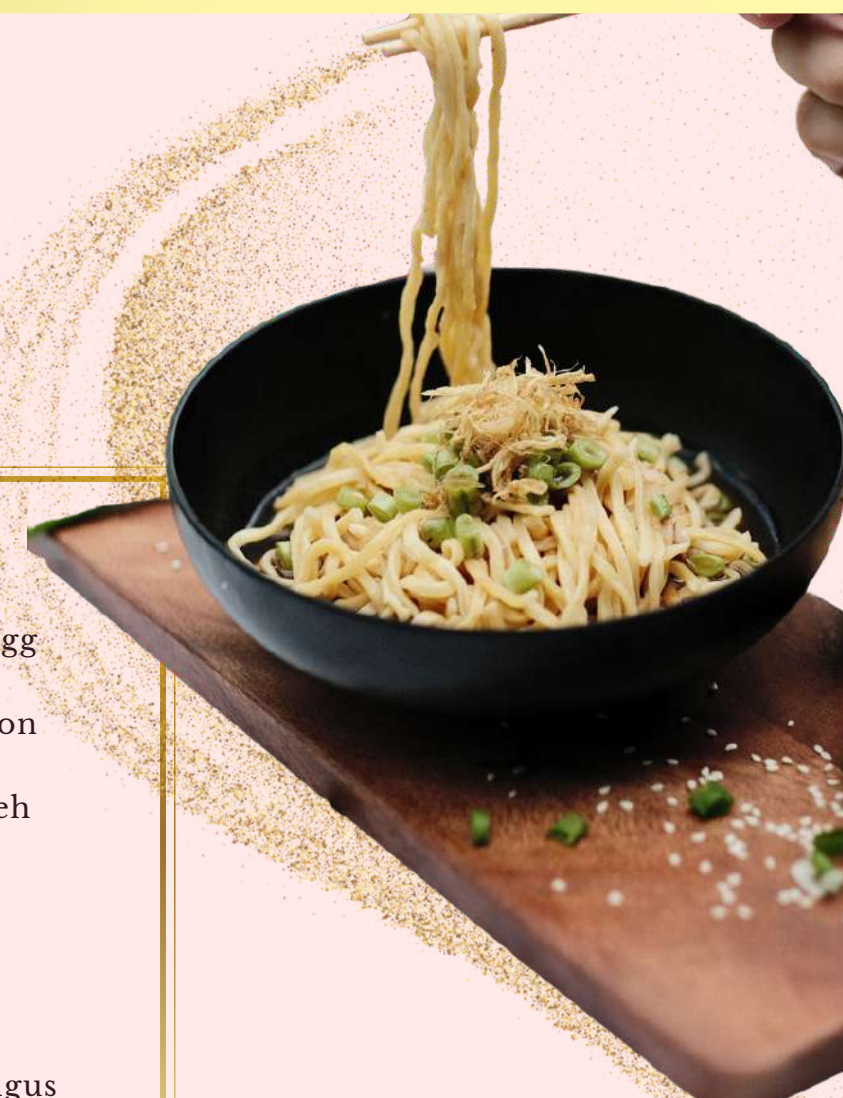
Wednesday

Lunch

Mountain Herbs Steamed Egg
山药蒸蛋
Snake Gourd with Tang Hoon
蛇瓜铜粉
Meatless Herbal Bak Kut Teh
肉骨茶味道素汤
Korean Purple Rice
紫米饭

Dinner

Mushroom With Double Fungus
双耳蘑菇
Sweet Peas with Lilybulbs
百花甜豆
Double Boiled DOM Soup
法国廊酒炖汤
Corn Millet Rice
小米饭





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Thursday

Lunch

Black Pepper Ginger Tempeh Strips

黑胡椒天贝条

Pumpkin Steamed Egg

金瓜蒸鸡蛋

Double-boiled Huai Shan Soup

淮山汤

Noodles with Ginger

干炒姜丝面线

Dinner

Braised Peanuts with Mushroom and

Black Fungus

焖花生与蘑菇和黑木耳

Blanched Ladyfingers

酱蒸羊角豆

Lemongrass Soup

香茅汤

Fragrant Mushroom Rice

香菇饭

Black Valley Dessert

黑谷汤

Friday

Lunch

Mushroom with Walnuts

核桃炒蘑菇

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 Frozen Tau Kwa

豆瓣冻豆腐

Spinach with Mushrooms

蘑菇菠菜

Chinese Yam and

Dang Shen Soup

山药党参纯汤

Fragrant White Rice

白饭

Saturday

Lunch

Steamed Egg with Tofu and Hua Tiao

Jiu

花调酒蒸蛋

Stir Fried Long Beans

炒长豆

Double-boiled Black Eye Pea

Soup

香菇眉豆汤

Fried Rice Noodles with Fungus

木耳炒米粉

Dinner

Sesame Oil Tempeh

麻油天贝

Cai Xin with Tau Pok

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

Mushroom Patty with Cherry Tomato

番茄蘑菇扒

HK Kai Lan with Superior Soya Sauce

酱汁香港菜心

Clear-boiled Soup

清炖汤

Goji Berry Longan Rice

枸杞龙眼饭

Dinner

Tofu Scramble

炒豆腐

Stir-fry Mixed Vegetables

with Wolfberry

什菜炒枸杞

Milk-Boosting Papaya

Soup

木瓜汤

Mushroom Rice

香菇饭





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Monday

Lunch

Steamed Egg with Spring Onion

蒸蛋

Celery with Beancurd Skin

芹菜炒豆腐条

Carrot Soup

萝卜汤

Lemongrass Rice

香茅饭

Dinner

Black Beans with Capsicum

黑豆与灯笼椒

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

Egg with Mushroom Sauce

蛋与蘑菇酱

Black Fungus with Chinese Yam

木耳炒淮山

Qingbu Six Flavors Soup

清补六味汤

Milk-Boosting Oatmeal Rice

麦片饭

Dinner

Stir-fried Tau Kwa and Tau Pok with Yellow

Flower Vegetable and DOM

豆干炒黄花菜

Xiao Bai Cai

香菇小白菜

Warm Medicated Soup

暖身药膳汤

Fragrant White Rice

白饭

Wednesday

Lunch

Baked Turmeric Tempeh

烤天贝

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

Frozen Tau Kwa with Garlic Sprouts

蒜苗冻豆腐

Steamed Egg

姜汁蒸蛋

Nourishing Vegetable Soup

养生蔬菜汤

Goji Berry Longan Rice

枸杞龙眼饭



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Thursday

Lunch

Apple Curry Quail Egg

苹果咖喱鹌鹑蛋

Jiu Bai Cai with Cordyceps Flowers

虫草花炒九白菜

Meatless Wanton Soup

云吞汤

Corn Millet Rice

小米饭

Dinner

Red Braised Mushroom

红烧蘑菇

Five Heavenly King Vegetable

五大天王

Five Grain Lotus Seed Rice

五谷莲子饭

Double Strength Eight Treasure Soup

上品八珍汤

Longan with Lily and Date Soup Dessert

龙眼百合枣汤

Friday

Lunch

Tau Kwa with Green Capsicums

香煎青椒豆腐干

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 Tempeh

姜酒天贝

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 Egg with

Shiitake Mushrooms

香菇蒸蛋

Roasted Pumpkin Cauliflower

烤南瓜花椰菜

Black Bean Peanut Soup

黑豆花生汤

Fragrant Brown Rice

糙米饭

Dinner

Roast Lemongrass Black Bean

烤香茅黑豆

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 Peanuts with Dang Gui

当归炖花生

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 Silken Tofu with Garlic Tomato

蒜香番茄蒸嫩豆腐

Broccoli with Quail Egg

and Tea Tree Mushroom

西兰花配鹌鹑蛋和茶树菇

Ginseng Soup

人参须汤

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 

