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 Wine Chicken
红槽鸡
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

Braised Meatball with Pumpkin
南瓜炖肉丸
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
南瓜粥

Dinner

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

Oatmeal Fish Slices
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
活血化瘀汤
Fragrant White Rice
白饭

Sunday

Lunch

Ginger Turmeric Chicken Wings
黄姜鸡翅
Steamed Tofu with Sauce
蒸豆腐配酱汁
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

WEEK 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
Xiao Bai Cai with Shiitake Mushrooms
香菇炒小白菜
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 Meat with Cordyceps flower and Red Dates
虫草花红枣蒸肉
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

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

WEEK 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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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
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
山药党参炖鸡
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

Sesame Chicken
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

WEEK 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

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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WEEK 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
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

Salmon with Green Capsicums
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
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
香茅鸡
Stir-Fried Xiao Bai Cai with Corn
玉米炒小白菜
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
Steamed Tofu with Sauce
蒸豆腐配酱汁
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

