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

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
活血化瘀汤
Fragrant White Rice
白饭

Sunday

Lunch

Turmeric Tempeh Slices
烤姜天贝片
Steamed Tofu with Sauce
蒸豆腐配酱汁
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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Monthly Menu

WEEK 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

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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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

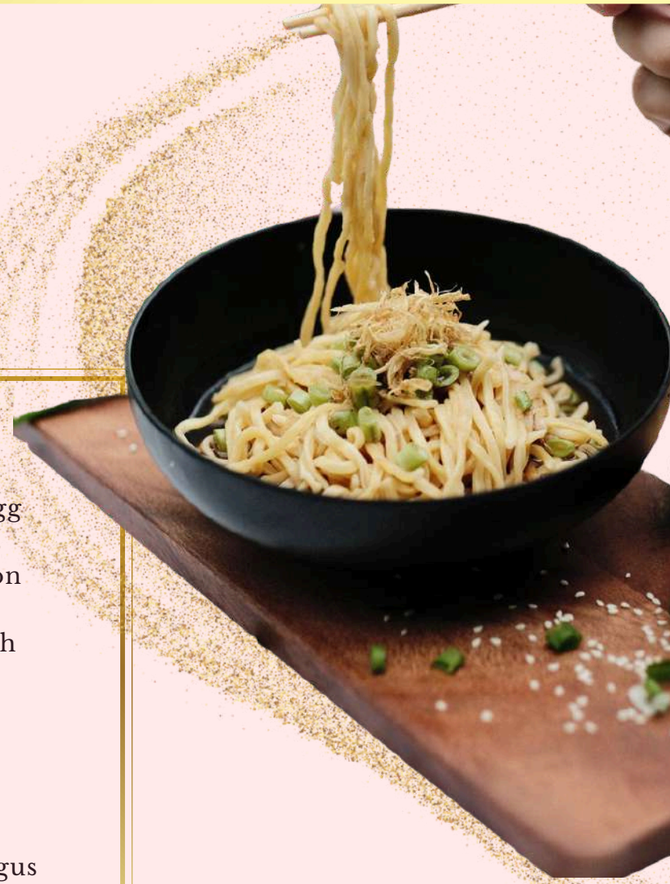


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Monthly Menu

WEEK 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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WEEK 4



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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

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
香煎青花椒豆腐干
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
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
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 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

