

# Week 1

## 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

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### 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



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# Week 1

## 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

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### 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



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# Week 1

## 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

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### 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



MAMA J's



# Week 1

## 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

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### 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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# Week 1

## 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

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### 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



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# Week 1

## 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

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### 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



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# Week 1

## 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

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### 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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# Week 2

## 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

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### 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



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# Week 2

## 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

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### 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



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# Week 2

## 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

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### 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



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# Week 2

## 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

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### 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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# Week 2

## 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

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### 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



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# Week 2

## 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

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### 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



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# Week 2

## 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

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### 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



MAMA J's



# Week 3

## 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

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### 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



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# Week 3

## 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

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### 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



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# Week 3

## 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

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### 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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# Week 3

## 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

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### 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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# Week 3

## 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

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### 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



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# Week 3

## 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

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### 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



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# Week 3

## 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

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### 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



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# Week 3

## 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

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### 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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# Week 4

## 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

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### 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



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# Week 4

## 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

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### 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



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# Week 4

## 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

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### 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

## 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

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### 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



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# Week 4

## 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

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### 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



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# Week 4

## 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

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### 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



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# Week 4

## 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

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### 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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# Week 4

## 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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# Menu

## 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!