



RichFood Catering Pte. Ltd.
 Co. Reg. No. 200913163C
 GST Reg. No. 200913163C
 20 Bukit Batok Crescent #13-03 @ Enterprise Centre Singapore 658080
 Tel: 6261 4600
 Email: sales@richfoodsg.com
 Website: www.confinement-meals.com Website: www.richfoodsg.com

Confinement Meals Delivery Service

Celebrate the Year of 2018 with **18%*

Discount on All Confinement Meal Packages.

**Not applicable for Add-On Meals*

**Prices are subjected to prevailing GST charge*

Twin-Meals Package > Lunch & Dinner					
Package Code	Actual Price	18% Discount	*Early Bird Discount	Price after 18% Discount	15% Deposit (Booking Fee)
T1 – 28 Days	S\$1 529.00 <i>(S\$1 636.03 w/ GST)</i>	S\$275.22	N.A.	S\$1 253.78 <i>(S\$1 341.54 w/ GST)</i>	S\$201.23
T2 – 20 Days	S\$1 129.00 <i>(S\$1 208.03 w/ GST)</i>	S\$203.22	N.A.	S\$925.78 <i>(S\$990.58 w/ GST)</i>	S\$148.59
T3 – 14 Days	S\$809.00 <i>(S\$865.63 w/ GST)</i>	S\$145.62	N.A.	S\$663.38 <i>(S\$709.82 w/ GST)</i>	S\$106.48
T4 – 7 Days	S\$409.00 <i>(S\$437.63 w/ GST)</i>	S\$73.62	N.A.	S\$335.38 <i>(S\$358.86 w/ GST)</i>	S\$53.83

Single-Meal Package > Lunch OR Dinner					
Package Code	Actual Price	18% Discount	*Early Bird Discount	Price after 18% Discount	15% Deposit (Booking Fee)
S1 – 28 Days	S\$809.00 <i>(S\$865.63 w/ GST)</i>	S\$145.62	N.A.	S\$663.38 <i>(S\$709.82 w/ GST)</i>	S\$106.48
S2 – 20 Days	S\$589.00 <i>(S\$630.23 w/ GST)</i>	S\$106.02	N.A.	S\$482.98 <i>(S\$516.79 w/ GST)</i>	S\$77.52
S3 – 14 Days	S\$409.00 <i>(S\$437.63 w/ GST)</i>	S\$73.62	N.A.	S\$335.38 <i>(S\$358.86 w/ GST)</i>	S\$53.83

Trial Meal at S\$30.00 (S\$32.10 w/ GST) per meal (Lunch OR Dinner)

** All meal comes with 1 x serving of White Rice and 400ml of Red Date Tea.*





Add-On (Normal) Meals Delivery Service (Non-confinement)

Enjoy your confinement meals together with your love one *Add-On meals, come with:

- 1 Plain Rice
- 1 Nutritious Soup
- 1 Meat
- 1 Vegetable
- 1 Side Dish

**Prices are subjected to prevailing GST charge*

Add-On (Normal Meals) Twin-Meals Package > Lunch & Dinner		
Package Code	Price	Per Meal
TN 1 – 28 Days	S\$392.00 <i>(S\$419.44 w/ GST)</i>	S\$7.00 <i>(S\$7.49 w/ GST)</i>
TN 2 – 20 Days	S\$288.00 <i>(S\$308.16 w/ GST)</i>	S\$7.20 <i>(S\$7.70 w/ GST)</i>
TN 3 – 14 Days	S\$210.00 <i>(S\$224.70 w/ GST)</i>	S\$7.50 <i>(S\$8.03 w/ GST)</i>
TN 4 – 7 Days	S\$107.80 <i>(S\$115.35 w/ GST)</i>	S\$7.70 <i>(S\$8.24 w/ GST)</i>

Add-On (Normal Meals) Single-Meal Package > Lunch OR Dinner		
Package Code	Price	Per Meal
SN 1 – 28 Days	S\$210.00 <i>(S\$224.70 w/ GST)</i>	S\$7.50 <i>(S\$8.03 w/ GST)</i>
SN 2 – 20 Days	S\$152.00 <i>(S\$162.64 w/ GST)</i>	S\$7.60 <i>(S\$8.13 w/ GST)</i>
SN 3 – 14 Days	S\$107.80 <i>(S\$115.35 w/ GST)</i>	S\$7.70 <i>(S\$8.24 w/ GST)</i>
SN 4 – 7 Days	S\$56.00 <i>(S\$59.92 w/ GST)</i>	S\$8.00 <i>(S\$8.56 w/ GST)</i>



Week 1 (第一周)

The delivery of a baby is an exhausting experience for a woman, both mentally and physically. In the period directly after giving birth, postpartum women may suffer from postpartum cold and blood stasis in the low abdomen with an underlying condition of Qi and blood deficiency.

During the first week of the confinement period it is vital to:

1. Ensure that lochia is discharged smoothly
2. Revitalize blood circulation and movement of Qi within the body
3. Restoring the expanded uterus to its original state
4. Expel harmful toxins

Sheng Hua Soup (生化汤)

Sheng Hua Soup (生化汤) is a traditional Chinese herbal formula widely consumed by Asian women right after delivery. This traditional Chinese herbal formula; which is prepared in the form of soup, aids in the expulsion of toxins, the discharge of lochia and the revitalization of Qi and blood.

Due to the taxation of giving birth, the body will be deficient in both Qi and blood. And it is these deficiencies that allow wind to invade the body causing postpartum cold and blood stasis.

Sheng Hua Soup (生化汤) can be translated as “Generating and Transforming Decoction”, it can also be defined as “Transforming” the old and “Generating” the new. “Transforming” represents the purification process (whereby toxins are expelled) and the restoration of the uterus to its original state. “Generating” represents the nourishment of the body to replenish nutrients, blood and Qi.

Sheng Hua Soup (生化汤) is also able to treat conditions such as the retention of placental fragments within the uterus, lochioschisis, painful postpartum uterine contractions and chronic endometritis.

During the first week of the confinement period, it is vital the women who have just given birth pay close attention to the purification of the toxins and the replenishment of nutrients for the body.

Sheng Hua Soup (生化汤) plays a key part in helping postpartum women start their path to restoring their bodies to a healthy and sound state.

Sheng Hua Soup

生化汤

Consists of :

Szechuan Lovage Root (Chuan Xiong) 川芎,
Semen Persicae (Tao Ren) 桃仁,
Sliced Chinese Angelica (Dang Gui) 当归片,
Roasted Licorice Root (Zhi Gan Cao) 炙甘草,
Chinese Motherwort (Yi Mu Cao) 益母草,
Blast-fried Ginger (Pao Jiang) 炮黑姜,
Carthamus Tinctorius (Hong Hua) 红花,

***It helps to clear lochia after childbirth and prevents uterine tumors from developing.**





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*Szechuan Lovage Root (Chuan Xiong) improves the flow of Qi, blood flow and relieves pain.

*Semen Persicae (Tao Ren) is used as an anti coagulation, anti hypertensive, anti inflammation, detoxification, anti-allergenic agent and to relieve pain, constipation.

*Roasted Licorice Root (Zhi Gan Cao) invigorates Qi and nourishes Yin, promotes Yang and regulates pulse.

*Chinese Motherwort (Yi Mu Cao), if taken on a regular basis, improve abnormal menstrual cycles. Due to antispasmodic effects, Motherwort is helpful to restore uterine muscle tone after the childbirth. It may also have relaxing effects on the nervous system, it is very effective in physical as well as in emotional symptoms of premenstrual syndrome and menopause. Motherwort is also used to improve circulation, lower blood lipids, and reduce platelet aggregation. (Not for pregnancy stage)

Postnatal Stomach Nourishing Soup

产后扑胃汤

Consists of Dioscorea (Huai Shan) 淮山, Hoelen (Fu Ling) 茯苓,
Lotus Seed 莲子,
Chinese Wolfberries (Qi Zhi) 枸杞,
Codonopsis Root (Dang Shen) 党参,
Pork Ribs 排骨

*Dioscorea (Huai Shan) nourishes the heart, spleen, benefit blood and calm the spirit.

* Hoelen (Fu Ling) to regulate the secretion of stomach acids.

*Lotus seeds have astringent properties that have specific benefits to the kidneys, helping to restore vital energy within the body.

*Wolfberry (Qi Zhi) is rich in polysaccharide and vitamins.

*Codonopsis Root (Dang Shen) improves digestive system, corrects blood deficiency and enhances Qi.

Foods to Avoid After Birth

The main purpose of following an ideal diet after birth is to help the mother recover physically and also to aid in the healing of the C-Section incision or natural delivery.

Some foods are best to be avoided after natural birth or towards the recovery of the C-Section incision.

Foods to Avoid Birth:

1) Seafood

Mainly hairtail, yellow croaker, silver pomfret, freshwater mussel, shrimp, crab and other similar seafood. These types of seafood are generally salty and 'cold' and they may also contain toxins that are detrimental to mothers after a C-Section, especially for those that are hypersensitive. Consuming these types of seafood may cause asthma, allergic reactions such as nettle rash, swelling and other skin irritations.

2) Poultry

Mainly chicken, beef, mutton and duck eggs etc. They are generally considered as containing





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toxins and may also elevate blood pressure, dizziness, headaches and harm the liver. And slow down the healing process of wound.

It is best to avoid these foods for the first 7 days after birth.

Confinement Meals Menu for Week 1		
	Lunch	Dinner
Monday	<p>Sheng Hua Soup 生化汤</p> <p>Steamed Pork Ribs w/ Chinese Wolfberries (Qi Zhi) , Ginger & Rice Wine 枸杞, 姜茸, 米酒蒸排骨 <i>*Wolfberry (Qi Zhi) is rich in polysaccharide and vitamins.</i></p> <p>Enoki Mushroom w/ Wolfberries 金针菇枸杞 <i>*Enoki mushroom provides an excellent source of iron and are good sources of fiber, protein and vitamin C.</i></p> <p>White Rice & Red Date Tea 白饭和红枣茶</p>	<p>Papaya Pig's Tail Soup 木瓜猪尾骨汤</p> <p><i>*It helps dispersing heat and detoxifies the body. Papaya enrich the milk glands.</i></p> <p>Steamed Fish w/ Mushroom 香菇蒸鱼</p> <p>Stir Fried Broccoli w/ Minced Pork 西兰花炒猪肉碎 <i>*Broccoli is an excellent source of vitamins A, C, & K, folic acid and fiber.</i></p> <p>White Rice & Red Date Tea 白饭和红枣茶</p>
Tuesday	<p>Postnatal Stomach Nourishing Soup 产后扑胃汤</p> <p>Stir Fried Sliced Pork w/ Lemongrass 香茅炒猪肉片 <i>*Lemongrass helps to expel wind and remove dampness, disperse swelling and alleviate pain.</i></p> <p>Stir Fried French Beans w/ Mushroom, Carrot & Black Fungus 四季豆炒冬菇, 红萝卜, 黑木耳 <i>*French beans has a great source of folate, fiber and vitamin K.</i></p> <p>White Rice & Red Date Tea 白饭和红枣茶</p>	<p>Black Bean w/ Pork Ribs 黑豆排骨汤 <i>*Black beans replenish blood, promote secretion of breast milk, and brighten eyesight.</i></p> <p>Steamed Cod Fish w/ Sliced Ginger & Wolfberries (Qi Zhi) 姜丝, 枸杞蒸鳕鱼 <i>*Cod is an excellent source of protein, selenium and vitamin B12. In addition, it is a very good source of vitamins B6 and D, niacin and phosphorous.</i></p> <p>Stir Fried Spinach w/ Sliced Pork 菠菜炒肉片 <i>*Spinach is low in calories, yet extremely high in vitamins and minerals.</i></p> <p><i>**Fried Rice w/ Chinese Wolfberry & Logan</i> 枸杞桂圆炒饭</p> <p>White Rice & Red Date Tea 白饭和红枣茶</p>



<p>Wednesday</p>	<p>Panax Notoginseng (Tian Qi) Pork Ribs Soup 田七排骨汤 *Panax Notoginseng (Tian Qi) helps to stop excessive bleeding and clear lochia.</p> <p>Stir Fried Sliced Fish w/ Sliced Ginger, Spring Onion & Sesame Oil 姜葱, 麻油炒鱼片</p> <p>Stir Fried Pumpkin w/ Sliced Pork 南瓜炒猪肉片 *Pumpkin is rich in vital antioxidants, and vitamins. Contains vitamin A and flavonoid poly-phenolic antioxidants.</p> <p>White Rice & Red Date Tea 白饭和红枣茶</p>	<p>Sheng Hua Soup 生化汤</p> <p>Pork Ribs w/ Black Vinegar 黑醋排骨</p> <p>Stir Fried Kai Lan w/ Sliced Fish 芥兰炒鱼片 *Kai Lan is rich in iron, calcium, manganese and potassium.</p> <p>White Rice & Red Date Tea 白饭和红枣茶</p>
<p>Thursday</p>	<p>Black Fungus w/ Pork Ribs Soup 黑木耳排骨汤 *Detoxification. Black fungus is rich in protein, vitamins D, B1 & B2. It is also a good source of calcium, improve the quality of blood and blood circulation.</p> <p>Steamed Salmon w/ Ginger & Wolfberries (Qi Zhi) 姜丝, 枸杞蒸鲑鱼 *Salmon is low in saturated fat. It is richer in omega-3 fats and rich in protein as well as many vitamins and minerals essential for human health.</p> <p>Stir Fried Broccoli, Carrot & Black Fungus 西兰花, 红萝卜炒黑木耳 *Broccoli is an excellent source of vitamins A, C, & K, folic acid and fiber.</p> <p>White Rice & Red Date Tea 白饭和红枣茶</p>	<p>Nourishing Red Date, Snakehead Fish (Channa Striata) Soup 滋养, 红枣生鱼汤 *Red date helps to tonify the spleen, replenish Qi, nourish blood and ease the mind. Snakehead fish helps in the healing process, as it is very rich in albumin.</p> <p>Sliced Pork w/ Red Rice & Ginger 姜丝红麴瘦肉 *Promotes blood circulation, helps discharge of blood clots.</p> <p>Preserved Vegetable w/ Chinese Angelica (Dang Gui) & Sliced Pork 当归梅菜炒肉片 *Chinese Angelica (Dang Gui) enriches blood, promote blood circulation, regulate menstruation, relieve pain and induce laxation.</p> <p>White Rice & Red Date Tea 白饭和红枣茶</p>
<p>Friday</p>	<p>Sheng Hua Soup 生化汤</p> <p>Steamed Pork Ribs w/ Ginger & Wolfberries 枸杞, 姜茸蒸排骨 *Wolfberry (Qi Zhi) is rich in polysaccharide and vitamins.</p> <p>Stir Fried Snow Peas & Carrot 甜豆炒红萝卜</p>	<p>Solomonseal Rhizome (Yu Zhu), Chinese Wolfberries (Qi Zhi) Pork Ribs Soup 玉竹枸杞排骨汤 * Solomonseal Rhizome (Yu Zhu) nourishes yin and moistens internal dryness. *Wolfberry (Qi Zhi) is rich in polysaccharide and vitamins.</p>

	<p>*Snow peas are rich in proteins.</p> <p>White Rice & Red Date Tea 白饭和红枣茶</p>	<p>Steamed Sliced Fish w/ Chinese Angelica Root (Dang Gui) 当归蒸鱼片</p> <p>*Chinese Angelica Root (Dang Gui) is a tonic for blood and for regulating the menses, lubricates bowels to correct constipation, reduces swelling, expels pus, relieves pain.</p> <p>Stir Fried Black Fungus w/ Shredded Ginger 姜丝黑木耳</p> <p>*Black fungus is rich in protein, vitamins D, B1 & B2. It is also a good source of calcium, improve the quality of blood and blood circulation.</p> <p>White Rice & Red Date Tea 白饭和红枣茶</p>
Saturday	<p>Lemon Grass w/ Pork Ribs Soup 香茅姜排骨汤</p> <p>*Lemongrass helps to expel wind and remove dampness, disperse swelling and alleviate pain.</p> <p>Braised Sliced Fish w/ Potato & Carrot 鱼片焖马铃薯, 红萝卜</p> <p>*Potatoes are very good source of vitamin B6, potassium, copper, vitamin C, manganese, phosphorus, niacin, dietary fiber and pantothenic acid.</p> <p>Stir Fried Asparagus w/ Bean Curd 芦笋炒豆干</p> <p>*Asparagus is a good source of dietary fiber, niacin, phosphorus, protein and iron.</p> <p>White Rice & Red Date Tea 白饭和红枣茶</p>	<p>Postnatal Stomach Nourishing Soup 产后扑胃汤</p> <p>Sliced Pork w/ Ginger & Honey Sauce 蜜汁, 姜丝猪肉片</p> <p>Stir Fried French Beans w/ Sliced Fish 四季豆炒鱼片</p> <p>*French beans has a great source of folate, fiber and vitamin K.</p> <p>White Rice & Red Date Tea 白饭和红枣茶</p>
Sunday	<p>Chinese Motherwort (Yi Mu Cao) w/ Lean Meat Soup 益母草猪肉片汤</p> <p>*Chinese Motherwort (Yi Mu Cao) is commonly used to treat gynecological diseases such as blood stasis and abdominal pain after childbirth.</p> <p>Rice Wine w/ Pig's Liver 黄酒猪肝</p> <p>*Pig's liver is a rich source of iron. It contains vitamin B-12 and vitamin A. It boosts the immune system and produce</p>	<p>Dioscorea (Huai Shan), & Wolfberries (Qi Zhi) Salmon Soup 淮山, 枸杞鲑鱼汤</p> <p>*Dioscorea (Huai Shan) nourishes the heart, spleen, benefit blood and calm the spirit. Wolfberry (Qi Zhi) is rich in polysaccharide and vitamins.</p> <p>Sliced Steamed Pork w/ Ginger Sauce 姜麻白切肉</p> <p>*Nourishing dish. It helps to expel "wind".</p>

	<p>red blood cells (Trade-off: All types of liver are high in cholesterol.)</p> <p>OR</p> <p>Stir Fried Snakehead Fish (Channa Striata) w/ Rice Wine 三杯生鱼 *Snakehead fish helps in the healing process, as it is very rich in albumin.</p> <p>Stir Fried Spinach w/ Anchovies 波菜炒银鱼 *Spinach is low in calories, yet extremely high in vitamins and minerals.</p> <p>White Rice & Red Date Tea 白饭和红枣茶</p>	<p>Chayote w/ Sliced Fish 佛手片炒鱼片 *Chayote is very low in calories. It contains rich source of dietary fiber, anti-oxidants, minerals and vitamins.</p> <p>White Rice & Red Date Tea 白饭和红枣茶</p>
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Confinement Meals Menu for Week A		
	Lunch	Dinner
Monday	<p>Papaya & Peanut w/ Pork Ribs Soup 木瓜, 花生排骨汤 *The papaya and peanuts enrich the milk glands.</p> <p>Stir Fried Diced Chicken w/ Capsicums 灯笼椒炒鸡丁 *Capsicum (Bell pepper) is a good source of phytochemicals, providing exceptional antioxidant activity.</p> <p>Stir Fried Spinach w/ Anchovies 波菜炒银鱼 *Spinach is low in calories, yet extremely high in vitamins and minerals.</p> <p>White Rice & Red Date Tea 白饭和红枣茶</p>	<p>Chinese Angelica Root (Dang Gui) Chicken Tonic Soup 当归, 北芪鸡汤 *Chinese Angelica Root (Dang Gui) enriches blood, promote blood circulation, regulate menstruation, relieve pain and induce laxation.</p> <p>Steamed Snakehead Fish (Channa Striata) w/ Sliced Ginger & Wolfberries (Qi Zhi) 姜丝, 枸杞蒸生鱼 *Wolfberry (Qi Zhi) helps reinforce the liver and the kidneys, replenish vital essence and improve vision.</p> <p>Stir Fried Black Fungus w/ Sliced Pork 姜丝, 黑木耳炒肉片 *Black fungus is rich in protein, vitamins D, B1 & B2. It is also a good source of calcium, improve the quality of blood and blood circulation.</p> <p>White Rice & Red Date Tea 白饭和红枣茶</p>
Tuesday	<p>“Si Shen” Herbal w/ Pork Ribs Soup 四神排骨汤 “Si Shen” nourishes the spleen and improves the appetite.</p> <p>Steamed Salmon w/ Black Fungus 黑木耳蒸鲑鱼</p>	<p>Polygonum (He Shou Wu) Soup w/ Hairy Fig (Wu Zhi Rong) & Black-bone Chicken Soup 首乌黑豆五指毛桃乌鸡汤 *Polygonum (He Shou Wu) replenishes the liver & the kidneys with vital essence & blood. It strengthens the</p>

	<p>*Salmon is low in saturated fat. It is richer in omega-3 fats and rich in protein as well as many vitamins and minerals essential for human health.</p> <p>Stir Fried Asparagus w/ Diced Chicken 芦笋炒鸡丁</p> <p>*Asparagus is a good source of dietary fiber, niacin, phosphorus, protein and iron.</p> <p>White Rice & Red Date Tea 白饭和红枣茶</p>	<p>tendon & bones. Hairy Fig (Wu Zhi Rong) tonifies and strengthens the spleen and Qi.</p> <p>Honey Glazed Pork Ribs w/ Sliced Ginger 姜丝, 蜜汁排骨</p> <p>Stir Fried Broccoli w/ Sliced Fish 西兰花炒鱼片</p> <p>*Broccoli is an excellent source of vitamins A, C, & K, folic acid and fiber.</p> <p>White Rice & Red Date Tea 白饭和红枣茶</p>
Wednesday	<p>Dioscorea (Huai Shan) Chicken Tonic Soup 淮山鸡汤</p> <p>*Dioscorea (Huai Shan) nourishes the heart, spleen, benefit blood and calm the spirit.</p> <p>Steamed Pork Ribs w/ Ginger 姜蒸排骨</p> <p>*This dish helps to purify the blood, alleviate wind and dampness.</p> <p>Stir Fried Kai Lan w/ Sliced Fish 芥兰炒鱼片</p> <p>*Kai Lan is rich in iron, calcium, manganese and potassium.</p> <p>White Rice & Red Date Tea 白饭和红枣茶</p>	<p>Papaya w/ Snakehead Fish (Channa Striata) Soup 木瓜生鱼汤</p> <p>*Papaya enriches the milk glands & snakehead fish helps in the healing process, as it is very rich in albumin.</p> <p>Chicken w/ Black Fungus & Rice Wine 黑木耳鸡酒</p> <p>*Black fungus is rich in protein, vitamins D, B1 & B2. It is also a good source of calcium, improve the quality of blood and blood circulation.</p> <p>Stir Fried Snow Peas & Mushroom 甜豆炒香菇</p> <p>*Snow peas are rich in proteins.</p> <p>Red Date Tea 红枣茶</p> <p>**Fried Rice w/ Ginger & Egg 姜丝, 蛋炒饭</p>
Thursday	<p>Ginseng w/ Black Chicken Soup 人参黑鸡汤</p> <p>*Ginseng reinforces Qi, rescue collapse, restore the normal pulse, tonify the spleen & lungs, promote the production of body fluids and tranquillizes the mind.</p> <p>Pork Knuckles in Ginger & Vinegar 猪脚姜醋</p> <p>*This dish helps to purify the blood, alleviate wind and dampness, improves blood circulation. High in calcium.</p>	<p>Astragalus Root (Huang Qi), Codonopsis Root (Dang Shen) w/ Pork Tail Soup 黄芪党参尾骨汤</p> <p>* Astragalus root (Huang Qi) tonifies spleen and augments Qi. Codonopsis Root (Dang Shen) improves digestive system, corrects blood deficiency and enhances Qi.</p> <p>Braised Turmeric Chicken 黄姜焖鸡</p>

	<p>Steamed Enoki Mushroom w/ Sesame Oil 麻油蒸金针菇 *Enoki mushroom provides an excellent source of iron and are good sources of fiber, protein and vitamin C.</p> <p>White Rice & Red Date Tea 白饭和红枣茶</p>	<p>*Turmeric clears infection and inflammation on the inside and outside of the body.</p> <p>Stir Fried Broccoli & Cauliflower w/ Carrot 西兰花, 椰菜花炒红萝卜 *Broccoli is an excellent source of vitamins A, C, & K, folic acid and fiber.</p> <p>White Rice & Red Date Tea 白饭和红枣茶</p>
Friday	<p>Nourishing Red Date, Snakehead Fish (Channa Striata) Soup 滋养, 红枣生鱼汤 *Red date helps to tonify the spleen, replenish Qi, nourish blood and ease the mind and snakehead fish helps in the healing process, as it is very rich in albumin.</p> <p>“Hong Zao” (Red Glutinous Rice) Chicken “红糟”鸡 *Highly nourishing dish. It lowers bad cholesterol, strengthening cardio and regulating menses.</p> <p>Stir Fried French Beans w/ Sliced Pork 四季豆炒猪肉片 *French beans are low in calories and are an excellent source of plant-derived micro-nutrients, minerals and vitamins.</p> <p>White Rice & Red Date Tea 白饭和红枣茶</p>	<p>Ten Herbal Chicken Soup 十全大补鸡汤 *General tonic. Beriberi after giving birth.</p> <p>Steamed Pork Ribs w/ Wolfberries (Qi Zhi) & Ginger 枸杞姜茸蒸排骨 *Wolfberry (Qi Zhi) helps reinforce the liver and the kidneys, replenish vital essence and improve vision.</p> <p>Stir Fried Spinach w/ Sliced Fish 菠菜炒鱼片 *Spinach is low in calories, yet extremely high in vitamins and minerals.</p> <p>White Rice & Red Date Tea 白饭和红枣茶</p>
Saturday	<p>Papaya w/ Fish Maw, Coconut & Groundnut Chicken Soup 木瓜鱼瓢椰肉花生鸡汤 *Papaya and peanuts enrich the milk glands, promotes secretion of breast milk.</p> <p>Stir Fried Pig’s Liver w/ Capsicums, Ginger & Rice Wine 灯笼椒, 姜丝, 米酒炒猪肝 *Pig’s liver is a rich source of iron. It contains vitamin B-12 & vitamin A. It boosts the immune system and produce red blood cells (Trade-off: All types of liver are high in cholesterol.)</p>	<p>Salvia Root (Dan Shen), Soybean w/ Pork Knuckles Soup 丹参, 黄豆猪脚汤 *Salvia Root (Dan Shen) rids blood clots, pain, invigorates blood and breakup blood stasis.</p> <p>Steamed Cod Fish w/ Sliced Ginger 姜丝蒸鳕鱼 *Cod is an excellent source of protein, selenium and vitamin B12. In addition, it is a very good source of vitamins B6 and D, niacin and phosphorous.</p> <p>Stir Fried Cauliflower w/ Potato & Carrot in Milk Gravy</p>

	<p>Stir Fried Kai Lan w/ Abalone Mushroom 芥兰炒鲍鱼菇 * Kai Lan is rich in iron, calcium, manganese and potassium.</p> <p>White Rice & Red Date Tea 白饭和红枣茶</p>	<p>奶香花椰烩马铃薯 *Cauliflower provides special nutrient support for three body systems. These three systems are the body's detox system, its antioxidant system and inflammatory/anti-inflammatory system.</p> <p>White Rice & Red Date Tea 白饭和红枣茶</p>
Sunday	<p>Eucommia Bark (Du Zhong) Chicken Soup 杜仲鸡汤 *Eucommia Bark (Du Zhong) has varying degrees of regulation on the immune system, endocrine system, central nervous system, circulatory system and urinary systems.</p> <p>Steamed Frog's Leg w/ Chicken Essence 鸡精蒸田鸡</p> <p>Stir Fried Long Beans w/ Bean Curd 菜豆炒豆干 *Long beans contain beta-carotene, chlorophyll, vitamins B1 & B2, protein, thiamine, riboflavin, phosphorus, iron, fiber and pectin. It is useful for controlling blood sugar levels, treat hypertension, minimizes the risk of stroke, heart attack, treating constipation, and improve the functioning of the digestive organs.</p> <p>White Rice & Red Date Tea 白饭和红枣茶</p>	<p>Chinese Motherwort (Yi Mu Cao) w/ Lean Meat Soup 益母草瘦肉汤 *Chinese Motherwort (Yi Mu Cao) is commonly used to treat gynecological diseases such as blood stasis and abdominal pain after childbirth.</p> <p>Shao-Xing Chicken 绍兴鸡</p> <p>Stir Fried Celery w/ Minced Pork 西芹炒肉碎 *Celery provides an excellent source of vitamin C and fiber.</p> <p>White Rice & Red Date Tea 白饭和红枣茶</p>

Confinement Meals Menu for Week B		
	Lunch	Dinner
Monday	<p>Lotus Root w/ Chicken Feet & Pork Ribs Soup 莲藕花生鸡脚煲排骨汤 *Lotus root nourishes blood and builds muscles. Black eye pea promotes urination and relieves edema. Peanut strengthens spleen and stomach. Chicken feet are rich in natural collagen.</p> <p>Herbal Chicken 药材鸡 *Highly nourishing dish.</p> <p>Stir Fried Celery w/ Capsicum</p>	<p>Vaccaria Seeds w/ Loranthus & Pig's Trotter Soup 寄生, 留行猪脚汤 *Vaccaria Seeds revitalizes blood and channels, benefits secretion of breast milk, relives edema. Loranthus expel wind and dampness.</p> <p>Steamed Salmon w/ Black Fungus 黑木耳蒸鲑鱼 *Salmon is low in saturated fat. It is richer in omega-3 fats and rich in protein as well as many vitamins and minerals essential for human health.</p>

	<p>西芹炒灯笼椒 *Celery provides an excellent source of vitamin C and fiber. Capsicum (Bell pepper) is a good source of phytochemicals, providing exceptional antioxidant activity.</p> <p>White Rice & Red Date Tea 白饭和红枣茶</p>	<p>Stir Fried Asparagus w/ Diced Chicken 芦笋炒鸡丁 *Asparagus is a good source of dietary fiber, niacin, phosphorus, protein and iron.</p> <p>White Rice & Red Date Tea 白饭和红枣茶</p>
Tuesday	<p>Papaya w/ Snakehead Fish (Channa Striata) Soup 木瓜生鱼汤 *Papaya enriches the milk glands and snakehead fish helps in the healing process, as it is very rich in albumin.</p> <p>Steamed Chicken w/ Mushroom & Black Fungus 香菇 / 木耳蒸鸡 *Black fungus has a chemical that inhibits blood clotting. It labeled as a medicinal food for thousand years known for its rich nutrients such as iron, protein, fat, vitamins, polysaccharide and other minerals.</p> <p>Potato w/ Seaweed & Minced Pork 紫菜肉碎烩薯片 *Potatoes are one of the richest sources of starch, vitamins, minerals and dietary fiber.</p> <p>White Rice & Red Date Tea 白饭和红枣茶</p>	<p>Black-bone Chicken w/ Dioscorea (Huai Shan) & Fungus Soup 淮山枸杞桂圆雪耳乌鸡汤 *White fungus is rich in protein and vitamins. Enhances Yin, improves metabolism. Helps to speed up recovery.</p> <p>Braised Pork Ribs w/ Black Vinegar 黑醋米酒烧排骨 *Aids digestion and stimulates appetite.</p> <p>Stir Fried French Beans w/ Sliced Fish 四季豆炒鱼片 *French beans has a great source of folate, fiber and vitamin K.</p> <p>White Rice & Red Date Tea 白饭和红枣茶</p>
Wednesday	<p>Radix Astragali (Bei Qi), Codonopsis Pilosula (Dang Shen) Black Chicken Soup 北芪, 党参黑鸡汤 *Codonopsis Pilosula (Dang Shen) reinforces "Qi" and invigorates blood circulation.</p> <p>Steamed Cod Fish w/ Chicken Essence 鸡精蒸鳕鱼 *Cod is an excellent source of protein, selenium and vitamin B12. In addition, it is a very good source of vitamins B6 and D, niacin and phosphorous.</p> <p>Stir Fried Broccoli & Cauliflower w/ Carrot 西兰花, 椰菜花炒红萝卜</p>	<p>Polygonum (He Shou Wu) w/ Pork Ribs Soup 何首乌排骨汤 *Polygonum (He Shou Wu) replenishes the liver and the kidneys with vital essence and blood. It strengthens the tendon and bones.</p> <p>Honey Chicken 蜜糖鸡</p> <p>Stir Fried Snow Peas & Mushroom 甜豆炒香菇 *Snow peas are rich in proteins.</p> <p>Red Date Tea 红枣茶</p> <p>**Fried Rice w/ Ginger & Egg</p>

	<p>*Broccoli is an excellent source of vitamins A, C, & K, folic acid and fiber.</p> <p>White Rice & Red Date Tea 白饭和红枣茶</p>	<p>姜丝, 蛋炒饭</p>
Thursday	<p>Pork Ribs w/ Seaweed & Soybean Soup 海带黄豆排骨汤</p> <p>* Seaweed is an excellent source of the B-vitamin folate and magnesium, as well as a great source of iron, calcium and the B-vitamins riboflavin and pantothenic acid.</p> <p>Stir Fried Rice Wine Chicken 米酒鸡</p> <p>Stir Fried Spinach w/ Anchovies 菠菜炒银鱼</p> <p>*Spinach is low in calories, yet extremely high in vitamins and minerals.</p> <p>White Rice & Red Date Tea 白饭和红枣茶</p>	<p>Lion's Mane Mushroom w/ Fish Maw, Wolfberries & Chicken Soup 猴头菇鱼瓢枸杞栗子淮山红枣鸡汤</p> <p>*Improve asthenia, protects spleen and improves appetite. Nourishes Yin and helps to speed up recovery.</p> <p>Pork Knuckles in Ginger & Vinegar 猪脚姜醋</p> <p>*This dish helps to purify the blood, alleviate wind and dampness, improves blood circulation. High in calcium.</p> <p>Baked Cauliflower & Broccoli w/ Sliced Fish 焗烤鱼片花椰</p> <p>*Cauliflower provides special nutrient support for the body's detox system, antioxidant system and inflammatory/anti-inflammatory system. *Broccoli is an excellent source of vitamins A, C, & K, folic acid and fiber.</p> <p>White Rice & Red Date Tea 白饭和红枣茶</p>
Friday	<p>Gastrodia (Tian Ma) w/ Black Chicken Soup 天麻乌鸡汤</p> <p>*Gastrodia (Tian Ma) extinguishes wind and alleviates pain. It calms the spirit.</p> <p>Braised Pork Ribs w/ Potatoes & Carrot 排骨焖马铃薯/红萝卜</p> <p>*Potatoes and carrot are rich in nutrients. Its strengthen the spleen and stomach.</p> <p>Chayote w/ Sliced Fish 佛手片炒鱼片</p> <p>*Chayote is very low in calories. It contains rich source of dietary fiber, anti-oxidants, minerals and vitamins.</p> <p>White Rice & Red Date Tea 白饭和红枣茶</p>	<p>Celery w/ Snakehead Fish (Channa Striata) Soup 西芹生鱼汤</p> <p>*Snakehead fish helps in the healing process, as it is very rich in albumin.</p> <p>Chicken w/ Three Gingers & Lotus Seed 三姜莲子鸡</p> <p>*Lotus Seed nourishes the spleen, improves digestion, calms the spirit. It has astringent properties.</p> <p>Stir Fried Pumpkin w/ Minced Pork 南瓜炒肉碎</p> <p>*Pumpkin is rich in vital antioxidants, and vitamins. Contains vitamin A and flavonoid poly-phenolic antioxidants.</p> <p>White Rice & Red Date Tea 白饭和红枣茶</p>

<p>Saturday</p>	<p>Papaya Groundnuts, Black Eye Peas w/ Pig's Trotter Soup 木瓜花生眉豆红枣猪脚汤 *Promotes Qi and blood circulation. It benefits lungs and stomach, enhances spleen and liver.</p> <p>Honey Glazed Chicken Drumstick w/ Sliced Ginger 姜丝, 蜜汁鸡小腿</p> <p>Stir Fried Long Beans w/ Mushroom 冬菇炒菜豆 *Long beans contain beta-carotene, chlorophyll, vitamins B1 & B2, protein, thiamine, riboflavin, phosphorus, iron, fiber and pectin. It is useful for controlling blood sugar levels, treat hypertension, minimizes the risk of stroke, heart attack, treating constipation, and improve the functioning of the digestive organs.</p> <p>White Rice & Red Date Tea 白饭和红枣茶</p>	<p>Anredera Cordifolia (Chuan Qi) w/ Black Chicken Soup 川七乌鸡汤 *Anredera Cordifolia (Chuan Qi) helps to clear lochia after childbirth.</p> <p>Braised Pork w/ "Hong Zao" (Red Glutinous Rice) 红糟卤肉 *Highly nourishing dish. It lowers bad cholesterol, strengthening cardio and regulating menses.</p> <p>Stir Fried Kai Lan, Baby Corn, Wolfberries (Qi Zhi) 芥兰炒玉米心, 枸杞 * Kai Lan is rich in iron, calcium, manganese and potassium and baby corn is high in potassium and folic acid.</p> <p>White Rice & Red Date Tea 白饭和红枣茶</p>
<p>Sunday</p>	<p>Peanuts, Red Date Snakehead Fish (Channa Striata) Soup 花生, 红枣生鱼汤 *Red date helps to tonify the spleen, replenish Qi, nourish blood and ease the mind. Snakehead fish helps in the healing process, as it is very rich in albumin.</p> <p>Fuzhou Red Wine Chicken 福州红酒鸡 *This dish helps to alleviates wind and dampness, improves blood circulation.</p> <p>Stir Fried Mushroom 三杯菇 *Mushroom provides an excellent source of iron and are good sources of fiber, protein and vitamin C.</p> <p>White Rice & Red Date Tea 白饭和红枣茶</p>	<p>Szechuan Lovage Root (Chuan Xiong) & Chinese Angelica Root (Dang Gui) Chicken Soup 川芎当归黑枣鸡汤 *Szechuan Lovage Root (Chuan Xiong) promotes circulation of Qi and blood, expels wind. *Chinese Angelica Root (Dang Gui) enriches blood, promote blood circulation, regulate menstruation, relieve pain and induce laxation.</p> <p>Stir Fried Sliced Fish w/ Sliced Ginger, Spring Onion & Sesame Oil 姜葱, 麻油炒鱼片</p> <p>Braised Bean Curd (Claypot Style) 红烧豆腐 *Bean Curd has a great source of calcium and vitamin E.</p> <p>White Rice & Red Date Tea 白饭和红枣茶</p>

Confinement Meals Menu for Week C		
	Lunch	Dinner
Monday	Red Date, Chicken w/ Rice Wine Soup 红枣鸡米酒汤	Ba Zhen Pork Ribs Tonic Soup 八珍滋补排骨汤



	<p>*Red date helps to tonify the spleen, replenish Qi, nourish blood and ease the mind.</p> <p>Pork Ribs w/ Marmite 妈蜜排骨</p> <p>Stir Fried Broccoli w/ Sliced Fish 西兰花炒鱼片</p> <p>*Broccoli is an excellent source of vitamins A, C, & K, folic acid and fiber.</p> <p>White Rice & Red Date Tea 白饭和红枣茶</p>	<p>*Ba Zhen invigorates the spleen, replenishes vital energy, promotes blood flow and regulates stomach functions.</p> <p>Stir Fried Frog's Legs w/ Ginger, Onion & Sesame Oil 姜葱, 麻油炒田鸡</p> <p>Stir Fried Spinach w/ Wolfberries (Qi Zhi) 枸杞炒菠菜</p> <p>*Spinach is low in calories, yet extremely high in vitamins and minerals.</p> <p>White Rice & Red Date Tea 白饭和红枣茶</p>
Tuesday	<p>Lemon Grass w/ Chicken Soup 香茅姜鸡汤</p> <p>*Lemongrass helps to expel wind and remove dampness, disperse swelling and alleviate pain.</p> <p>Steamed Cod Fish w/ Sliced Ginger & Wolfberries (Qi Zhi) 姜丝, 枸杞蒸鳕鱼</p> <p>*Cod is an excellent source of protein, selenium and vitamin B12. In addition, it is a very good source of vitamins B6 and D, niacin, and phosphorous.</p> <p>Stir Fried French Beans w/ Minced Pork 四季豆炒肉碎</p> <p>*French beans has a great source of folate, fiber and vitamin K.</p> <p>White Rice & Red Date Tea 白饭和红枣茶</p>	<p>Chinese Angelica Root (Dang Gui), Codonopsis Pilosula (Dang Shen), Salmon Soup 党参当归鲑鱼汤</p> <p>*Codonopsis Root (Dang Shen) improves digestive system, corrects blood deficiency and enhances Qi. Wolfberry (Qi Zhi) is rich in polysaccharide and vitamins.</p> <p>*Chinese Angelica Root (Dang Gui) enriches blood, promote blood circulation, regulate menstruation, relieve pain and induce laxation.</p> <p>Sliced Pork w/ Red Rice & Ginger 姜丝红糰瘦肉</p> <p>* Promotes blood circulation, helps discharge of blood clots.</p> <p>Chayote w/ Diced Chicken 佛手片炒鸡丁</p> <p>*Chayote is very low in calories. It contains rich source of dietary fiber, anti-oxidants, minerals, vitamins.</p> <p>White Rice & Red Date Tea 白饭和红枣茶</p>
Wednesday	<p>Ten Herbal Pork Ribs Soup 十全大补排骨汤</p> <p>*General tonic. Beriberi after giving birth.</p> <p>Steamed Drunken Diced Chicken w/ Wolfberries (Qi Zhi) 枸杞酒蒸鸡丁</p>	<p>Black Bean w/ Black Chicken Soup 黑豆乌鸡汤</p> <p>*Black Bean treats colds, promotes blood circulation and has detoxification effects.</p> <p>Stir Fried Snakehead Fish (Channa Striata) w/ Rice Wine</p>

	<p>*Wolfberry (Qi Zhi) helps reinforce the liver and the kidneys, replenish vital essence and improve vision.</p> <p>Stir Fried Snow Peas & Mushroom 甜豆炒香菇</p> <p>*Snow peas are rich in proteins.</p> <p>White Rice & Red Date Tea 白饭和红枣茶</p>	<p>三杯生鱼</p> <p>*Snakehead fish helps in the healing process, as it is very rich in albumin.</p> <p>Stir Fried Asparagus w/ Minced Pork 芦笋炒肉碎</p> <p>*Asparagus is a good source of dietary fiber, niacin, phosphorus, protein and iron.</p> <p>Red Date Tea 红枣茶</p> <p>**Fried Rice w/ Ginger & Egg 姜丝, 蛋炒饭</p>
Thursday	<p>Pig's Liver w/ Eggs & Sliced Ginger Soup 姜丝, 鸡蛋猪肝汤</p> <p>*Pig's liver is a rich source of iron. It contains vitamin B-12 & vitamin A. It boosts the immune system and produce red blood cells (Trade-off: All types of liver are high in cholesterol.)</p> <p>“Hong Zao” (Red Glutinous Rice) Fish 红糟鱼</p> <p>*Highly nourishing dish. It lowers bad cholesterol, strengthening cardio and regulating menses.</p> <p>Enoki Mushroom w/ Shredded Chicken 金针菇炒鸡丝</p> <p>*Enoki mushroom provides an excellent source of iron and are good sources of fiber, protein and vitamin C.</p> <p>White Rice & Red Date Tea 白饭和红枣茶</p>	<p>“Si Shen” Herbal w/ Chicken Soup 四神鸡汤</p> <p>“Si Shen” nourishes the spleen and improves the appetite.</p> <p>Pork Knuckles in Ginger & Vinegar 猪脚姜醋</p> <p>*This dish helps to purify the blood, alleviates wind and dampness, improves blood circulation.</p> <p>Stir Fried Broccoli, Carrot & Black Fungus 西兰花, 红萝卜炒黑木耳</p> <p>*Broccoli is an excellent source of vitamins A, C, & K, folic acid and fiber.</p> <p>White Rice & Red Date Tea 白饭和红枣茶</p>
Friday	<p>Four Elements Black Chicken Soup 四物乌鸡汤 (当归, 川芎, 白芍, 熟地)</p> <p>*Chinese Angelica Root (Dang Gui) enriches blood, promote blood circulation, regulate menstruation, relieve pain and induce laxation.</p> <p>*Szechuan Lovage Root (Chuan Xiong) promotes circulation of Qi and blood, expels wind.</p> <p>* White Peony (Bai Shao) nourishes blood, activates circulation and cools blood; has astringent actions; pacifies liver and alleviates pain.</p>	<p>Pork Ribs w/ Papaya & Peanuts Soup 木瓜, 排骨花生汤</p> <p>*Papaya and peanuts enrich the milk glands.</p> <p>Stir Fried Sliced Fish w/ Sliced Ginger, Spring Onion & Sesame Oil 姜葱, 麻油炒鱼片</p> <p>Stir Fried Black Fungus w/ Sliced Pork 姜丝, 黑木耳炒肉片</p> <p>*Black fungus is rich in protein, vitamins D, B1 & B2. It is also a good source of calcium, improve the quality of blood and blood circulation.</p>

	<p>*Steamed Chinese Foxglove (Shu Di Huang) tonifies blood & nourishes Yin.</p> <p>Braised Pumpkin Pork Ribs 香焖南瓜排骨</p> <p>*Pumpkin is rich in vital antioxidants, and vitamins. Contains vitamin A and flavonoid poly-phenolic antioxidants such as leutin, xanthin, and carotenes in abundance.</p> <p>Chayote w/ Sliced Fish 佛手片炒鱼片</p> <p>*Chayote is very low in calories. It contains rich source of dietary fiber, antioxidants, minerals and vitamins.</p> <p>White Rice & Red Date Tea 白饭和红枣茶</p>	<p>White Rice & Red Date Tea 白饭和红枣茶</p>
Saturday	<p>Pig's Trotters & Peanuts Soup 花生猪脚汤</p> <p>*This dish purifies the blood, alleviates wind and dampness, improve blood circulation. High in calcium.</p> <p>Braised Chicken w/ Rice Wine 黄酒鸡</p> <p>*This dish helps to purify the blood, alleviate wind and dampness.</p> <p>Stir Fried Mixed Mushrooms 清炒三菇</p> <p>*Mushrooms are a good source of B vitamins, including riboflavin, niacin, and pantothenic acid, which help to provide energy by breaking down proteins, fats and carbohydrates. B vitamins also play an important role in the nervous system.</p> <p>White Rice & Red Date Tea 白饭和红枣茶</p>	<p>Dioscorea (Huai Shan), Solomonseal Rhizome (Yu Zhu) & Wolfberries (Qi Zhi) Chicken Soup 淮山, 玉竹, 枸杞鸡汤</p> <p>*Dioscorea (Huai Shan) nourishes the heart, spleen, benefit blood and calm the spirit. Solomonseal Rhizome (Yu Zhu) nourishes the Yin.</p> <p>Braised Pork Ribs w/ Lemon Grass 香茅小葱焖排骨</p> <p>*Lemongrass helps to expel wind and remove dampness, disperse swelling and alleviate pain.</p> <p>Braised Bean Curd w/ Sesame Oil 麻油豆腐</p> <p>White Rice & Red Date Tea 白饭和红枣茶</p>
Sunday	<p>Chinese Angelica Root (Dang Gui) , Astragalus Root (Huang Qi) Pork Ribs Soup 当归黄芪排骨汤</p> <p>*Chinese Angelica Root (Dang Gui) enriches blood, promote blood circulation, regulate menstruation, relieve pain and induce laxation.</p> <p>* Astragalus root (Huang Qi) tonifies spleen and augments Qi.</p>	<p>Nourishing Red Date, Snakehead Fish (Channa Striata) Soup 滋养, 红枣生鱼汤</p> <p>*Red date helps to tonify the spleen, replenish Qi, nourish blood and ease the mind. Snakehead fish helps in the healing process, as it is very rich in albumin.</p> <p>Steamed Minced Pork w/ Dried Scallop 甘贝蒸肉碎</p> <p>*Nourishing.</p>



RichFood Catering Pte. Ltd.
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	<p>Chinese Motherwort (Yi Mu Cao) w/ Chicken 益母草鸡 <i>*Chinese Motherwort (Yi Mu Cao) is commonly used to treat gynecological diseases such as blood stasis and abdominal pain after childbirth.</i></p> <p>Stir Fried French Beans w/ Fish Maw 四季豆炒鱼鳔 <i>*French beans are low in calories and are an excellent source of plant-derived micro-nutrients, minerals and vitamins. *Dried fish maw contains essential amino acids. It helps mend worn-out cells and prevents the degeneration of muscle mass.</i></p> <p>White Rice & Red Date Tea 白饭和红枣茶</p>	<p>Stir Fried Kai Lan w/ Mushroom & Sliced Chicken in Glutinous Rice Wine 香菇黄酒烩芥兰, 鸡丝 <i>*Kai Lan is rich in iron, calcium, manganese and potassium.</i></p> <p>White Rice & Red Date Tea 白饭和红枣茶</p>
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**Ginger reduces all symptoms that are associated with motion sickness including nausea, dizziness, vomiting, and cold sweating. Ginger has also been effective in treating the nausea and vomiting that is associated with pregnancy. It contains high levels of active substances, so even a small dosage provides beneficial effects.*

**Sesame oil is pressed from the tiny sesame seed. It is cholesterol-free. There are numerous compounds and antioxidants within the sesame seed that are imparted into the oil. Sesame oil has a lowering effect on blood pressure and levels of sodium in the blood. Sesame oil also is good for blood sugar levels. The seeds are especially high in copper, manganese, calcium, and magnesium. Some good benefits of sesame oil are: promotes bone growth, fights anxiety and depression, helps circulation and metabolism.*

Early Bird Discounts:

N.A.

All meals come with complimentary Red Date Tea and Plain Rice (Fried Rice w/ Ginger & Eggs served on every Wednesday).

Meals Delivery Time:

Lunch – 10.30am to 1.30pm

Dinner – 4.00pm to 7.00pm

We deliver on weekends (Monday to Sunday), including public holidays except Eve and 1st three days of Chinese Lunar New Year (4 Days).

Due to seasonal nature of vegetable and product availability, we reserve the right to change the menu without notice.

Meals are served in:

Microwaveable disposable containers. Customers will be given 1 complimentary thermal bag. You are advised to keep food warm in the thermal bag if not consumed immediately upon receipt. No thermal bag given for trial meal.





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Payment Term:

15% deposit (non-refundable) upon confirmation of the service.
Balance payment on the 1st day of the service. We reserve the right to terminate the service if payment is not fully received on time.
ERP charges apply if delivery area falls within ERP zone.

Mode of Payment:

Cheque Payment for Deposit:

Cheque via Mail

Please issue cheque made payable to "RICHFOOD CATERING PTE. LTD.".

Office / Mailing Address: 20 Bukit Batok Crescent #13-03 @ Enterprise Centre Singapore 658080.

Cheque Payment for Balance Amount:

Cheque on first day of delivery

Please issue cheque made payable to "RICHFOOD CATERING PTE. LTD.", and pass the cheque to the delivery crew.

Bank Transfer (for deposit and balance payment):

Bank details will be provided upon confirmation.

If you are doing a bank transfer (indicate the invoice number), please do a print screen of the successful transfer and forward to us.

Terms & Conditions:

- i. The deposit will be forfeited should there be a cancellation due to any reason. It is not valid with our other services. No reinstatement allowed once cancellation is done. Deposit for booking made is non-refundable and non-transferable.
- ii. Prices are subjected to prevailing GST charge.
- iii. The balance payment (Mode of Payment: Bank Transfer, or Cheque Payment) is to be paid on the 1st day of delivery. We reserve the right to terminate service if payment is not paid up in time. Cheque payment should be made payable to "Richfood Catering Pte. Ltd.". Kindly indicate the invoice number on the reverse side of the cheque.
- iv. Package upgrade can be done by topping up the difference to the quoted price.
- v. For termination of service, 1 working day notification is needed before contract expire. We will pro-rate the consumed meals at \$30.00 (\$32.10 w/ GST) per Meal.
- vi. For delivery commencement, do contact us at 6261 4600 at least 1 day in advance before 5pm.
- vii. For meal cancellation, customer must notify us at least 1 day in advance before 5pm. All cancelled meals will be replaced. No refund in cash will be given.
- viii. Delivery hours: Lunch (10.30am to 1.30pm) Dinner (4.00 pm to 7.00 pm). Customers will be given 1 complimentary thermal bag. You are advised to keep food warm in the thermal bag if not consumed immediately upon receipt.
- ix. We deliver on weekends including public holidays except Eve and 1st three days of Chinese Lunar New Year (4 Days).

