



RichFood Catering Pte. Ltd.
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Confinement Meal Service

Twin-Meals Package > Lunch & Dinner		
Package Code	Price	*Early Bird Discount
T1 – 28 Days	S\$1 379.00	S\$59.00
T2 – 20 Days	S\$1 079.00	S\$49.00
T3 – 14 Days	S\$779.00	S\$39.00
T4 – 7 Days	S\$379.00	N.A.

Single-Meal Package > Lunch OR Dinner		
Package Code	Price	*Early Bird Discount
S1 – 28 Days	S\$779.00	S\$39.00
S2 – 20 Days	S\$559.00	S\$29.00
S3 – 14 Days	S\$379.00	N.A.

Trial Meal at S\$29.00 per meal (Lunch OR Dinner)

** **Early Bird Discount** – Entitled for order booked 30 days before due date with 15% deposit received.*

Confinement Menu for Week 1 and Week 3		
	Lunch	Dinner
Monday	<p>Pork Ribs w/ Papaya & Peanuts Soup 木瓜，花生排骨汤 <i>*the papaya & peanuts enrich the milk glands.</i></p> <p>Sesame Chicken w/ Sliced Ginger 姜丝麻油鸡 <i>*this dish helps to promote blood circulation, provide nourishment and stimulate energy.</i></p> <p>Sauteed Mushroom, Bean Shoots (Duo Miao) w/ Sliced Ginger 姜丝，香菇炒豆苗</p>	<p>Double Boiled Angelica Chicken Tonic Soup 当归，北芪炖鸡汤 <i>*Angelica enriches blood, promote blood circulation, regulate menstruation, relieve pain & induce laxation.</i></p> <p>Steam Fish w/ Sliced Ginger & Qi Zi 姜丝，杞子蒸鱼 <i>*Qi Zhi helps reinforce the liver and the kidneys, replenish vital essence & improve vision.</i></p> <p>Stir Fried Spinach w/ Anchovies 银鱼炒菠菜 <i>*Spinach is low in calories, yet extremely high in vitamins & minerals.</i></p>
Tuesday	<p>Chicken w/ Sesame Oil Soup 麻油鸡汤</p> <p>Stir Fried Pig's Liver w/ Ginger & Sesame Oil 姜丝，麻油炒猪肝</p> <p>Stir Fried Snow Peas & Mushroom 甜豆炒香菇 <i>*Snow peas are rich in proteins.</i></p>	<p>Pork Ribs w/ Lotus Root Soup 莲藕排骨汤 <i>*cooked lotus root turn into warm nature and is good for strengthening the spleen, stimulating the appetite and benefiting the blood.</i></p> <p>Stir Fried Sliced Fish w/ Ginger & Onions 姜葱鱼片</p> <p>Stir Fried Asparagus w/ Chicken Cubes 芦笋炒鸡丁 <i>*Asparagus is a good source of dietary fiber, niacin, phosphorus, protein, & iron.</i></p>

<p>Wednesday</p>	<p>Double Boiled Dioscorea Chicken Tonic Soup 淮山炖鸡汤 <i>*Dioscorea nourishes the heart, spleen, benefit blood and calm the spirit.</i> Stir Fried Lean Meat w/ Sliced Ginger & Sesame Oil 姜丝，麻油炒瘦肉 Stir Fried Black Fungus w/ Sliced Ginger 姜丝炒黑木耳 <i>*Black fungus is rich in calcium, which helps to replenish the loss of calcium in a pregnant woman during gestation.</i></p>	<p>Papaya w/ Snakehead Soup 木瓜生鱼汤 <i>*the papaya enriches the milk glands.</i> Steam Chicken w/ Black Fungus & Sliced Ginger 姜丝，黑木耳蒸鸡 Stir Fried Kai Lan w/ Sliced Fish 芥兰炒鱼片 <i>*Kai Lan is rich in iron, calcium, manganese & potassium.</i> <i>**Fried Rice w/ Ginger & Egg</i> 姜丝，蛋炒饭</p>
<p>Thursday</p>	<p>Pig's Liver w/ Egg Soup 猪肝鸡蛋汤 Braised Tumeric Chicken 黄姜焖鸡 Stir Fried Broccoli & Cauliflower w/ Carrot 西兰花，椰菜花炒红萝卜 <i>*Broccoli is an excellent source of vitamins A, C, and K, folic acid, and fiber.</i></p>	<p>Double Boiled Ginseng w/ Black Chicken Soup 人参炖黑鸡汤 <i>*Ginseng reinforces qi, rescue collapse, restore the normal pulse, tonify the spleen and lungs, promote the production of body fluids and tranquillise the mind.</i> Pork Knuckles in Ginger & Vinegar 猪脚姜醋 <i>*this dish helps to purify the blood, alleviate wind and dampness, improves blood circulation.</i> Steam Enoki Mushroom w/ Oyster Sauce 耗油蒸金针菇 <i>*Enoki Mushroom provides an excellent source of iron and are good sources of fiber, protein, & vitamin C.</i></p>

<p>Friday</p>	<p>Nourishing Red Dates, Snakehead Soup 滋养, 红枣生鱼汤 <i>*Red Dates helps to tonify the spleen, replenish qi, nourish blood & ease the mind.</i> “Hong Zao” Chicken “红糟” 鸡 Stir Fried Snow Peas w/ Sliced Pork 甜豆炒猪肉片 <i>*Snow peas are rich in proteins.</i></p>	<p>Ten Herbal Chicken Soup 十全大补鸡汤 Steam Pork Ribs w/ Fermented Bean-curd 南乳蒸排骨 Stir Fried Spinach w/ Sliced Fish 鱼片炒菠菜 <i>*Spinach is low in calories, yet extremely high in vitamins & minerals.</i></p>
<p>Saturday</p>	<p>Double Boiled “Bei Qi Dang Shen” Black Chicken Soup 北芪, 党参炖黑鸡汤 <i>*Bei Qi Dang Shen reinforces “qi” & invigorates blood circulation.</i> Black Pepper Lean Pork w/ Capsicums 黑胡椒, 灯笼椒炒瘦肉 <i>*Bell peppers are a good source of phytochemicals, providing exceptional antioxidant activity.</i> Fried Omelette w/ Anchovies 银鱼煎蛋 <i>*Eggs are high in protein.</i></p>	<p>Pig’s Kidney w/ Sliced Ginger Soup 猪腰, 姜丝汤 <i>*this dish drives stale blood from the body & rich in iron.</i> Tumeric Fried Fish Fillet 黄姜煎鱼 Stir Fried Kai Lan w/ Mushroom 香菇炒芥兰 <i>*Kai Lan is rich in iron, calcium, manganese & potassium.</i></p>
<p>Sunday</p>	<p>“Si Shen” Herbal w/ Pork Rib Soup 四神排骨汤 <i>*“Si Shen” nourishes the spleen & improves the appetite.</i> Steam Chicken w/ Wine & Ginger 姜丝, 酒蒸鸡 Stir Fried Long Beans w/ Bean-curd 菜豆炒豆干</p>	<p>Double Boiled Polygonum w/ Chicken Soup 何首乌炖鸡汤 <i>*Polygonum replenishes the liver & the kidneys with vital essence & blood; blacken hair & strengthen the tendons & bones.</i> Stir Fried Sliced Fish w/ Sliced Ginger, Spring Onion & Sesame Oil 姜葱, 麻油炒鱼片 Stir Fried Celery w/ Minced Meat 西芹炒肉碎 <i>*Celery provides an excellent source of vitamin C & fiber</i></p>

**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.*

Confinement Menu for Week 2 and Week 4		
	Lunch	Dinner
Monday	Black Chicken w/ Huai Shan & White Fungus Soup 淮山，木耳黑鸡 <i>*Huai Shan - anti aging & improves digestive system</i> Steam Bean-curd w/ Minced Meat 肉碎蒸豆腐 Stir Fried Broccoli w/ Sliced Fish 西兰花炒鱼片 <i>*Broccoli is an excellent source of vitamins A, C, and K, folic acid, and fiber.</i>	Double Boiled Ba Zhen Pork Rib Tonic Soup 八珍滋补炖排骨汤 <i>*Ba Zhen invigorates the spleen, replenishes your vital energy, promotes blood flow & regulates stomach functions.</i> Stir Fried Frog Legs w/ Ginger, Onion & Sesame Oil 姜葱，麻油炒田鸡 Stir Fried Spinach w/ Qi Zhi 枸杞炒菠菜 <i>*Spinach is low in calories, yet extremely high in vitamins & minerals.</i>
Tuesday	Red Dates, Chicken w/ Wine Soup 红枣鸡酒汤 <i>*Red Dates helps to tonify the spleen, replenish qi, nourish blood & ease the mind.</i> Stir Fried Pig's Kidney w/ Sliced Ginger & Sesame Oil 姜丝，麻油炒猪腰 Stir Fried French Beans w/ Chicken Cubes 四季豆炒鸡丁	Black Beans & Red Dates Pork Ribs Soup 黑豆，红枣排骨汤 <i>*Black beans promote blood circulation and has detoxification effect.</i> Steam Fish w/ Sliced Ginger & Qi Zi 姜丝，杞子蒸鱼 Stir Fried Kai Lan w/ Mushroom 芥兰炒香菇 <i>*Kai Lan is rich in iron, calcium, manganese & potassium.</i>
Wednesday	Double Boiled Ginseng w/ Pork Ribs Soup 人参炖排骨汤 <i>*Ginseng reinforces qi, rescue collapse, restore the normal pulse, tonify the spleen and lungs, promote the production of body fluids and tranquillise the mind.</i> Steam Fish w/ Sliced Ginger & Qi Zi 姜丝，杞子蒸鱼 Stir Fried Snow Peas & Mushroom 甜豆炒香菇 <i>*Snow peas are rich in proteins.</i>	Black Pepper w/ Pig's Stomach Soup 黑椒猪肚汤 <i>*Black pepper acts as an antioxidant, a pain relief agent.</i> Steam Drunken Chicken 蒸醉鸡 Stir Fried Asparagus w/ Carrot 芦笋炒红萝卜 <i>*Asparagus is a good source of dietary fiber, niacin, phosphorus, protein, & iron.</i> <i>**Fried Rice w/ Ginger & Egg</i> 姜丝，蛋炒饭

<p>Thursday</p>	<p>Pig's Liver w/ Eggs & Sliced Ginger Soup 姜丝, 鸡蛋猪肝汤</p> <p>Stir Fried Chicken Wings w/ Sliced Ginger & Sesame Oil 姜丝, 麻油鸡翅</p> <p>Stir Fried Bean Shoots (Dou Miao) w/ Sliced Fish 豆苗炒鱼片</p>	<p>Dang Shen, Qi Zhi w/ Black Chicken Soup 党参, 杞子乌鸡汤</p> <p><i>*Dang Shen rids of clot blood, pain, invigorate blood, breakup blood stasis, for dysmenorrhea, amenorrhea, palpable tumors, angina, heat bi, restlessness and insomnia, irritability, swollen spleen, pain in digestive system.</i></p> <p>Pork Knuckles in Ginger & Vinegar 猪脚姜醋</p> <p><i>*this dish helps to purify the blood, alleviate wind and dampness, improves blood circulation.</i></p> <p>Stir Fried Broccoli, Carrot & Black Fungus 西兰花, 红萝卜炒黑木耳</p>
<p>Friday</p>	<p>Double Boiled Polygonum w/ Chicken Soup 何首乌炖鸡汤</p> <p><i>*Polygonum replenishes the liver & the kidneys with vital essence & blood; blacken hair & strengthen the tendons & bones.</i></p> <p>Steam Fish w/ Sliced Ginger & Onion 姜葱蒸鱼</p> <p>Stir Fried Celery w/ Minced Meat 西芹炒肉碎</p> <p><i>*Celery provides an excellent source of vitamin C & fiber</i></p>	<p>Pork Ribs w/ Papaya & Peanuts Soup 木瓜, 排骨花生汤</p> <p><i>*the papaya & peanuts enrich the milk glands.</i></p> <p>Stir Fried Pig's Liver w/ Sliced Ginger & Sesame Oil 姜丝, 麻油炒猪肝</p> <p>Stir Fried Kai Lan 清炒芥兰</p> <p><i>*Kai Lan is rich in iron, calcium, manganese & potassium.</i></p>
<p>Saturday</p>	<p>Pig's Trotters & Peanuts Soup 花生猪脚汤</p> <p><i>*this dish purifies the blood, alleviate wind & dampness, improve blood circulation.</i></p> <p>Stir Fried Chicken Cubes w/ Sliced Ginger & Sesame Oil 姜丝, 麻油炒鸡丁</p> <p>Stir Fried Mixed Mushrooms 清炒三菇</p>	<p>Huai Shan, Yu Zhu & Qi Zhi Chicken Soup 淮山, 玉竹, 杞子鸡汤</p> <p><i>*Huai Shan - anti aging & improves digestive system</i></p> <p>Stir Fried Lean Meat w/ Capsicums 灯笼椒炒瘦肉</p> <p><i>*Bell peppers are a good source of phytochemicals, providing exceptional antioxidant activity.</i></p> <p>Stir Fried Cauliflower w/ Carrot 椰菜花炒红萝卜</p>

Sunday	Pig's Kidney w/ Sliced Ginger Soup 姜丝猪腰汤 Steam Chicken w/ Dang Gui 当归蒸鸡 Stir Fried Sweet Peas w/ Fish Maw 鱼瓢炒甜豆 *Dried fish maw contains essential amino acids. It helps mend worn-out cells and prevents the degeneration of muscle mass.	Nourishing Red Dates, Snakehead Soup 滋养, 红枣生鱼汤 *Red Dates helps to tonify the spleen, replenish qi, nourish blood & ease the mind. Stir Fried Lean Meat w/ Sliced Ginger & Sesame Oil 姜丝, 麻油猪肉片 Stir Fried Kai Lan w/ Sliced Chicken 芥兰炒鸡丝 *Kai Lan is rich in iron, calcium, manganese & potassium.
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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.

Please place your order or make an enquiry at 6261 4600 or email: sales@richfoodsg.com

Online ordering form: [click here](#).

Early Bird Discounts:

Enjoy discount for all call-in orders and online orders place 30 days before the delivery of meals. [Click here](#) for more information on discount rate.

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

Meals Delivery Time:

Lunch – 11.00am to 1.30pm

Dinner – 4.30pm to 7.00pm

Our meal delivery service is served from Monday to Sunday.

No service during Chinese Lunar New Year period (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:

1 x Bottle Thermal Flask (Logan Red Dates Tea)

1 x Soup Thermal Flask (Soup)

1 x Three Layers Tingkat Container (Rice & Dishes)

Customers are responsible for the cleanliness, lost and damage of the items.

Payment Term:

15% deposit (non-refundable) upon confirmation of the service.

Balance payment on the 1st day of the service. We reserved the right to terminate the service if payment is not fully received on time.

ERP charges applied if delivery area falls within ERP zone.

Mode of Payment:

Cheque payment made payable to “Richfood Catering Pte Ltd”

Pre-Termination for confirmed order:

There will be no refund of deposit or any other benefits given.

Termination during service:

Minimum 3 working days in advance notice, with acknowledgement from Richfood Catering Pte Ltd. Upon which, discount given will be deem invalid, all consumed meals will be pro-rated at \$29.00 per meal.