

28 Day Menu

<p>DAY 1</p> <p>Lunch:</p> <ul style="list-style-type: none"> Stir Fried Kai Lan with Lean Meat, Wolfberries & Ginger Stir Fried Pig's Liver with Ginger & Spring Onion Chicken & White Fungus Soup <p>Dinner:</p> <ul style="list-style-type: none"> Stir Fried Spinach with Wolfberries Steamed Egg with Minced Meat Fish Soup with Bai He & Yu Zhu 	<p>DAY 2</p> <p>Lunch:</p> <ul style="list-style-type: none"> Stir Fried Broccoli with Fresh Scallop Steamed Pork Ribs with Wine & Ginger Paste Black Chicken Soup with Dang Shen, Chinese Yam & Tong Cao <p>Dinner:</p> <ul style="list-style-type: none"> Stir Fried Assorted Mushroom Steamed Threadfin Pork Ribs with Black Bean Soup 	<p>DAY 3</p> <p>Lunch:</p> <ul style="list-style-type: none"> Stir Fried Snow Peas with Lean Meat & Wolfberries Steamed Fish with Lily Flower & Black Fungus Pork Rib Soup with Ground Nuts & Walnuts <p>Dinner:</p> <ul style="list-style-type: none"> Stir Fried Baby Kai Lan with Lean Meat & Basil Leaves Sesame Chicken with Ginger Fish & Papaya Soup 	<p>DAY 4</p> <p>Lunch:</p> <ul style="list-style-type: none"> Long Bean Omelette with Shredded Ginger Stir Fried Sliced Fish with Mixed Vegetables Lemongrass Chicken Soup <p>Dinner:</p> <ul style="list-style-type: none"> Stir Fried Asparagus with tri-coloured Capsicums Baked Herbal Chicken Pork Ribs Soup with Dang Shen & Chinese Yam 	<p>DAY 5</p> <p>Lunch:</p> <ul style="list-style-type: none"> Homemade Beancurd with Fresh Scallops Steamed Chicken with Black Fungus & Cordycep Flower Pork Ribs with Lotus Root Soup <p>Dinner:</p> <ul style="list-style-type: none"> Stir Fried Chinese Spinach with Silver Fish Pan Fried Fish Fillet topped with Shredded Ginger Chicken & Fish Maw Soup 	<p>DAY 6</p> <p>Lunch:</p> <ul style="list-style-type: none"> Stir Fried Broccoli with Fresh Abalone Mushroom Steamed Chicken with Ginger Paste Pig's Stomach with Pork Ribs Soup <p>Dinner:</p> <ul style="list-style-type: none"> Luo Han Vegetable Braised Pork with Black Fungus Fish & Papaya Soup
<p>DAY 7</p> <p>Lunch:</p> <ul style="list-style-type: none"> Baked Pumpkin Grilled Salmon with Mirin Sauce Pork Ribs with Red Bean Soup <p>Dinner:</p> <ul style="list-style-type: none"> Stir Fried Shanghai Green with Crispy Ginger Stir Fried Pig's Kidney with Lean Meat & Black Fungus Black Chicken with Cordycep Militans Soup 	<p>DAY 8</p> <p>Lunch:</p> <ul style="list-style-type: none"> Stir Fried Sweet Peas with Shredded Pork & Carrot Stir Fried Sheng Yu Fillet with Sweet & Sour Sauce Chicken Soup with Chinese Yam, Chestnuts & Longan <p>Dinner:</p> <ul style="list-style-type: none"> Stir Fried Dou Miao with Ginger & Garlic Braised Pork Knuckle with Groundnuts & Black Beans Fish Soup with Bai He & Yu Zhu 	<p>DAY 9</p> <p>Lunch:</p> <ul style="list-style-type: none"> Stir Fried Chayote with Silver Fish Steamed Threadfin Black Chicken Soup with Dang Shen, Chinese Yam & Tong Cao <p>Dinner:</p> <ul style="list-style-type: none"> Spinach with Black Fungus & Wolfberries Sesame Chicken with Ginger Pork Ribs with White Fungus Soup 	<p>DAY 10</p> <p>Lunch:</p> <ul style="list-style-type: none"> Stir Fried Broccoli with Fresh Scallop Baked Herbal Chicken Fish & Papaya Soup <p>Dinner:</p> <ul style="list-style-type: none"> Stir Fried Long Bean with Lean Meat Steamed Fish with Ginger topped with Wolfberries Pork Ribs with Black Bean Soup 	<p>DAY 11</p> <p>Lunch:</p> <ul style="list-style-type: none"> Stir Fried Chinese Spinach with Crispy Ginger Pan Fried Mirin Pork Chop Double Boiled Chicken Ginseng Soup <p>Dinner:</p> <ul style="list-style-type: none"> Stir Fried Baby Kai Lan with Scallops Steamed Fish with Lily Flower & Black Fungus Spare Ribs Soup with Dang Gui & Chinese Yam 	<p>DAY 12</p> <p>Lunch:</p> <ul style="list-style-type: none"> Marrow Green with Vermicelli Grilled Honey Black Pepper Chicken Pig's Stomach with Pork Ribs Soup <p>Dinner:</p> <ul style="list-style-type: none"> Wok Fried Nai Bai with Ginger Braised Chicken with Sea Cucumber & Black Mushroom Fish & Papaya Soup
<p>DAY 13</p> <p>Lunch:</p> <ul style="list-style-type: none"> Stir Fried Assorted Mushroom Stir Fried Pork with Rice Wine & Ginger Sheng Yu Fillet with Spinach & Wolfberries Broth <p>Dinner:</p> <ul style="list-style-type: none"> Stir Fried Snow Peas with Lean Meat & Wolfberries Stir Fried Black Pepper Sliced Fish with Capsicum Double Boiled Black Chicken and He Shou Wu 	<p>DAY 14</p> <p>Lunch:</p> <ul style="list-style-type: none"> Stir Fried Asparagus with Fish Maw & Capsicum Grilled Salmon with Mirin Sauce Double Boiled Sakura Chicken with Cordycep Militans Soup <p>Dinner:</p> <ul style="list-style-type: none"> Stir Fried Chinese Spinach with Silver Fish Braised Hong Zao Chicken Double Boiled Pork Ribs Soup with Chinese Yam & Red Dates 	<p>DAY 15</p> <p>Lunch:</p> <ul style="list-style-type: none"> Stir Fried Sweet Peas with Scallops & Carrots Silver Fish Omelette Pig's Trotters in Vinegar <p>Dinner:</p> <ul style="list-style-type: none"> Stir Fried Cauliflower with Lean Meat & Ginger Steamed Threadfin with Dang Gui & Black Fungus Double Boiled Black Chicken Soup with D.O.M 	<p>DAY 16</p> <p>Lunch:</p> <ul style="list-style-type: none"> Baked Pumpkin Steamed Chicken with Lily Flower & Dang Gui Fish & Papaya Soup <p>Dinner:</p> <ul style="list-style-type: none"> Luo Han Vegetable Stewed Pork Ribs with Sea Cucumber & Black Mushroom Ginseng Chicken Soup with Glutinous Rice 	<p>DAY 17</p> <p>Lunch:</p> <ul style="list-style-type: none"> Stir Fried Kai Lan with Lean Meat & Basil Leaves Steamed Chicken with Black Fungus & Cordycep Flower Double Boiled Spare Ribs Soup with Black Beans <p>Dinner:</p> <ul style="list-style-type: none"> Homemade Beancurd with Fresh Scallop Braised Pork Ribs with Chestnuts & Wolfberries Black Chicken Soup with Dang Shen, Chinese Yam & Tong Cao 	<p>DAY 18</p> <p>Lunch:</p> <ul style="list-style-type: none"> Wok Fried Nai Bai with Ginger Steamed Sakura Chicken with Rice Wine Fish Soup with Bai He & Gingko Nuts <p>Dinner:</p> <ul style="list-style-type: none"> Stir Fried Snow Peas with Lean Meat & Wolfberries Pan Fried Mirin Pork Chop Double Boiled Chicken Soup with Yomeishu
<p>DAY 19</p> <p>Lunch:</p> <ul style="list-style-type: none"> Stir Fried Pumpkin with Wolfberries topped with Honshimeiji Mushroom Stir Fried Sliced Fish with Mixed Vegetable Pork Ribs Soup with Ground Nuts & Red Dates <p>Dinner:</p> <ul style="list-style-type: none"> Stir Fried Shanghai Green Stir Fried Pork with Rice Wine & Ginger Chicken & Fish Maw Soup 	<p>DAY 20</p> <p>Lunch:</p> <ul style="list-style-type: none"> Stir Fried Chinese Spinach with Crispy Ginger Grilled Salmon with Capsicum Spare Ribs Soup with Red Bean <p>Dinner:</p> <ul style="list-style-type: none"> Stir Fried French Bean with Shiitake Mushroom Silver Fish Omelette Black Chicken Ginseng Soup 	<p>DAY 21</p> <p>Lunch:</p> <ul style="list-style-type: none"> Braised Lotus Root with Red Dates & Wolfberries Teriyaki Grilled Fish Lemongrass Chicken Soup <p>Dinner:</p> <ul style="list-style-type: none"> Stir Fried Cauliflower with Lean Meat & Ginger Braised Chicken with Chestnuts & Wolfberries Fish & Papaya Soup 	<p>DAY 22</p> <p>Lunch:</p> <ul style="list-style-type: none"> Stir Fried Chayote with Silver Fish Braised Sea Cucumber with Chicken Fish Soup with Bai He & Yu Zhu <p>Dinner:</p> <ul style="list-style-type: none"> Stir Fried Dou Miao with Ginger Steamed Threadfin with Dang Gui & Black Fungus Pork Ribs Soup with Lotus Root & Walnut 	<p>DAY 23</p> <p>Lunch:</p> <ul style="list-style-type: none"> Marrow Green with Vermicelli Hong Zao Fish Ginseng Chicken Soup with Glutinous Rice <p>Dinner:</p> <ul style="list-style-type: none"> Stir Fried Broccoli with Fresh Abalone Mushroom Sesame Chicken with Ginger Pig's Tail with Eucommia Bark Soup 	<p>DAY 24</p> <p>Lunch:</p> <ul style="list-style-type: none"> Stir Fried Spinach with Wolfberries Teriyaki Chicken Pork Ribs Soup with Ground Nuts, Chinese Yam & Red Dates <p>Dinner:</p> <ul style="list-style-type: none"> Luo Han Vegetable Grilled Salmon with Mirin Sauce Double Boiled Black Chicken Soup with Dang Gui & Chinese Yam
<p>DAY 25</p> <p>Lunch:</p> <ul style="list-style-type: none"> Stir Fried Kai Lan with Lean Meat & Basil Leaves Steamed Threadfin Pork Ribs with Black Bean Soup <p>Dinner:</p> <ul style="list-style-type: none"> Stir Fried Asparagus with Fish Maw & Capsicum Steamed Egg with Minced Meat Chicken & White Fungus Soup 	<p>DAY 26</p> <p>Lunch:</p> <ul style="list-style-type: none"> Shanghai Green with Ginger Hong Zao Pork Ribs Ginseng Fish Soup <p>Dinner:</p> <ul style="list-style-type: none"> French Bean Omelette with Shredded Ginger Stir Fried Sliced Fish with Mixed Vegetables Double Boiled Chicken Soup with D.O.M 	<p>DAY 27</p> <p>Lunch:</p> <ul style="list-style-type: none"> Grilled Pumpkin Pan Fried Fish Fillet Pig's Trotters in Vinegar <p>Dinner:</p> <ul style="list-style-type: none"> Stir Fried Chinese Spinach with Lean Meat & Basil Leaves Steamed Chawanmushi with Fresh Scallop & Shiitake Mushroom Double Boiled Sakura Chicken with Cordycep Militans Soup 	<p>DAY 28</p> <p>Lunch:</p> <ul style="list-style-type: none"> Wok Fried Nai Bai with Ginger Teriyaki Grilled Fish Black Chicken Soup with He Shou Wu <p>Dinner:</p> <ul style="list-style-type: none"> Stir Fried Shiitake Mushroom with Black Pepper Sauce Stir Fried Pork with Rice Wine & Ginger Chicken & Fish Maw Soup 	<p>NOTE:</p> <ul style="list-style-type: none"> The commencement of your order may not coincide with Day 1 of the menu, and is dependant on menu rotation. The menu may vary subject to unforeseen seasonal demands for ingredients. 	

PERFORATION

Thomson Confinement Food (Terms and Conditions)

I hereby accept and agree to abide by the terms and conditions below:

- Delivery Time: Lunch 11.00am to 2.00 pm / Dinner 4.30pm to 7.30 pm. Delivery charges are included in the order.
- There will be no food delivery on Christmas, New Year and first two days of Lunar New Year.
- Island-wide delivery is available.
- All meals will come with Longan Tea and fragrant White Rice.
- Customer accepts that traffic conditions may delay deliveries and that PCC Foods Pte Ltd will not be held responsible for such unforeseen circumstances.
- Food is best consumed within two hours or time stipulated on the delivery bag.
- The menu may vary subject to availability of ingredients, unforeseen seasonal demands and market fluctuation.
- One set of Tiffin consisting of 4 containers and 1 thermos in a bag will be on loan to customers daily for exchange during the delivery period. Customer is responsible for the cleanliness, loss and damage of this Tiffin set. Microwavable containers will be used for the last delivery.
- Prices are subject to change and is inclusive of GST.
- The payment for confirmation of order must be received at least 5 working days (excluding Sat, Sun and Public Holidays) before the commencement date of the catering service. Payment can be made at Thomson ParentCraft Retail Shop, Level 1, PCC Foods Pte Ltd, 339 Thomson Road, Singapore 307677.
- Full payment is required upon confirmation of order and is non-refundable unless a written cancellation notice is received at least 3 working days (excluding Sat, Sun and Public Holidays) before the commencement of catering service. An administrative fee of \$150 will apply for all cancellations.
- To activate actual delivery, please call 6350 8848 (during office hours) or email to babyplanner@thomsonmedical.com. Advance notice of 2 working days is required.
- Postponement of meals is strictly not allowed, unless there is medical conditions accompanied by doctor's letter. In such case, postponement is allowed for a maximum of 2 days only.
- PCC Foods Pte Ltd shall not be liable for any special or consequential damages that may result from the use of Thomson Confinement Food service.
- The management of PCC Foods Pte Ltd reserves the right to amend the terms and conditions without prior notice.

Name: _____ NRIC: _____

Signature: _____ Date: _____

How did you know about us

Friends & Relatives Websites Baby Fairs Others: _____