



Blk 11 Jalan Bukit Merah #03-4462 Singapore 150011.
 TEL: 68977370 | www.natureveg.com

~ Specialize in Catering Vegetarian Food For All Events~

CONFINEMENT MENU Text

Name 姓名 : _____

Name of Spouse 先生姓名 : _____

Hp 手机号码 : _____

Address 住址 : _____

Email 电邮 : _____

Expected Due Date 预产期 : _____

Remarks 备注 : _____

<i>All price include GST</i>			
PACKAGE	Description	Price	Choose
A	28 Days Dual Meals pack in disposal microwave ware.	\$1,819.00	
B	28 Days Dual Meals pack in thermal food container.	\$1,926.00	
C	28 Days Single Meals pack in disposal microwave ware.	\$909.50	Lunch or Dinner
D	28 Days Single Meals pack in thermal food container.	\$963.00	Lunch or Dinner
E	28 Days Dual Meals & Tea pack in disposal microwave ware.	\$1,926.00	
F	28 Days Dual Meals & Tea pack in thermal food container.	\$2,033.00	
G	28 Days Single Meals & Tea pack in disposal microwave ware.	\$963.00	Lunch or Dinner
H	28 Days Single Meals & Tea pack in thermal food container.	\$1,016.50	Lunch or Dinner
Trial	1 day Trial meal & tea	\$68.00	Lunch or Dinner

Single Meal Option:

Lunch

Dinner



thermal food container



disposal microwave ware

Terms & Conditions :

1. Delivery cover only in Singapore main land.
2. No delivery on Sunday and public holiday .
3. Lunch delivery will be 10 am to 1pm and dinner delivery will be 4pm to 7pm.
4. Order form and a deposit of 20% chq payable to **Nature Vegetarian Catering Pte Ltd** mail to. **Blk 11 Jalan Bukit Merah #03-4462 Singapore 150011** on the selected package .
5. To start delivery of the packages please call one day in advance Tel :68977370 , quote your invoice numbers.
6. Balance full Payment will collect on the first delivery .
7. 20 % Deposit will be forfeited should there be a cancellation.
8. Customers have to return all wash thermal food container. Any lost or damage of food container a replacement cost of \$25 will charge base on single piece of container .

I hereby accept and agreed to abide by the above terms and conditions:

Signature & Date

Nature Confinement **Dinner Menu** For 28 Days (自然坐月子素食晚餐28天)

Day	汤料	菜	菜
1	Yuzhu Corn Bean Soup 玉竹玉米黄豆汤	Ginger Fried Cabbage 姜炒小白菜	Steamed Pumpkin 蒸南瓜
2	Lotus Root Peanut Soup 花生莲藕汤	Stirred Fried Broccoli w/ Ginger 姜丝西兰花	Veg Fish w/ Ginger 姜丝素鱼
3	Yam Beans 黑豆山药	Wolfberry Loofah 丝瓜粉丝枸杞	Fried Kale 炒芥蓝
4	Apple Soup 苹果汤	Steam Pumpkin 焖金瓜	Fried Ginger Fungus 姜炒黑木耳
5	Meidou Veg Meat Soup 眉豆素肉汤	Lady's Finger 羊角豆	Fried Mushroom 炒三菇
6	Green Papaya Soup 青木瓜汤	White Fungus with Veg Meat 白木耳素肉	Sweet Snap Peas 甜豆
7	Wolfberry Yam 山药枸杞	Sesame Spinach 芝麻菠菜	Basil Veg Meat 九层塔素肉
8	Black Bean Soup 黑豆羊肉	Amaranth 苋菜	Black Bean Stew 焖黑豆
9	Kelp Bud Miso Soup 味增海带芽	Japanese Bento 日式便当	
10	Burdock Soup 牛蒡汤	Sesame Tofu 麻油豆腐	Fried Bergamot 炒佛手瓜
11	Pumpkin Soup 南瓜汤	Southern Milk Lor Han Vegetables 南乳罗汉斋	Green Beans Mean Sauce 肉酱四季豆
12	Veg Vinegar Trotter 素脚醋	Mixed Celery and Walnuts 核桃拌西芹	Kai-lan with ginger 姜丝芥蓝
13	Mushroom Soup 蘑菇汤	Bolognese Pasta 红酱意大利面	
14	Green Papaya with Peanut Soup 青木瓜花生汤	Cashew Veg Meat 腰果素肉	Cabbage with Sauce 油小白菜
15	Borscht 罗宋汤	Japanese Bento 日式便当	
16	Sharp Fin Soup 鱼翅汤	Curcumin G 黄姜素G	Fried Meehoon 素炒米粉
17	Pumpkin Soup 南瓜汤	Mixed Almond with Kai-lan 杏仁拌香港芥蓝	Mushroom Risotto 三菇烩
18	Black Bean Soup 黑豆汤	Stir Fried Kai-lan 香港芥蓝	Lemongrass Fried Mock Meat 香茅素肉

19	Yuzhu Corn Tomato Soup 玉竹玉米番茄汤	Cereal Prawn 麦片虾	Kai-lan with Sauce 油芥蓝
20	Black Bean Soup 黑豆羊肉	Spinach 菠菜	Loofah Shres 丝瓜粉丝
21	Green Papaya Soup 青木瓜汤	Kelp Veg Meat 海带素肉	Apricot with Mushroom & Sweet Pepper 杏菇甜椒
22	Wolfberry Yam Soup 山药枸杞	Lemongrass Fried Mock Meat 香茅素肉	Radish with cream 萝卜奶白
23	Veg Vinegar Trotter 素脚醋	Choy Sum with Sauce 油菜心	Cod Fish with Ginger Slices 姜丝鳕鱼
24	Toona Pasta 香椿意大利面	Mushroom Soup 蘑菇汤	
25	Amaranth Soup 苋菜上汤	Basil Veg Meat 九层塔素肉	Assorted Lotus Root 杂锦藕片
26	Jujube Mushroom Veg Broth 红枣香菇素肉汤	Broccoli 西兰花	Fried Cabbage with ginger 姜丝小白菜
27	Rhubarb Seaweed Soup with veg meat 素肉海带汤	Almond with Kai-lan 杏仁芥蓝	Sweet & Sour Veg Meat 酸甜素肉
28	Yam Beans Soup 黑豆山药	Mushrooms with Bell Pepper 甜椒蘑菇	Veg Fish 素鱼

Nature Confinement **Lunch Menu** For 28 Days (自然坐月子素食午餐28天)

Day	午餐汤	菜	菜	茶
1	Shen Hua Soup 生化汤	Amaranth with Wolfberry 苋菜枸杞	Bell Pepper with Mushroom 甜椒蘑菇	Red Date Tea 红枣茶
2	Shen Hua Soup 生化汤	Spinach with Sauce 油菠菜	Almond with Green Beans 杏仁四季豆	Vitality Tea 元气茶
3	Beiqi Soup 北芪汤	Pea with Carrot Slices 甜豆萝卜丝	Veg Sesame Oil 麻油素G	Du Zhongyi Mu Tea 杜仲益母茶
4	Gutta Soup 杜仲汤	Cabbage 奶白	Sweet & Sour Veg Meat 酸甜素肉	Zhi Ke Tea 止渴茶
5	Yam Soup 淮山汤	Sweet & Sour Lotus Root 糖醋藕片	Kai-lan with Sauce 油芥兰菜	Zi Sheng Tea 滋生茶
6	Yimu Soup 益母汤	Ginger Veg Fish 姜丝素鱼	Celery and Walnuts 核桃西芹	Vitality Tea 元气茶
7	Ginseng Soup 泡参汤	Oil Cream 油奶白	Lemongrass Fried Mock Meat 香茅素肉	Du Zhong Tea 杜仲茶
8	Achyranthes Soup 牛七汤	Mock Meat w Ginger Slice 麻油姜丝素肉	Cabbage with Peanuts 花生小白菜	Breastfeeding Tea 哺乳茶
9	Tianma Soup 天麻汤	Broccoli 芥蓝花	Fried Ladies Fingers 炒羊角豆	Zi Sheng Tea 滋生茶
10	Ganoderma Soup 灵芝汤	Cereal Prawn 麦片(虾)	Assorted Vegetables, Cabbage & Fungus 杂锦菜包菜木耳	Red Date Tea 红枣茶
11	Gutta Soup 杜仲汤	Peas With Mushroom 甜豆毛豆金针菇	Pleurotus Carrot Celery 杏鲍菇萝卜西芹	Vitality Tea 元气茶
12	Boiled Ginseng Soup 泡参汤	Glass Lettuce with Sauce 油玻璃生菜	Bell Pepper with Enokitake 甜椒金针菇	Breastfeeding Tea 哺乳茶
13	Si Shen Soup 四神汤	Fried Fungus with Beancurd 豆干炒木耳	Choy Sum with Sauce 油菜心	Zhi Ke Tea 止渴茶
14	Ba Zhong Soup 巴仲汤	Fried Potato Shres 炒土豆丝	Veg Fish 素余	Zi Sheng Tea 滋生茶
15	Shi Quan Da Bu Soup 十全大补汤	Amaranth with Wolfberry 苋菜枸杞	Sweet & Sour Kelp 酸甜海带	Du Zhong Tea 杜仲茶
16	Yuzhu Wolfberry Soup 玉竹枸杞汤	Sweet & Sour Veg Meat 酸甜素肉	Pumpkin with Toona 香椿金瓜	Red Date Tea 红枣茶

17	Snow Lotus Soup 雪莲花汤	Assorted Vegetables 杂锦菜	Black Bean Stew 焖黑豆	Vitality Tea 元气茶
18	Fleece-flower Root Soup 何首乌汤	Sushi Roll Set 寿司卷套餐		Zi Sheng Tea 滋生茶
19	Run Fei Soup 润肺汤	Fried Green Beans with meat sauce 肉酱四季豆	Lady's Finger 羊角豆	Red Date Tea 红枣茶
20	Ba Zhen Soup 八珍汤	Veg Char Siew Chicken Rice 港式叉烧素鸡饭		Breastfeeding Tea 哺乳茶
21	Ba Zhong Soup 巴仲汤	Tempura 天罗妇	Braised Dried Beancurd Skin 卤豆干豆皮	Du Zhong Tea 杜仲茶
22	Beiqi Soup 北芪汤	Lor Han Vegetables 罗汉斋	Assorted Fried Lotus Root & Sweet Peas 杂锦藕炒甜豆	Zhi Ke Tea 止渴茶
23	Snow Lotus Soup 雪莲花汤	Angelica Braised Mushrooms 当归焖香菇	Assorted Vegetables 杂锦素菜	Zi Sheng Tea 滋生茶
24	Ginseng Soup 人参汤	Assorted Bell Peppers 杂锦甜椒	Amaranth with Wolfberry 苋菜枸杞	Vitality Tea 元气茶
25	Yam Soup 淮山汤	Meshed Potato 马铃薯泥	Celery and Carrots 西芹萝卜	Breastfeeding Tea 哺乳茶
26	Achyranthes Soup 牛七汤	Mock Meat w Ginger Slice 麻油姜丝素肉	Ginger Veg Fish 姜丝素鱼	Rose Hawthorn Tea 玫瑰山楂
27	Cordyceps flower soup 虫草花汤	Chestnut Veg Mutton 栗子素羊肉	Assorted Beans 杂锦四季豆	Lily Lotus 百合莲子
28	Tianma Soup 天麻汤	Cereal Prawn 麦片虾	Sesame Spinach 菠菜芝麻	Red Date Tea 红枣茶

Soup 汤

Bei Qi Dang Shen Tang

北芪 **Astragalus Membranaceus**
党参 **Codonopsis Pilosula**
淮山 **Dioscorea Opposita**
元肉 **Dried Longan**
杞子 **Boxthorn Fruit (Lycium Chinese)**
大枣 **Dates**

Indication 功效

General health and relief tiredness

Du Zhong Bu Yao Tang

成份 Ingredients

杜仲 **Eucommia Ulmoides**
巴戟 **Morinda Officinalis**
淮山 **Dioscorea Opposita**
杞子 **Boxthorn Fruit**
黑豆 **Black Beans (Glycine Max)**

Indication 功效

腰酸腰痛 双足无力

Good for backaches and strengthening of limbs

He Shou Wu Bu Xue Tang

何首乌 **Polygonum Multiflorum**

大枣 **Dates**

党参 **Codonopsis Pilosula**

杞子 **Boxthorn Fruit**

黑豆 **Black Beans**

Indication 功效

补血提神 养颜乌发 **Improves blood circulation**

Dun Ji Tang Liao

北芪 **Astragalus Membranaceus**

杞子 **Boxthorn Fruit**

党参 **Codonopsis Pilosula**

淮山 **Dioscorea Opposita**

玉竹 **Polygonatum Odoratum**

Indication 功效

补气提神 消除疲劳

Improves health and relieves tiredness

Si Shen Tang

茯苓 **Porria Cocos**

淮山 **Dioscorea**

芡实 **Euryale Ferox**

莲子 **Nelumbo Nucifera**

Indication 功效

健脾开胃 对小儿有益

Improves appetite, particularly effective for children

Shi Quan Da Bu Tang

当归 **Angelica Sinensis**

熟地 **Rehmania Glutinosa**

川芎 **Ligusticum Wallichii**

白芍 **Paeonia Lactiflora**

茯苓 **Poria Cocos**

党参 **Codonopsis Pilosula**

白术 **Atractylodes Acrocephala**

炙草 **Glycyrrhiza Uralensis**

北芪 **Astragalus membranaceus**

肉桂 **Cinnamomum Cassia**

Indication 功效

气血两亏 头晕怕冷

Chills and giddiness

Xiang Wei Dun Ji Tang

杞子 **Qi Zi**

玉竹 **Polygonatum Odoratum**

淮山 **Dioscorea**

党参 **Codonopsis Pilosula**

北芪 **Astragalus Membranaceus**

当归 **Angelica Sinensis**

川芎 **Ligusticum Wallichii**

Indication 功效

补气提神 香味可口

Prevents fatigue

Bu Qi Huo Xue Tang

姬松茸 **Agaricus Brazei Muril Mushroom**

灵芝 **Glossy Ganoderma**

党参 **Codonopsis Pilosula**

杞子 **Boxthorn Fruit**

淮山 **Dioscorea Opposita**

北芪¹ **Astragalus Membranaceus**

玉竹 **Polygonatum Odoratum**

¹大枣 **Dates**

Indication 功效

加强身体抗病能力

Increases stamina and relieves fatigue, promotes metabolism and blood circulation, strengthens body resistance and self-regulating rhythm of the body.

Ba Zhen Tang 85g

当归 **Angelica Sinensis**

熟地 **Rehmania Glutinosa**

川芎 **Ligusticum Wallichii**

白芍 **Paeonia Lactiflora**

茯苓 **Poria Cocos**

党参 **Codonopsis Pilosula**

白术 **Atractylodes Macrocephala**

炙草 **Glycyrrhiza Uralensis**

Indication 功效

补气补血 润肤养颜 对女性更佳

Food good health and vitality

Recommended especially for females

Xue Er Run Fei Tang

无花果 **Fig**

乌梅 **Prunus**

日程 **Dates**

玉竹 **Polygonatum Odoratunt**

Indication 功效

滋潤潤腸 清肺 清香可口

Aids digestion, clears phlegm

Snow Lotus Soup

雪 莲花 **Snow Lotus**

沙 参 **Glehnia**

扁豆 **Beans**

苡仁 **Barley**

党参 **Codonopsis Pilosula**

百合 **Lilium Bronii**

芡实 **Euryale Ferox**

淮山 **Dioscorea Opposita**

当归头 **Angelica Ginensis**

Indication 功效

清热解毒 消炎镇痛 活血 肺塞咳嗽 延年益寿 风湿关节炎之珍品

Antipyretic, anti-inflammatory, ease pain, promoting blood circulation

Gong Ting Yao Shan Ji

黄芪 **Astragalus Membranaceus**

怀山药 **Dioscorea Opposita**

人参 **Ginseng**

莲 **Nelumbo Nucifera**

党参 **Codonopsis Pilosula**

枸杞果 **boxthorn Fruit**

玉竹 **Polygonatum Odoratum**

Indication 功效

提高人体免疫力，加强身体抗病能力，对病后/产后虚弱身体恢复更适合。 1

Ginseng helps to improve immunity and body resistance.

It also helps to improve blood circulation especially good for

Those who has just recovered from illness

TEA

Enhance body immunity

Du Zhong Yi Mu Herbal Tea

Benefits:

- Eliminates fatigue
- Strengthens hips and back
- Ease backaches and pain
- Increase metabolism
- Improves constipation

Recommendation:

Drink Du Zhong Yi Mu Herbal Tea every day for one month preferably between 5pm - 7pm.

This is when the kidney functions at its optimum.

It is important to nourish kidney and stomach after birth

Thirst Quenching Herbal Tea

Benefits:

- Quench thirst
- Body detoxification
- Prevents postnatal thirst
- Prevents cough, cold and phlegm

Recommendation:

Drink daily.

Zi Sheng Herbal Tea

Benefits:

- Improves immunity
- Increase strength
- Improves diuresis which reduce water retention
- Discharge flatulence
- Repair body tissue
- Prevents urinary tract infections

Recommendation:

Drink daily for the first 2 weeks after birth.

Sheng Hua Soup

Benefits:

- Enrich blood and circulation
- Promotes uterus contraction
- Encourage lochia drainage
- Reduce water retention
- Increase milk secretion

Recommendation:

Start Sheng Hua Herbal Soup course on the fourth day after birth.
Course duration? maximum 14 days.

Revitalize Strength

Thirst Quenching Herbal Tea

Benefits:

- Quench thirst
- Body detoxification
- Prevents postnatal thirst
- Prevents cough, cold and phlegm

Strengthening Herbal Tea

Benefits:

- Improves blood circulation
 - Stimulates and refreshes the mind
 - Eliminates fatigue
 - Improves vitality
 - Improves immunity
 - Reduce postnatal infection
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Du Zhong Yi Mu Herbal Tea

Benefits:

- Eliminates fatigue
- Strengthens hips and back
- Ease backaches and pain
- Increase metabolism
- Improves constipation

Lactation Herbal Tea

Benefits:

- Increase breast milk production
- Prevents sagging of breast

Recommendation:

Start lactation herbal tea course on the third week and only after Sheng Hua Herbal Soup (生化汤) course.

During this course, do not intake any malt tea as it will wean off milk supply.

Rejuvenate Vitality and Slimming

Thirst Quenching Herbal Tea

Benefits:

- Quench thirst
- Body detoxification
- Prevents postnatal thirst
- Prevents cough, cold and phlegm

Strengthening Herbal Tea

Benefits:

- Improves blood circulation
- Stimulates and refreshes the mind
- Eliminates fatigue
- Improves vitality
- Improves immunity
- Reduce postnatal infection

Du Zhong Yi Mu Herbal Tea

Benefits:

- Eliminates fatigue
- Strengthens hips and back
- Ease backaches and pain
- Increase metabolism
- Improves constipation

Beauty Herbal Tea

Benefits:

- Improves overall health
- Fat and weight loss
- Increase metabolism
- Restore body's health
- Beautify skin
- Restore skin radiance

Recommendation:

Drink beauty herbal tea on the 4th week.

哺乳茶



暖宫茶



杜仲益母饮



产后缺乳茶



预防乳腺发炎饮



红枣龙眼茶



山楂茶



滋生饮



元气茶



止渴茶



百合莲子茶



玫瑰花茶

