



Thank you for considering us as your confinement food supplier!

*Serving you highly nutritious confinement food homecooked with love  
using only fresh ingredients!*

A little background about our company;

Mama J is a retired confinement nanny with over 20 years of experience. All the mummies mentioned that it was a stress-free 30 days confinement and felt healthier after!

**ALL OUR FOOD HAS ZERO MSG , ZERO PRESERVATIVES AND WE USE  
100% FRESH INGREDIENTS**

As we want to be more than just a food provider, below are the additional services included in the package.

- If you are a new mummy, we provide 1-1 consultation and guidance on how to do a proper traditional confinement
- We are able to customize the meals according to each and every mummy's health situation
- All our food and drinks are delivered in thermal containers #Ecofriendly
- Add-on for our Homemade Roasted Brown Rice Tea / Red dates tea for just \$3/meal !



Contact number : +65 9855 4993

Email : [mamajconfinementfood@gmail.com](mailto:mamajconfinementfood@gmail.com)

Instagram : [@confinementfoodsg](https://www.instagram.com/@confinementfoodsg)

*Mama J.* Website : [www.mamajconfinementfood.wixsite.com/home](http://www.mamajconfinementfood.wixsite.com/home)



## **14 Days Single Meal Package \$500 only!**

14 Days package includes :-

First 3 days of special menu (refer to our menu on website), followed by the normal menu for the remaining days

\*Delivery is inclusive in pricing

Lunch - 10.30am-1pm

Dinner - 4.30pm - 7pm

Some add-ons you might want to consider!

- Brown Rice to replace white rice (\$1/meal)
- Drinks (Roasted Brown Rice tea/ Red Dates tea - 1 litre/meal) for \$3/meal
- Full month Red Eggs & Ang ku kueh (8pcs each) for \$18 only



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