



CONFINEMENT MEALS

同样精选的食材，创新可口的美味
THE FUSION WAY



天味佳肴
TIAN WEI
SIGNATURE



The Fusion Way



Our head chef, Chef Eugene has created over 40 types of soup along with a combination of traditional and fusion confinement meals inspired by Japanese and Mediterranean cuisines after participating in various competitions such as Chef Apprentice on Channel 8, Tabasco Hot Chef Challenge, MLA Black Box Challenge, and FHA Challenge.

Most new mothers find that preparing their own confinement meals will require a lot of effort and time contributions especially when you are still recovering from your delivery and pregnancy.

Hence, we provide a mixture of fusion and traditional, breastfeeding- friendly confinement food delivery service to reduce the hassle and ensure that modern and balanced confinement meals can be delivered to all mothers.



Our customer service officers will be available 7 days a week to serve and tend to your needs in regards to our confinement meal delivery service.

EUGENE

Eugene Tan

Executive Chef of Tian Wei Signature



FUSION & TRADITIONAL CHINESE CONFINEMENT MEAL

We serve confinement food ingredients in traditional Chinese and fusion styles to keep your meals interesting.

CUSTOMISABLE BASED ON MEAL PREFERENCE

You can opt out of certain food ingredients based on your meal preference*.

**subject to availability*



EUNICE TAN
Tian Wei Signature In-House Dietitian
Accredited Dietitian of Singapore (ADS)
Full Dietitian Member of Singapore Nutrition and Dietetics Association

DIETITIAN REVIEWED TO SUPPORT POSTPARTUM NUTRITIONAL NEEDS

Our dietitian reviews every dish on the menu to help you build a well-balanced confinement diet.

BREASTFEEDING-FRIENDLY MENU TO SUPPORT MILK SUPPLY

We use lactogenic ingredients like green papaya, fenugreek and more in our meals to support your breast milk supply.



HERBAL SOUPS REVIEWED BY MA KUANG TCM

All herbal soups on our menu are reviewed by Ma Kuang TCM* to promote recovery and revitalise the body.



OUR SIGNATURE DISHES



BRAISED PORK TROTTER

IN BLACK VINEGAR

This dish is meant to purify the blood and cleanse the arteries. It also helps to break down the mineral content in the trotters, ensuring the gravy to be rich in calcium, iron, and gelatinous collagen.



TIAN WEI SIGNATURE

COQ AU VIN

Red wine can help lower the risk of certain cancers, protect you from heart diseases and osteoporosis, and reduce inflammations caused by arthritis. The alcohol in red wine can raise the levels of “good” HDL cholesterol.



SEARED SALMON WITH CAULIFLOWER CREAM

AND TRI COLOUR GRAINS

Salmon is well known to improve cardiovascular health, enhance tissue development, and boost the mother's overall well-being. Known for its gluten-free nutritional benefits, Quinoa has been added as a main staple in this menu.



SNOW FUNGUS PEACH RESIN

HASHIMA DESSERT

Peach Resin contains rich collagen to recover the loss of essential nutrition during delivery.



"Enjoyed my confinement food from @tianweisignaturesg because I get to have different varieties of yummy food everyday and meal times are never boring!

Specially catered for women during the important recovery period of confinement. Plus, every #TianWeiSignature meal comes complete with herbal soup or dessert, and red date tea! "

@kaitinghearts

"I love how Tian Wei signature serves both nutritious and delicious meals that are targeted at helping new moms recover quickly after childbirth! Confinement meals are made more diverse with their menu which also includes western style items as well (: "

@jocinaaa



"Between taking care of the kids & ensuring proper care for myself during confinement, there's one less thing for us to worry about when I have @tianweisignaturesg making sure that I have nutritious confinement food delivered right to my doorstep everyday! "

@xoangeline



LET'S WORK TOGETHER

Our Awards



Ways To Contact Us



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