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

Tian Wei Signature began with our desire to create appetising meals for confinement mothers so that they do not miss out on the essential ingredients needed to boost their recovery.

With the intention to bring you the best confinement food with both traditional and fusion cooking style, we include a variety choices of Japanese, Thailand and Mediterranean confinement food for mothers who likes to tryout something new.

Our award winning head chef, Chef Eugene has acquired over 16 years of experience and is skilled in preparing healthy and tasty meals to suit the needs of his clients. Tian Wei Signature has put on a brand new “outfit” for those traditional recipes to boost your senses, helping mothers to have a “delicious” recovery process especially after birth.

For mothers, confinement period is mainly a time to rest and replenish their bodies. We also believes that confinement meals are vital as they help to boost the mood of mothers, as well as replenish their bodies with the essential herbs and ingredients.

Not forgetting the importance of breastfeeding for mothers, we pay extra details in the usage of lactogenic ingredient for mothers to increase their lactation to make sure their breastfeeding journey is a smooth one.

Eugene Tan
Executive Chef of Tian Wei Signature
OUR RICE
NEVER TASTE THE SAME

白饭
Plain Rice

薏米小米饭
Barley Millet Rice

南瓜瓜子饭
Pumpkin Rice

五谷饭
Five Grain Rice

燕麦小米饭
Toasted Oats Millet Mixed Rice

杏果野谷饭
Fruits And Wild Grains Pilaf

黑薏米饭
Black Barley Mixed Rice

藜麦饭
Quinoa Mixed Rice

三色饭
Tri Colour Rice

腊肠炒饭
"Lap Cheong" Fried Rice

糙米饭
Brown Rice

三色谷
Tri Colour Grains
猪脚醋

BRAISED PORK TROTTER IN BLACK VINEGAR
WEEK ONE LUNCH

MONDAY 星期一
西芹草菇银耳
Stir Fried Celery With Straw Mushroom And White Fungus
红烧鸡
Red Fermented Wine Chicken
大补元气汤
Strong Nourishing Soup
薏米小米饭
Barley Millet Rice

TUESDAY 星期二
蒜蓉香芹芥兰
Stir Fried Kaoliang With Garlic
香茅茉莉巴顿鱼柳
Lemongrass Fenugreek Braised Fish Fillet
白果莲子猪肚汤
Ginkgo Lotus Seed Pig Stomach Soup
南瓜子饭
Pumpkin Rice

WEDNESDAY 星期三
姜丝肉碎油麦菜
Stir Fried Lettuce With Minced Meat And Ginger
猪脚腱
Braised Pork Trotter in Black Vinegar
姜丝鱼片蛋花汤
Slice Fish With Egg In Ginger Broth
五谷饭
Five Grain Rice

THURSDAY 星期四
清炒干贝上海青
Stir Fried Shanghai Green With Conpoy
麻油鸡红薯细粉
Braised Sesame Chicken In Sweet Potato Vermicelli
葫芦巴青木瓜药材鱼汤
Fenugreek Green Papaya Herbal Fish Soup

FRIDAY 星期五
芥兰猪肝白米粉
Stir Fried Pork Liver With White Beehoon And Kaolin
酸甜鱼片
Sweet And Sour Fish Slices
安神甜汤
Heart Calming Soup

SATURDAY 星期六
姜丝木耳炒金瓜
Pumpkin with Black Fungus
香茅南姜炖肉片
Stewed Pork With Galangal And Lemongrass
虫草花炖汤
Cordyceps Blossom Soup
藜麦饭
Quinoa Mixed Rice

SUNDAY 星期天
蒜香江鱼仔波菜
Stir Fried Garlic Spinach With Ikan Bilis
白胡椒当归莲山蒸肉饼
Steamed White Pepper Minced Pork With Chinese Yam And Angelica
祛血肿补炖汤
Dispel Blood Herbal Tonic Soup
薏米小米饭
Barley Millet Rice

麻油鸡红薯细粉
Braised Sesame Chicken In Sweet Potato Vermicelli
LEMONGRASS FENUGREEK BRAISED FISH FILLET
## WEEK ONE DINNER

### MONDAY 星期一
- 姜丝双木耳炒西兰花
  Stir Fried Broccoli With Ginger And Twin Fugus
- 豌豆荚红米枸杞蒸排骨
  Steamed Wolfberries Pork Ribs With Black Bean Sauce And Red Dates
- 香茅祛风鸡汤
  Drapal Wind Chicken Soup With Lemongrass
- 三色饭
  Tri Colour Rice

### TUESDAY 星期二
- 上汤蛋花苋菜
  Silky Egg With Amaranth in Superior Broth
- 紫菜麻油炒肉片锅子
  Stir Fried Pork And Kidney With Ginger And Sesame Oil
- 绿色养颜炖鸡汤
  Nourishing And Beautifying Chicken Soup
- 白饭
  Plain Rice

### WEDNESDAY 星期三
- 山药瘦肉炒芥兰
  Stir Fried Chinese Yam With Kailan And Lean Meat
- 港蒸姜丝牛鱼
  Steamed Threadfin With Ginger In Superior Soya Sauce
- 老鸽乌冬鸡汤
  Polygonum Multiflorum Black Chicken Soup
- 糯米饭
  Brown Rice

### THURSDAY 星期四
- 姜丝鱼片豆苗
  Stir Fried Slice Fish Pea Shoot with Ginger
- 咸鱼排骨
  Marmite Marinated Pork Ribs
- 茄汁红烧排骨汤
  Pork Ribs Soup With Lotus Roots And Red Dates
- 咸肉米饭
  Black Barley Mixed Rice

### FRIDAY 星期五
- 西红柿四季豆炒蛋
  Stir Fried French Bean With Egg & Tomato
- 金瓜酱烧鸭丁莲花
  Stir Fried Chicken With Capsicum In Pumpkin Sauce
- 健脾汤
  Spleen Strengthening Soup
- 三色饭
  Tri Colour Rice

### SATURDAY 星期六
- 香菇肉碎豆腐煲
  Mushroom Minced Meat Tofu Celtsce
- 港式青柠蒸三文鱼
  HK Lime Steam Salmon
- 排骨黑豆汤
  Pork Ribs Soup With Black Bean
- 糯米饭
  Brown Rice

### SUNDAY 星期天
- 毛瓜海带鱼哨
  Braised Fish Maw With Morrow Green And Seaweed
- 马铃薯焖五花肉
  Braised Pork Collar With Ginger And Potato
- 山药红烧排骨汤
  Pork Ribs Soup With Chinese Yam And Red Dates
- 白饭
  Plain Rice
CHINESE

芥兰猪肝焖白米粉
STIR FRIED PORK LIVER WITH WHITE BEEHOON AND KAILAN
MONDAY 星期一
西芹莲藕白玉菇木耳
Stir Fried Celery With White Beech Mushroom,
Lotus Root And Black Fungus

味噌香烤鱼柳
Baked Fillet Fish With Ginger Miso Sauce

杜仲补腰炖汤
Eucommia Kidney Nourishing Soup

薏米小米饭
Barley Millet Rice

TUESDAY 星期二
香煎花椰菜奶油三文鱼
Seared Salmon With Cauliflower Cream

陈皮红豆沙
Red Bean Puree With Orange Peel Dessert

三色谷
Tri Colour Grains

WEDNESDAY 星期三
清蒸干贝红枣羊角豆
Steam Oyster With Conpoy And Jujube

猪脚蹄
Braised Pork Trotter in Black Vinegar

四物排骨汤
Four Object Decoction Pork Ribs Soup

五谷饭
Five Grain Rice

THURSDAY 星期四
天味招牌法式红酒炖鸡
Tian Wei Signature COO Au Vin

鲍鱼瓜雪耳
Papaya White Fungus Dessert

燕麦小米饭
Toasted Oats Millet Mixed Rice

FRIDAY 星期五
茄酱意大利面
Spaghetti Pomodoro And Coponata

九层黑椒鱼柳
Black Pepper Fish Fillet With Basil

雷碧苹果薏米米糊
White Fugus Apple Barley Dessert

SATURDAY 星期六
上海青炒花菇
Shanghai Green With Shiitake Mushroom

花菇软骨焖鱼柳
Braised Fish Maw With Soft Ribs & Shiitake Mushroom

田七补血汤
Tiang 南北汤

藜麦饭
Quinoa Mixed Rice

SUNDAY 星期天
清炒木耳波菜
Stir Fried Spinach With Black Fungus

地中海杂菜蛋炖鸡
Mediterranean Tomato Cumin Chicken Stew With Eggplant

山药枸杞鸡汤
Chinese Yam And Wolfberry Chicken Soup

薏米小米饭
Barley Millet Rice

东坡肉
Dong Po Braised Pork
MEDITERRANEAN

SEARED SALMON WITH CAULIFLOWER CREAM
**DINNER**

**MONDAY 星期一**

- 西兰花炒花菇
  Broccoli With Braised Shiitake Mushroom
- 当归木耳烧鸡
  Braised Chicken With Black Fungus And Angelica
- 淮山玉竹汤
  Chinese Yam Polygonatum Soup
- 三色饭
  Tri Colour Rice

**TUESDAY 星期二**

- 银鱼苋菜炒蛋
  Stir Fried Egg With Amaranth And Silver Bait Fish
- 三穗鸡扒
  Hawthorn Chicken
- 花生猪蹄汤
  Peanut Pork Knuckle Soup
- 白饭
  Plain Rice

**WEDNESDAY 星期三**

- 香菇鸡柳四季豆
  Stir Fried French Bean With Mushroom And Chicken Fillet
- 姜蓉蒸牛鱼
  Steam Ginger Threadfin Fillet
- 剑芦巴南木瓜奶鱼汤
  Fanugreek Green Papaya Milky Fish Soup
- 糯米饭
  Brown Rice

**THURSDAY 星期四**

- 白灵菇炒豆苗
  Stir Fried Pea Shoot With King Oyster Mushroom
- 干肉骨茶
  Dry Bak Kut Tehh With Liver
- 蘑菇补血炖鸡汤
  Angelica Sinesis Blood- Tonifying Chicken Soup
- 野米饭
  Black Barley Mixed Rice

**FRIDAY 星期五**

- 莲藕四季豆炒鱼片
  Stir Fried Lotus Root And French Beans With Slice Fish
- 广东姜蓉鸡
  Cantonese Ginger Chicken
- 莲藕黑豆排骨汤
  Pork Ribs Soup With Black Bean And Lotus Roots
- 三色饭
  Tri Colour Rice

**SATURDAY 星期六**

- 法国鹈酒鹅翅豆炒瘦肉猪肝
  Stir Fried Snow Pea And Lean Meat Liver With D.O.M
- 泰式香茅三文鱼
  Thai Lemongrass Salmon
- 健脾ABC汤
  Spleen Strengthening ABC Soup
- 鹅鬃炒饭
  “Lap Cheong” Fried Rice

**SUNDAY 星期天**

- 毛瓜海带鱼鳔
  Braised Fish Maw With Marrow Green And Seaweed
- 麝香蒜炒猪肉
  Cumia Garlic Pork
- 姜丝鱼片蛋花汤
  Ginger Fish Fillet Egg Broth
- 白饭
  Plain Rice

**干肉骨茶
Dry Bak Kut Tehh With Liver**
# LUNCH

## MONDAY 星期一
- 西芹炒帶子
  Stir Fried Celeri With Scallop
- 豆腐魚柳
  Tofu Braised Fish Fillet
- 滋潤補腎排骨湯
  Yin Nourishing And Kidney Tonification Soup
- 燕麥小米飯
  Barley Millet Rice

## TUESDAY 星期二
- 砂炒上海青
  Stir Fried Shanghai Green With Conpoy
- 健脾潤肺甜湯
  Mind Calming And Lung Nourishing Soup
- 南瓜粥
  Pumpkin Rice

## WEDNESDAY 星期三
- 姜絲肉碎滷菱菜
  Stir Fried Lettuce With Minced Meat And Ginger
- 猪脚鬚
  Braised Pork Trotter in Black Vinegar
- 花菇花生補湯
  Fish Maw Nourishing Soup
- 五谷飯
  Five Grain Rice

## THURSDAY 星期四
- 清炒千葉上海青
  Stir Fried Shanghai Green With Conpoy
- 芡實排骨湯
  Wind Dispensing Decoction Soup
- 燕麥小米飯
  Toasted Oats Millet Mixed Rice

## FRIDAY 星期五
- 芥蘭豬肝粉白米粉
  Stir Fried Pork Liver With White Beehoon And Kailan
- 酸甜魚片
  Sweet And Sour Fish Slices
- 橘香羅望子魚
  Tangy Tamarind Fish

## SATURDAY 星期六
- 豆腐荷葉
  Stir Fried Kailan With Tofu Parcels
- 麻油炒肉片
  Sesame Roasted Chicken
- 八珍排骨湯
  Eight Treasure Decoction Pork Rib Soup
- 柑麥飯
  Quinoa Mixed Rice

## SUNDAY 星期天
- 海參冬菇菠菜
  Braised Sea Cucumber With Spinach And Mushroom
- 烤肉串
  Vietnamese Lemongrass Chicken
- 山藥燒肉湯
  Chinese Yam Chicken Soup
- 燕麥小米飯
  Barley Millet Rice
THAI LEMONGRASS CHICKEN
**MENU B**

**DINNER**

**MONDAY 星期一**
- 豆椒西兰花
  Broccoli With Tofu Parcels
- 法国羽衣甘草花蒸鸡
  Cordyceps Blossom Steam Chicken With D.O.M
- 枸杞胡椒猪肚汤
  Pig Stomach Pepper Soup With Wolfberry
- 三色饭
  Tri Colour Rice

**TUESDAY 星期二**
- 银鱼苋菜炒蛋
  Stir Fried Egg With Amaranth And Silver Bait Fish
- 漆树香草鸡
  Sumac Seared Chicken
- 四神排骨汤
  Four Divinity Pork Rib Soup
- 白饭
  Plain Rice

**WEDNESDAY 星期三**
- 山药瘦肉炒芥兰
  Stir Fried Chinese Yam With Kalon And Lean Meat
- 姜薑味噌牛腩
  Ginger Miso Threadskin Fillet
- 灵芝炖鸡汤
  Ganoderma Lucidum Stewed Chicken Soup
- 腊米饭
  Brown Rice

**THURSDAY 星期四**
- 银鱼佛手瓜
  Chayote with Silver Bait Fish
- 东坡肉
  Dong Po Braised Pork
- 茶树菇排骨汤
  Pork Ribs Soup With Shiitake Mushroom
- 黑糯米饭
  Black Barley Mixed Rice

**FRIDAY 星期五**
- 肉片四季豆
  French Bean With Lean Meat
- 贵妃鸡
  Fortune Herbal Chicken
- 番薯龙眼姜汤
  Sweet Potato Longan Ginger Soup
- 三色饭
  Tri Colour Rice

**SATURDAY 星期六**
- 红枣莲藕雪鲫豆
  Stir Fried Red Date Lotus Root And Snow Pea
- 百香果苹果三文鱼
  Passion Fruit Apple Salmon
- 银耳桃胶雪蛤甜汤
  Snow Fungus Peach Resin Hashima Dessert
- 腊肠炒饭
  “Lap Cheong” Fried Rice

**SUNDAY 星期日**
- 香烤夏南瓜
  Grilled Vegetable Medley
- 蘑菇奶油酱栗子肉饼
  Meatball With Chestnut In Mushroom Cream Sauce
- 雪耳苹果栗米甜汤
  White Fungus Apple Barley Dessert
- 五谷杂粮饭
  Fruits And Wild Grains Pilaf

蘑菇奶油酱栗子肉饼
Meatball With Chestnut In Mushroom Cream Sauce
贵妃鸡

FORTUNE HERBAL CHICKEN
**MONDAY 星期一**
- 日式炒芦笋
  - Stir Fry Asparagus Japanese Style
- 味噌章鱼鱼柳
  - Baked Fillet Fish With Ginger Miso Sauce
- 安神护发炖汤
  - Mind-Soothing And Hair-Protecting Soup
- 燕麦小米饭
  - Barley Millet Rice

**TUESDAY 星期二**
- 香煎花椰菜奶油三文鱼
  - Seared Salmon With Cauliflower Cream
- 陈皮红豆沙
  - Red Bean Puree With Orange Peel Dessert
- 三色谷
  - Tri Colour Grains

**WEDNESDAY 星期三**
- 清蒸干贝红枣羊角豆
  - Steam Oyster With Conpoy And Jujube
- 猪脚酿
  - Braised Pork Trotter in Black Vinegar
- 莲藕猪脚汤
  - Pork knuckle Soup With Lotus Roots
- 五谷饭
  - Five Grain Rice

**THURSDAY 星期四**
- 天味招牌法式红酒炖鸡
  - Tian Wei Signature COO Au Vin
- 炖木瓜雪耳
  - Papaya White Fungus Dessert
- 燕麦小米饭
  - Toasted Oats Millet Mixed Rice

**FRIDAY 星期五**
- 柠檬黄鱼黄鱼搭配烤南瓜玉米
  - Red Snapper Lemon Beurre Blanc With Baked Pumpkin And Buttered Corn Cob
- 花旗参补气炖汤
  - American Ginseng Or Invigorating Soup
- 果仁野谷饭
  - Fruits And Wild Grains Pilaf

**SATURDAY 星期六**
- 江鱼仔黑椒花
  - Stir Fried Cauliflower with Ikan Bilis
- 奶香黑椒排骨
  - Creamy Black Pepper Tangy Pork Ribs
- 养血补气炖汤
  - Blood Nourishing Soup
- 藜麦饭
  - Quinoa Mixed Rice

**SUNDAY 星期天**
- 白灵菇炒菠菜
  - Stir Fried Spinach With King Oyster Mushroom
- 日式芝麻鸡
  - Goma-ae Grilled Chicken
- 味增姜汤
  - Ginger Miso Soup
- 燕麦小米饭
  - Barley Millet Rice
JAPANESE

KUROBUTA PORK LOIN WITH APPLE MIRIN SAUCE
MENU B
DINNER

MONDAY 星期一

西兰花炒带子
Stir Fried Broccoli With Scallop

玫瑰露烧鸡
Rose Wine Braised Chicken

子宮玫瑰炖鸡汤
Uterine Tonic Soup

三色饭
Tri Colour Rice

TUESDAY 星期二

鱼片苋菜
Amaranth With Sliced Fish

九层塔炖南瓜鸡肉
Stewed Chicken With Basil & Pumpkin

山药枸杞鸡汤
Chinese Yam And Wolfberry Chicken Soup

白饭
Plain Rice

WEDNESDAY 星期三

白饭配茶树菇
Stir Fried Nai Bai With Shimeji Mushroom

港蒸姜丝牛鱼
Steamed Threadfin With Ginger In Superior Soya Sauce

葫芦巴周り南瓜鱼汤
Fenugreek Green Papaya Milky Fish Soup

糙米饭
Brown Rice

THURSDAY 星期四

豆苗炒肉片
Fried Pork Slice With Pea Shoot

红烧狮子头
Braised Giant Meatball

人参大补汤
Ginseng Nourishing Soup

黑米饭
Black Barley Mixed Rice

FRIDAY 星期五

四季豆炒茶树菇
French Beans With Shimeji Mushroom

甜菜根焖鸡柳
Beetroot Oven Baked Chicken

苹果银耳排骨汤
Apple White Fungus Pork Rib Soup

三色饭
Tri Colour Rice

SATURDAY 星期六

九层塔肉碎雪豌豆
Stir Fried Snow Pea With Minced Meat And Basil

荷笋鱼柳
Celery Fish Fillet

莲子百合排骨汤
Pork Ribs Soup With Lotus Seed And Lily

腊肠炒饭
“Lap Cheong” Fried Rice

SUNDAY 星期天

菌侯意大利面
Spaghetti Pomodoro And Caponata

곤드라 bếp配苹果罗莎酱
Kurutubita Pork Loin With Apple Mirin Sauce

三菌海带汤
Ginger Mushroom Kombu Soup

甜菜根焖鸡柳
Beetroot Oven Baked Chicken
JAPANESE

GINGER MISO THREADFIN FILLET