

Thomson Confinement Food (Order Form)

I would like to confirm my confinement food package as follows:

Mother's Particulars _____ FBI/SBI No. _____

Name: _____ Order of Pregnancy: _____

Delivery Address : _____

Contact No : _____ (Contact 1) _____ (Contact 2) _____

Expected Baby Due Date : _____ in _____ Hospital

Are you allergic to any food substance? (Please indicate) _____

For official use: Food Activation Date: _____ (Start with Lunch / Dinner)

Remarks: _____

Please tick all appropriate boxes: [√]		
<input type="checkbox"/>	Trial (Lunch OR Dinner)	\$68
<input type="checkbox"/>	28-Day Confinement Lunch and Dinner	\$2,048
<input type="checkbox"/>	28-Day Confinement Lunch and Dinner (For FBI / SBI Members)	\$1,936
<input type="checkbox"/>	21-Day Confinement Lunch and Dinner	\$1,768
<input type="checkbox"/>	28-Day Confinement Lunch OR Dinner	\$1,258
<input type="checkbox"/>	14-Day Confinement Lunch and Dinner	
<input type="checkbox"/>	21-Day Confinement Lunch OR Dinner	\$1,048
<input type="checkbox"/>	14-Day Confinement Lunch OR Dinner	\$728
<input type="checkbox"/>	7-Day Confinement Lunch and Dinner	
<input type="checkbox"/>	7-Day Confinement Lunch OR Dinner	\$508
<input type="checkbox"/>	7 Meal Fish & Papaya Soup	
Special Confinement Favorites Add-on (applicable for all 28-day packages)		
<input type="checkbox"/>	Braised Pig's Trotters in Black Vinegar (猪脚醋) (10 lunch servings. Please note there is no delivery on Sundays)	\$150
<input type="checkbox"/>	Chicken Essence with Wine (鸡精酒) (Recommended 6 bottles over 2 weeks)	\$180
<input type="checkbox"/>	American Ginseng with Cordyceps Essence (西洋参虫草鸡精) (Recommended 6 bottles over 2 weeks)	\$180
Total Cost		

• All meals come with Longan & Red Dates Tea and choice of Fragrant Brown Rice or Kinnemal White Rice.
• Special Confinement Favorites Add-on will only be delivered from day 11 onwards.
• All prices are inclusive of GST and delivery charges.
• Orders can be made online at www.ThomsonBaby.com or at Thomsonbaby Retail Shop, located at #01-06 in Thomson Medical Centre.

For Official Use:

Order Confirmed By:

339 Thomson Road Singapore 307677
T +65 6350 8848 W Thomsonbaby.com

Co. Reg. No.: 201300561N

OTHER PARENTCRAFT SERVICES

In keeping with our brand of care and commitment to new mums, Thomson ParentCraft Centre, subsidiary of Thomson Medical Centre, offers a comprehensive range of other services, to enhance the motherhood experience.

We believe that every motherhood journey is precious and unique in its own, and we are excited to accompany our mothers on this journey of care and commitment.



Childbirth Education Course

Thomson Childbirth Education Course is organised for expectant mothers and their partners to prepare them for the arrival of their bundle of joy. Some key topics covered include antenatal exercise, labour and pain relief, feeding and breastfeeding, and hands-on baby care.



Mum & Baby Essentials

Essential by Thomson Medical, is a trusted house brand encompassing a wide range of skincare, personal care and infant apparel. Formulated with natural ingredients, our best-selling creams and wipes are safe for use during pregnancy, and suitable for mummies and newborns with sensitive skin.



ThomsonBaby Retail Shop

Strategically located at Level 1 of Thomson Medical Centre, ThomsonBaby Retail Shop provides the convenience of essential products and services for mothers and babies.



ThomsonBaby Online Store for Mum & Baby

Shop 24/7 from the comfort of your home with our online store. Browse a wide range of mum & baby products and services on ThomsonBaby.com.

For more information, please visit
ThomsonBaby.com.



To continue our brand's tradition of care and commitment to our mothers, **Thomson Confinement Food** home delivery service provides food and nutrition to recuperating mothers after childbirth directly to their homes.

Backed by Thomson Medical's in-house team of experts in Nutrition, Lactation consultants and Traditional Chinese Medicine experts, each recipe is thoughtfully crafted to aid mothers in their journey to recovery during their confinement.

Infused with fresh, carefully selected ingredients and herbs, our meals are low in salt and fat, bursting with natural goodness and of great nutritional value. From flavourful Fish and Papaya Soup, to timeless Braised Pig's Trotters with Black Vinegar and Homemade Chicken Essence with Wine, get ready for a gastronomic spread during your confinement!

Contained in thermal carriers, your food will be warm and fresh when it reaches your doorstep. Pamper yourself with the convenience of having nutritious and flavourful meals served to your doorstep during your confinement! Enjoy our labour of love, so you can focus on yours.

Thomson Confinement Food – Nutritional Goodness Delivered To Your Doorstep.
For enquiry or more information, please visit us at ThomsonBaby.com

ThomsonBaby Retail Shop located @ #01-06 in Thomson Medical Centre
Online Shop @ www.ThomsonBaby.com

Office Hours

Tel: +65 6350 8848
Monday – Friday : 9am to 5pm
Saturday : 9am to 12 noon
Sun & Public Holidays : Closed

After Office Hours

Message us on our Facebook Page: ThomsonBaby
Email: info@thomsonbaby.com

Published in May 2022

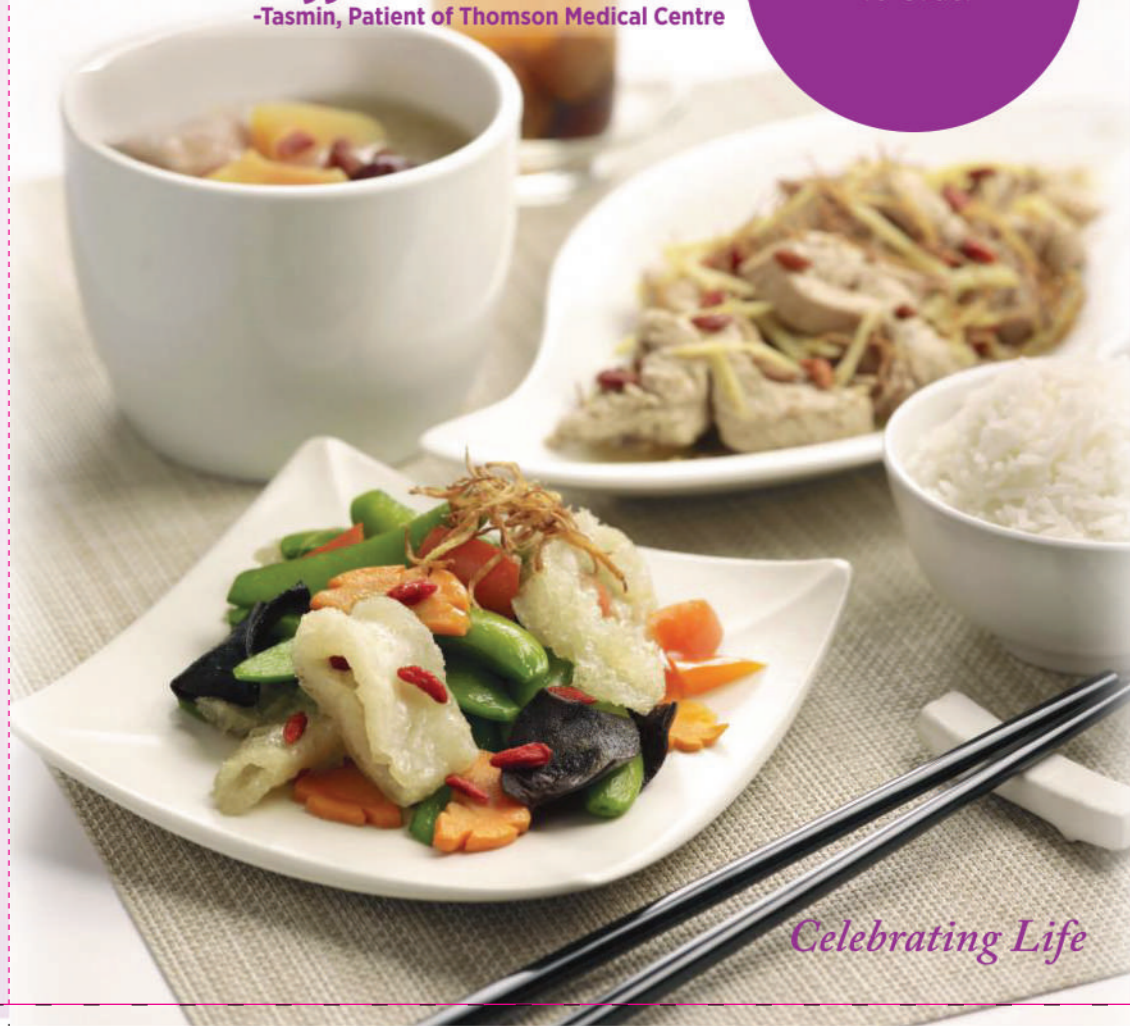
THOMSON
Baby.com

Thomson Confinement Food

Nutritional Goodness Delivered To Your Doorstep

“ I need not worry about marketing for ingredients & racking my brains on what to cook, and no washing up of pots and pans. I've never felt so spoilt, and I really enjoyed my time & rested well during this confinement period. Makes me want to be preggie again. ”
-Tasmin, Patient of Thomson Medical Centre

Visit
ThomsonBaby.com
To Order



Celebrating Life

28 Day Menu

MENU 1

- Lunch:
- Stir Fried Kai Lan with Lean Meat, Wolfberries & Ginger
 - Stir Fried Pig's Liver with Ginger & Spring Onion
 - Chicken & White Fungus Soup
- Dinner:
- Stir Fried Spinach with Wolfberries
 - Steamed Egg with Minced Meat
 - Fish Soup with Bai He & Yu Zhu

MENU 2

- Lunch:
- Stir Fried Broccoli with Fresh Scallop
 - Steamed Pork Ribs with Wine & Ginger Paste
 - Black Chicken Soup with Dang Shen, Chinese Yam & Tong Cao
- Dinner:
- Stir Fried Assorted Mushroom
 - Steamed Threadfin
 - Pork Ribs with Black Bean Soup

MENU 3

- Lunch:
- Stir Fried Snow Peas with Lean Meat & Wolfberries
 - Steamed Fish with Lily Flower & Black Fungus
 - Pork Rib Soup with Ground Nuts & Walnuts
- Dinner:
- Stir Fried Baby Kai Lan with Lean Meat & Basil Leaves
 - Sesame Chicken with Ginger
 - Fish & Papaya Soup

MENU 7

- Lunch:
- Baked Pumpkin
 - Grilled Salmon with Mirin Sauce
 - Pork Ribs with Red Bean Soup
- Dinner:
- Stir Fried Shanghai Green with Crispy Ginger
 - Stir Fried Pig's Kidney with Lean Meat & Black Fungus
 - Black Chicken with Cordycep Militans Soup

MENU 8

- Lunch:
- Stir Fried Sweet Peas with Shredded Pork & Carrot
 - Stir Fried Sheng Yu Fillet with Sweet & Sour Sauce
 - Chicken Soup with Chinese Yam, Chestnuts & Longan
- Dinner:
- Stir Fried Dou Miao with Ginger & Garlic
 - Braised Pork Knuckle with Groundnuts & Black Beans
 - Fish Soup with Bai He & Yu Zhu

MENU 9

- Lunch:
- Stir Fried Chayote with Silver Fish
 - Steamed Threadfin
 - Black Chicken Soup with Dang Shen, Chinese Yam & Tong Cao
- Dinner:
- Spinach with Black Fungus & Wolfberries
 - Sesame Chicken with Ginger
 - Pork Ribs with White Fungus Soup

MENU 13

- Lunch:
- Stir Fried Assorted Mushroom
 - Stir Fried Pork with Rice Wine & Ginger
 - Sheng Yu Fillet with Spinach & Wolfberries Broth
- Dinner:
- Stir Fried Snow Peas with Lean Meat & Wolfberries
 - Stir Fried Black Pepper Sliced Fish with Capsicum
 - Double Boiled Black Chicken and He Shou Wu

MENU 14

- Lunch:
- Stir Fried Asparagus with Fish Maw & Capsicum
 - Grilled Salmon with Mirin Sauce
 - Double Boiled Sakura Chicken with Cordycep Militans Soup
- Dinner:
- Stir Fried Chinese Spinach with Silver Fish
 - Braised Hong Zao Chicken
 - Double Boiled Pork Ribs Soup with Chinese Yam & Red Dates

MENU 15

- Lunch:
- Stir Fried Sweet Peas with Scallops & Carrots
 - Silver Fish Omelette
 - Pig's Trotters in Vinegar (Soup)
- Dinner:
- Stir Fried Cauliflower with Lean Meat & Ginger
 - Steamed Threadfin with Dang Gui & Black Fungus
 - Double Boiled Black Chicken Soup with D.O.M

MENU 19

- Lunch:
- Stir Fried Pumpkin with Wolfberries topped with Honshimeiji Mushroom
 - Stir Fried Sliced Fish with Mixed Vegetable
 - Pork Ribs Soup with Ground Nuts & Red Dates
- Dinner:
- Stir Fried Shanghai Green
 - Stir Fried Pork with Rice Wine & Ginger
 - Chicken & Fish Maw Soup

MENU 20

- Lunch:
- Stir Fried Chinese Spinach with Crispy Ginger
 - Grilled Salmon with Capsicum
 - Spare Ribs Soup with Red Bean
- Dinner:
- Stir Fried French Bean with Shiitake Mushroom
 - Silver Fish Omelette
 - Black Chicken Ginseng Soup

MENU 21

- Lunch:
- Braised Lotus Root with Red Dates & Wolfberries
 - Teriyaki Grilled Fish
 - Lemongrass Chicken Soup
- Dinner:
- Stir Fried Cauliflower with Lean Meat & Ginger
 - Braised Chicken with Chestnuts & Wolfberries
 - Fish & Papaya Soup

MENU 25

- Lunch:
- Stir Fried Kai Lan with Lean Meat & Basil Leaves
 - Steamed Threadfin
 - Pork Ribs with Black Bean Soup
- Dinner:
- Stir Fried Asparagus with Fish Maw & Capsicum
 - Steamed Egg with Minced Meat
 - Chicken & White Fungus Soup

MENU 26

- Lunch:
- Shanghai Green with Ginger
 - Hong Zao Pork Ribs
 - Ginseng Fish Soup
- Dinner:
- French Bean Omelette with Shredded Ginger
 - Stir Fried Sliced Fish with Mixed Vegetables
 - Double Boiled Chicken Soup with D.O.M

MENU 27

- Lunch:
- Grilled Pumpkin
 - Pan Fried Fish Fillet
 - Pig's Trotters in Vinegar (Soup)
- Dinner:
- Stir Fried Chinese Spinach with Lean Meat & Basil Leaves
 - Steamed Chawanmushi with Fresh Scallop & Shiitake Mushroom
 - Double Boiled Sakura Chicken with Cordycep Militans Soup

MENU 4

- Lunch:
- Long Bean Omelette with Shredded Ginger
 - Stir Fried Sliced Fish with Mixed Vegetables
 - Lemongrass Chicken Soup
- Dinner:
- Stir Fried Asparagus with tri-coloured Capsicums
 - Baked Herbal Chicken
 - Pork Ribs Soup with Dang Shen & Chinese Yam

MENU 10

- Lunch:
- Stir Fried Broccoli with Fresh Scallop
 - Baked Herbal Chicken
 - Fish & Papaya Soup
- Dinner:
- Stir Fried Long Bean with Lean Meat
 - Steamed Fish with Ginger topped with Wolfberries
 - Pork Ribs with Black Bean Soup

MENU 16

- Lunch:
- Baked Pumpkin
 - Steamed Chicken with Lily Flower & Dang Gui
 - Fish & Papaya Soup
- Dinner:
- Luo Han Vegetable
 - Stewed Pork Ribs with Sea Cucumber & Black Mushroom
 - Ginseng Chicken Soup with Glutinous Rice

MENU 22

- Lunch:
- Stir Fried Chayote with Silver Fish
 - Braised Sea Cucumber with Chicken
 - Fish Soup with Bai He & Yu Zhu
- Dinner:
- Stir Fried Dou Miao with Ginger
 - Steamed Threadfin with Dang Gui & Black Fungus
 - Pork Ribs Soup with Lotus Root & Walnut

MENU 28

- Lunch:
- Wok Fried Nai Bai with Ginger
 - Teriyaki Grilled Fish
 - Black Chicken Soup with He Shou Wu
- Dinner:
- Stir Fried Shiitake Mushroom with Black Pepper Sauce
 - Stir Fried Pork with Rice Wine & Ginger
 - Chicken & Fish Maw Soup

MENU 5

- Lunch:
- Homemade Beancurd with Fresh Scallops
 - Steamed Chicken with Black Fungus & Cordycep Flower
 - Pork Ribs with Lotus Root Soup
- Dinner:
- Stir Fried Chinese Spinach with Silver Fish
 - Pan Fried Fish Fillet topped with Shredded Ginger
 - Chicken & Fish Maw Soup

MENU 11

- Lunch:
- Stir Fried Chinese Spinach with Crispy Ginger
 - Pan Fried Mirin Pork Chop
 - Double Boiled Chicken Ginseng Soup
- Dinner:
- Wok Fried Nai Bai with Ginger
 - Braised Chicken with Sea Cucumber & Black Mushroom
 - Spare Ribs Soup with Dang Gui & Chinese Yam

MENU 17

- Lunch:
- Stir Fried Kai Lan with Lean Meat & Basil Leaves
 - Steamed Chicken with Black Fungus & Cordycep Flower
 - Double Boiled Spare Ribs Soup with Black Beans
- Dinner:
- Homemade Beancurd with Fresh Scallop
 - Braised Pork Ribs with Chestnuts & Wolfberries
 - Black Chicken Soup with Dang Shen, Chinese Yam & Tong Cao

MENU 23

- Lunch:
- Marrow Green with Vermicelli
 - Hong Zao Fish
 - Ginseng Chicken Soup with Glutinous Rice
- Dinner:
- Stir Fried Broccoli with Fresh Abalone Mushroom
 - Sesame Chicken with Ginger
 - Pig's Tail with Eucommia Bark Soup

NOTE:

- Cycle 1: Menu 1 to 10 ; Cycle 2: Menu 11 to 28
- The commencement of your order may not coincide with Menu 1, and is dependent on menu rotation.
- The menu may vary subject to unforeseen seasonal demands for ingredients. All meals come with Longan & Red Dates Tea and choice of Fragrant Brown Rice or Kinnemai White Rice.
- Disclaimer: Information is considered to be true and correct at print. However, changes in circumstances after the time of publication may impact the accuracy of the information. Please refer to ThomsonBaby.com for the latest updates.

Non-pork menu is available.
Learn more about Resepi Ibunda Confinement Food at ThomsonBaby.com

Thomson Confinement Food (Terms and Conditions)

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



1. **To activate your home delivery service:**
Please call **6350 8848** Mon – Fri: 9am to 5pm
Sat: 9am to 12noon
Closed on Sun and Public Holidays

Or activate online at ThomsonBaby.com
Advance notice of two (2) working days is required.



2. **Delivery Time:**
Lunch: **10.00am to 1.00pm**
Dinner: **4.00pm to 7.00pm**
Customer accepts that weather, traffic conditions and unforeseen circumstances may affect delivery timing.



3. Postponement of meals will not be entertained unless it is due to unforeseen medical conditions. In such cases, postponement is allowed for a maximum of two (2) days, and it must be supported by a doctor's letter.



4. **There will be no delivery on**
• Christmas Day • 1st and 2nd Day of
• New Year Day Chinese New Year



5. All our confinement meals are freshly cooked daily and is best consumed within the time stipulated on the delivery bag.
6. 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. Please note that Tiffin set is non-microwaveable and customer is responsible for its cleanliness. Any loss and damage will incur a charge of \$100. Microwaveable containers will be used for the last delivery.



7. Full payment is required upon confirmation of order.
8. All prices are inclusive of GST and delivery charges. Island-wide delivery is available except for Sentosa.
9. Payment made is non-refundable unless a written cancellation notice is received at least two (2) working days in advance. Any refunds due will be pro-rated.
10. A termination fee of 20% of the purchased price will apply for all cancellations.
11. All menu items are subject to change without prior notice due to seasonality which is beyond our control.
12. The Management shall not be liable for any special or consequential damages that may result from the use of Thomson Confinement Food services.
13. The Management reserves the right to amend the prices, and the terms and conditions without prior notice.

By registering, I consent to the collection, use and disclosure of my personal data to Thomson Medical and its subsidiaries and related companies, for the purposes of processing applications, transactions and requests, and communication for Thomson Medical Group and third party partners.

Name: _____

Date: _____

Signature: _____

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