

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 : _____(Residence)_____ (HP)

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)

Please tick all appropriate boxes: [√]		
<input type="checkbox"/>	Confinement Lunch/Dinner Trial	\$68
<input type="checkbox"/>	28-day Confinement Lunch and Dinner	\$1,980
<input type="checkbox"/>	28-day Confinement Lunch and Dinner (For FBI / SBI Members)	\$1,868
<input type="checkbox"/>	28-day Confinement Lunch OR Dinner	\$1,188
<input type="checkbox"/>	14-day Lunch and Dinner	
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 that 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 will come with Longan Tea and Fragrant 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 from Thomson Parentcraft Retail Shop, located at #01-06 in Thomson Medical Centre.

How did you know about us:

☐ Friends & Relatives ☐ Websites ☐ Events ☐ Others: _____

☐ I acknowledge and give my consent to receive information of new products, services and events from Thomson Medical Pte Ltd and its group of subsidiaries.

Name: _____

Signature /Date: _____

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

The Childbirth Education Course is organized for expectant mothers and their partners to prepare them for the arrival of their bundle of joy. Some key topics covered include antenatal exercise; nutrition before and after deliver; myths and traditions; pain relief options; breastfeeding; learning to enhance child's physical and mental development; and practical hands-on baby care. You may choose to attend our 5-weekly lessons or our 1-day intensive course. For more information, please visit Thomsonbaby.com

Confinement Nanny Service

This is specially catered to mothers who require help during the confinement period. All our nannies undergo an intensive hands-on training programme conducted by our ParentCraft specialists. We have options for either stay-in, day-time or night time confinement nanny. For more information, please visit Thomsonbaby.com

Homecare Service

We provide continual support and care for mothers and babies in the comfort of their own homes. We can personalize services such as breastfeeding supervision for mothers, advice on common breastfeeding problems, bathing the baby, and infant skincare management. For more information, please call +65 6251 4090 or email parentcraft@thomsonmedical.com

Personalized Consultation on Breastfeeding

We provide consultation on proper breastfeeding techniques and advice on common breastfeeding problems. For more information, please call +65 6251 4090 or email parentcraft@thomsonmedical.com

Infant care Training

This training is especially useful for caregivers (domestic helper and/or grandparents) to better understand basic childcare techniques. Some key topics covered include bottle feeding, sterilization of feeding equipment, safety precautions, and handling of baby. For more information, please call +65 6251 4090 or email parentcraft@thomsonmedical.com

Baby Massage

There are many benefits of baby massage. Learn and pick-up tips in our baby massage class. Some key topics covered include step-by-step coaching on massage techniques; creating the right ambience for massage; ways of communicating with your baby during a massage; modifying your massage according to baby's needs; and handling your baby to promote motor development and coordination. To benefit fully, baby should preferably be between 1 - 9 months old.

For more information, please call +65 6251 4090 or email parentcraft@thomsonmedical.com



To continue the tradition of our brand of care and commitment to mothers, **Thomson Confinement Food** - an initiative by Thomson Medical Centre (TMC), provides food and nutrition to recuperating mothers after childbirth direct to their homes.

Developed by our in-house team of experts in nutrition, together with the rich influence of traditional Chinese medicine, our 28-day confinement food recipes are deftly crafted to aid mothers in their journey to recovery during their confinement.

Infused with fresh, carefully selected ingredients and herbs, the menu serves up a modern blend of east meets west, whilst retaining rich traditional tastes of confinement favourites. From flavourful Fish and Papaya Soup, to timeless Braised Pig's Trotters in Black Vinegar and Homemade Chicken Essence with Wine; our gastronomical spread is low in salt and fat - packing a robust flavour, bursting with natural goodness and great nutritional value.

The food, contained in thermal carriers, will be warm when it reaches your doorstep - locking in the flavours, and at the same time, maintaining freshness. Our confinement food service provides mothers not only the convenience, but home-style comfort food that is imperative during confinement.

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

Thomson ParentCraft 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	Tel: +65 6250 2222

Non pork menu is
now available!

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
For Online
Registration

Nov 2015 / 10000



Celebrating Life

28 Day Menu

DAY 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	DAY 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	DAY 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	DAY 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	DAY 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	DAY 6 Lunch: • Stir Fried Broccoli with Fresh Abalone Mushroom • Steamed Chicken with Ginger Paste • Pig's Stomach with Pork Ribs Soup Dinner: • Luo Han Vegetable • Braised Pork with Black Fungus • Fish & Papaya Soup
DAY 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	DAY 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	DAY 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	DAY 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	DAY 11 Lunch: • Stir Fried Chinese Spinach with Crispy Ginger • Pan Fried Mirin Pork Chop • Double Boiled Chicken Ginseng Soup Dinner: • Stir Fried Baby Kai Lan with Scallops • Steamed Fish with Lily Flower & Black Fungus • Spare Ribs Soup with Dang Gui & Chinese Yam	DAY 12 Lunch: • Marrow Green with Vermicelli • Grilled Honey Black Pepper Chicken • Pig's Stomach with Pork Ribs Soup Dinner: • Wok Fried Nai Bai with Ginger • Braised Chicken with Sea Cucumber & Black Mushroom • Fish & Papaya Soup
DAY 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	DAY 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	DAY 15 Lunch: • Stir Fried Sweet Peas with Scallops & Carrots • Silver Fish Omelette • Pig's Trotters in Vinegar Dinner: • Stir Fried Cauliflower with Lean Meat & Ginger • Steamed Threadfin with Dang Gui & Black Fungus • Double Boiled Black Chicken Soup with D.O.M	DAY 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	DAY 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	DAY 18 Lunch: • Wok Fried Nai Bai with Ginger • Steamed Sakura Chicken with Rice Wine • Fish Soup with Bai He & Gingko Nuts Dinner: • Stir Fried Snow Peas with Lean Meat & Wolfberries • Pan Fried Mirin Pork Chop • Double Boiled Chicken Soup with Yomeishu
DAY 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	DAY 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	DAY 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	DAY 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	DAY 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	DAY 24 Lunch: • Stir Fried Spinach with Wolfberries • Teriyaki Chicken • Pork Ribs Soup with Ground Nuts, Chinese Yam & Red Dates Dinner: • Luo Han Vegetable • Grilled Salmon with Mirin Sauce • Double Boiled Black Chicken Soup with Dang Gui & Chinese Yam
DAY 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	DAY 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	DAY 27 Lunch: • Grilled Pumpkin • Pan Fried Fish Fillet • Pig's Trotters in Vinegar 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	DAY 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	NOTE: • The commencement of your order may not coincide with Day 1 of the menu, and is dependant on menu rotation. • The menu may vary subject to unforeseen seasonal demands for ingredients. • All meals comes with Longan Tea and Fragrant White Rice.	

Thomson Confinement Food (Terms and Conditions)

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

- To activate your home delivery service, please call 6350 8848 (Mon – Fri: 9am to 5pm, Sat: 9am to 12noon, except Sun & Public Holidays), or activate online at www.ThomsonBaby.com. Advance notice of two (2) working days is required.**
- Delivery Time: Lunch between 11.00am to 2.00pm and Dinner between 4.30pm to 7.30pm. Customer accepts that traffic conditions or unforeseen circumstances may delay deliveries.**
- Postponement of meals will not be entertained unless it is due to medical reasons. In such cases, postponement is allowed for a maximum of 2 days, and it must be supported by a doctor’s letter.
- There will be no delivery on Christmas Day, New Year Day and 1st & 2nd Day of Chinese New Year.
- All our confinement meals are freshly cooked daily and is best consumed within the time stipulated on the delivery bag.
- 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. Customer is responsible for the cleanliness, lost and damage of this Tiffin set. Microwavable containers will be used for the last delivery.
- Full payment is required upon confirmation of order.
- All prices are inclusive of delivery charges and GST. Island-wide delivery is available.
- 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.
- A termination fee of 20% of the purchased price will apply for all cancellations.
- All menu items are subject to change without prior notice due to seasonality which is beyond our control.
- The Management shall not be liable for any special or consequential damages that may result from the use of Thomson Confinement Food services.
- The Management reserves the right to amend the prices, and the terms and conditions without prior notice.

Name: _____ NRIC: _____

Signature:_____ Date: _____

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