



Most Nutritious Confinement Food Service

goodness served daily

Enjoy nutritious meals that are packed with all the goodness recuperating mums need, delivered right to your home with **Thomson Confinement Food Home Delivery Service**.

Thomson Medical's care and commitment to mothers goes beyond your hospital stay, with a confinement food delivery service that brings the food and nutrition that recovering mothers need after childbirth directly to your home.

Crafted by Thomson Medical's in-house team of nutritional experts, each recipe is fortified with the rich influence of Traditional Chinese Medicine and has been thoughtfully crafted to aid you on your journey to recovery during confinement. In a menu that serves up a modern blend of east meets west, each dish is infused with fresh, carefully selected ingredients and herbs, retaining the rich traditional tastes of confinement favourites.

There's no shortage of variety, with a gastronomic spread that's bursting with natural goodness and great nutritional value. From flavourful Fish and Papaya Soup, Braised Pig's Trotters with Black Vinegar to Homemade Chicken Essence with Wine, all meals are low in salt and fat, so you can

be sure that you're getting a healthy meal that doesn't compromise on taste or healthiness.

To guarantee the best nutrition, each meal is served with gourmet Kinmemai Japanese white or brown rice. Compared to conventional white and brown rice, Kinmemai Japanese rice has more vitamins and dietary fibre, while being lower in calories.

Each meal is delivered in thermal carriers, ensuring that your food is warm when it reaches your doorstep, with the added benefit of being able to eat straight from the thermal carrier, minimising any washing up that follows your meals. Dads are not forgotten either, with the option to add-on Daddy's Bento, a seven-day lunch set add-on that's prepared just for fathers.

With Thomson Confinement Food Home Delivery Service, you'll be able to spend less time worrying about each meal, and more time focusing on recuperating and bonding with baby.

Contact Details

Thomson Parentcraft Shop
Thomson Medical Centre
339 Thomson Road, #01-06, Singapore 307677
Tel: 6350 8848
Email: info@thomsonbaby.com
www.thomsonbaby.com