IBUCARE CONFINEMENT
LUXURY | COMFORT | CLASS



Faster Healing



Trusted Quality

PANTANG FOOD HOME DELIVERY

Traditional confinement meals packed with ingredients to boost recovery and immunity

Camellia	Lavender	Lily	Rossa
RM498	**RM988**	**RM250**	**RM499**
7 Days | Lunch & Dinner	14 Days | Lunch & Dinner	7 Days | Lunch or Dinner	14 Days | Lunch or Dinner

*Delivery charges may apply

ibucareconfinementcentre.com



LUNCH

Wholesome Midday Energy For Mommy

Day 1

Ikan Rebus Daun Kesum

Kailan Goreng Dengan Lobak Putih

Brown Rice/White Rice/Garlic Fried Rice

Fruits

Day 2

Braised Ginger Kampung Chicken

Lotus Root Soup with Red Dates

Brown Rice/White Rice/Garlic Fried Rice

Fruits

Day 3

Tenggiri Bakar Daun Kunyit

Sup Sayur Dengan Lada Hitam

Brown Rice/White Rice/Garlic Fried Rice

Fruits

Day 4

Ayam Rendang Kunyit

Stir Fried Celery

Brown Rice/White Rice/Garlic Fried Rice

Fruits

Day 5

Beef Soup Lada Hitam

Stir Fried Pea Sprout

Brown Rice/White Rice/Garlic Fried Rice

Fruits

Day 6

Daging Masak Lada Hitam

Red Dates Chicken Soup with Goji Berries

Brown Rice/White Rice/Garlic Fried Rice

Fruits

Day 7

Dang Gui Soup

Ayam Kampung Masak Bijan

Brown Rice/White Rice/Garlic Fried Rice

Fruits

Day 8

Deep Fried Chicken Chop with Crispy Garlic

Stir Fried Bok Choy

Brown Rice/White Rice/Garlic Fried Rice

Fruits

Day 9

Ayam Goreng Halia

Sup Sayur Dengan Lada Hitam

Brown Rice/White Rice/Garlic Fried Rice

Fruits

Day 10

Braised Organic Chicken with Mushroom

Sawi Putih Tumis Bawang Putih

Brown Rice/White Rice/Garlic Fried Rice

Fruits

Day 11

Peppered Spanish Mackarel Fish

Celery with Brocolli & Carrot

Brown Rice/White Rice/Garlic Fried Rice

Fruits

Day 12

Steamed Siakap with Fresh Ginger & Soy Sauce

Stir Fried Bok Choy

Brown Rice/White Rice/Garlic Fried Rice

Fruits

Day 13

Steamed Jenahak with Ginger & Goji Berries

Chic Kut Teh

Brown Rice/White Rice/Garlic Fried Rice

Fruits

Day 14

Stir Fried Chicken with Crispy Ginger

Stir Fried Spinach

Brown Rice/White Rice/Garlic Fried Rice

Fruits



DINNER

Healing Dinner Choices Every Night

Day 1

Steamed Chicken with Goji Berries
Stir Fried Celery
Brown Rice/White Rice/Garlic Fried Rice
Fruits

Day 2

Ikan Haruan Bakar Dengan Lada Hitam
White Radish Soup with Carrot
Brown Rice/White Rice/Garlic Fried Rice
Fruits

Day 3

Sup Kambing Lada Hitam
Bayam Tumis Dengan Lobak Merah
Brown Rice/White Rice/Garlic Fried Rice
Fruits

Day 4

Pan Fried Salmon
Sawi Tumis Air
Brown Rice/White Rice/Garlic Fried Rice
Fruits

Day 5

Ayam Masak Halia
Lemon Grass Pepper Soup
Brown Rice/White Rice/Garlic Fried Rice
Fruits

Day 6

Ikan Masak Halia
Sup Bayam Bawang Putih
Brown Rice/White Rice/Garlic Fried Rice
Fruits

Day 7

Stir Fried Black Pepper Lamb
Lobak Putih Masak Bening
Brown Rice/White Rice/Garlic Fried Rice
Fruits

Day 8

Steamed Fish with Crispy Julienne Ginger
Baby Choy Sum
Brown Rice/White Rice/Garlic Fried Rice
Fruits

Day 9

Tenggiri Masak Singgang
Baked Broccoli, White Radish & Whole Garlic
Brown Rice/White Rice/Garlic Fried Rice
Fruits

Day 10

Grilled Lamb Chop, Garlic Brulee
Boiled Potatoes with Turmeric
Brown Rice/White Rice/Garlic Fried Rice
Fruits

Day 11

Chicken in Black Vinegar
Stir Fried Bitter Gourd with Wolfberries
Brown Rice/White Rice/Garlic Fried Rice
Fruits

Day 12

Stir Fried Lamb with Ginger
Steamed Carrot & Cauliflower
Brown Rice/White Rice/Garlic Fried Rice
Fruits

Day 13

Braised Sweet Beef Vinegar
Stir Fried Kailan
Brown Rice/White Rice/Garlic Fried Rice
Fruits

Day 14

Daging Masak Halia
Snow Peas with Carrot
Brown Rice/White Rice/Garlic Fried Rice
Fruits