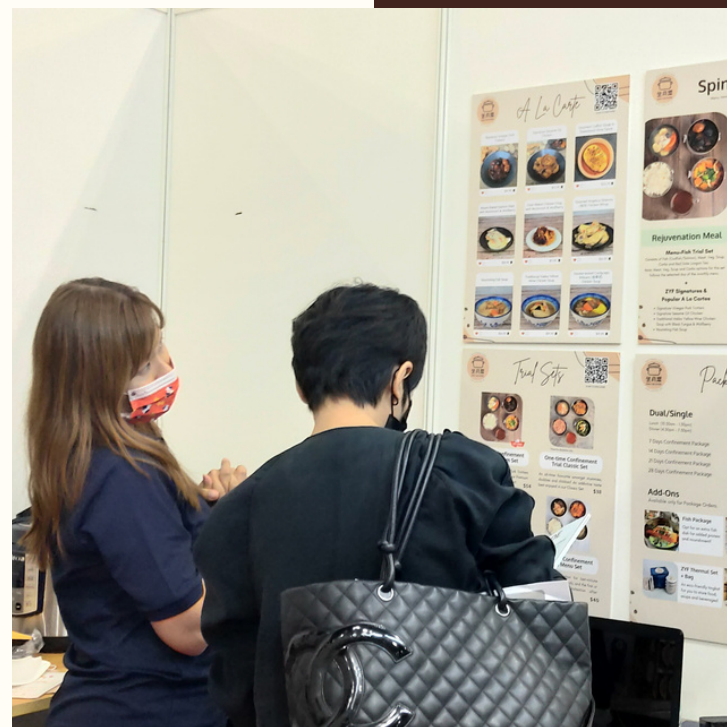




ZUO YUE FOOD

BRANDS FOR GOOD PRESENTATION

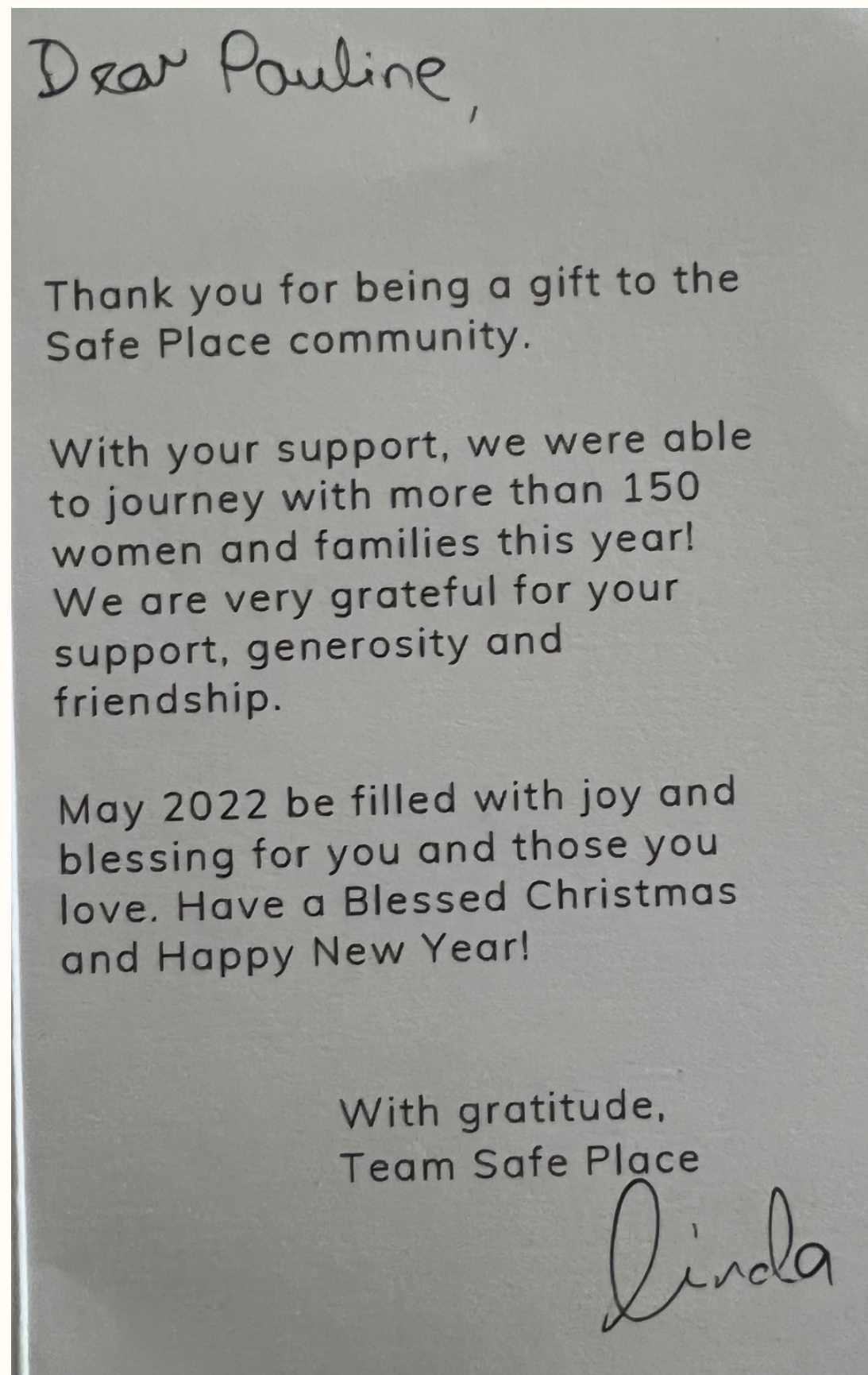
About us



Zuo Yue Food was started with a mission to **make a difference** by **filling in the gap** of the confinement food industry. As a confinement service company, we focus on **ensuring our customers** not only **enjoy our food** but also **have a positive confinement experience**. We have provided customers facing financial or familial difficulties convenience in payment as well as free meals on a case by case basis. Understanding the uncertainty of pregnancies, we accommodate to our customers' needs and ensure quality service to ensure their needs are put first. Our home-cooked confinement meals are made with nutrition, postpartum & care in mind to keep our customers satisfied with our high standards.

We **give back to society** by **sponsoring confinement meals to Safe Place**, a non-profit organisation for women with unsupported pregnancies. We also collaborated with local small businesses to support them through tough, difficult times during the pandemic.

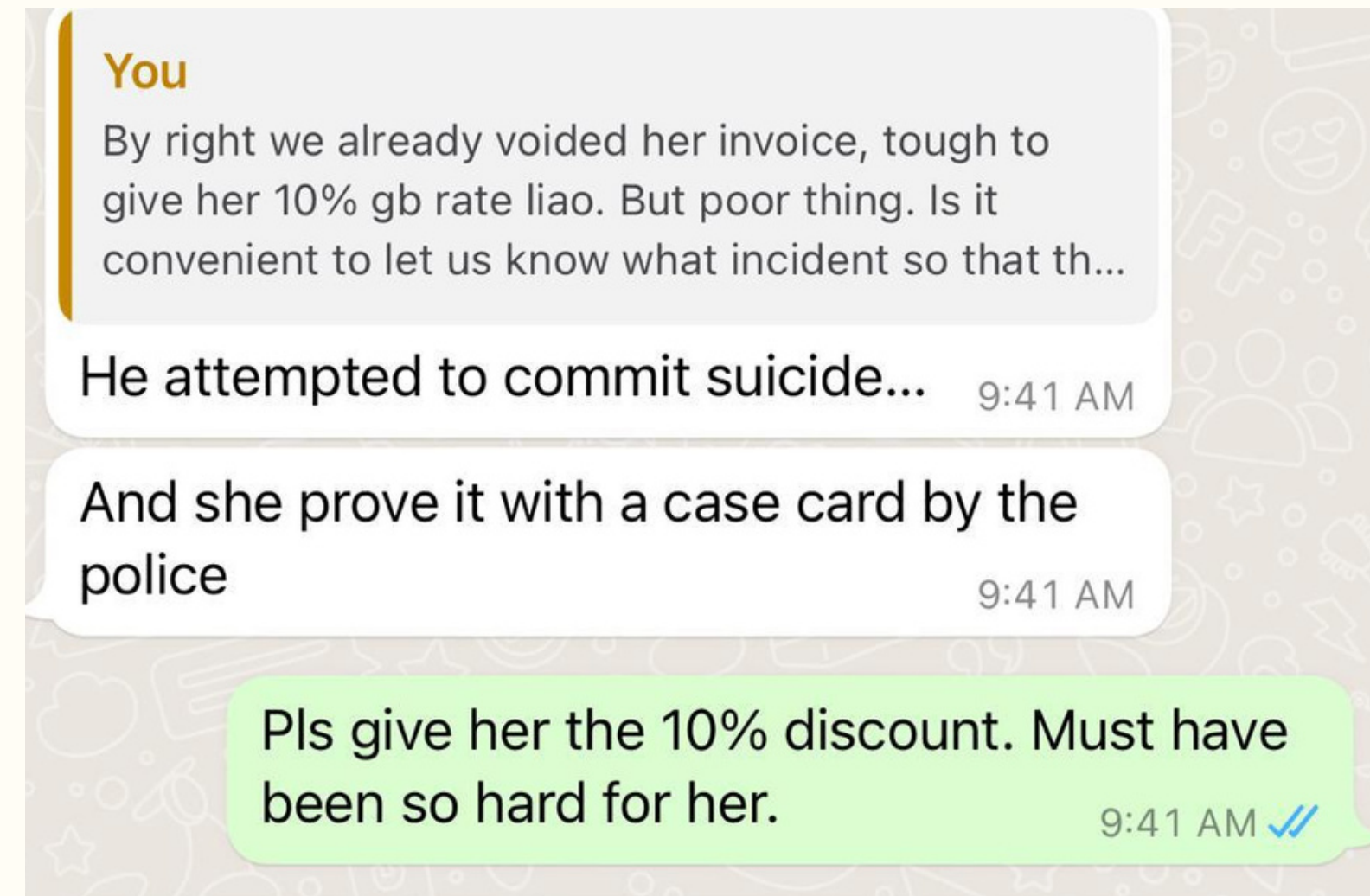
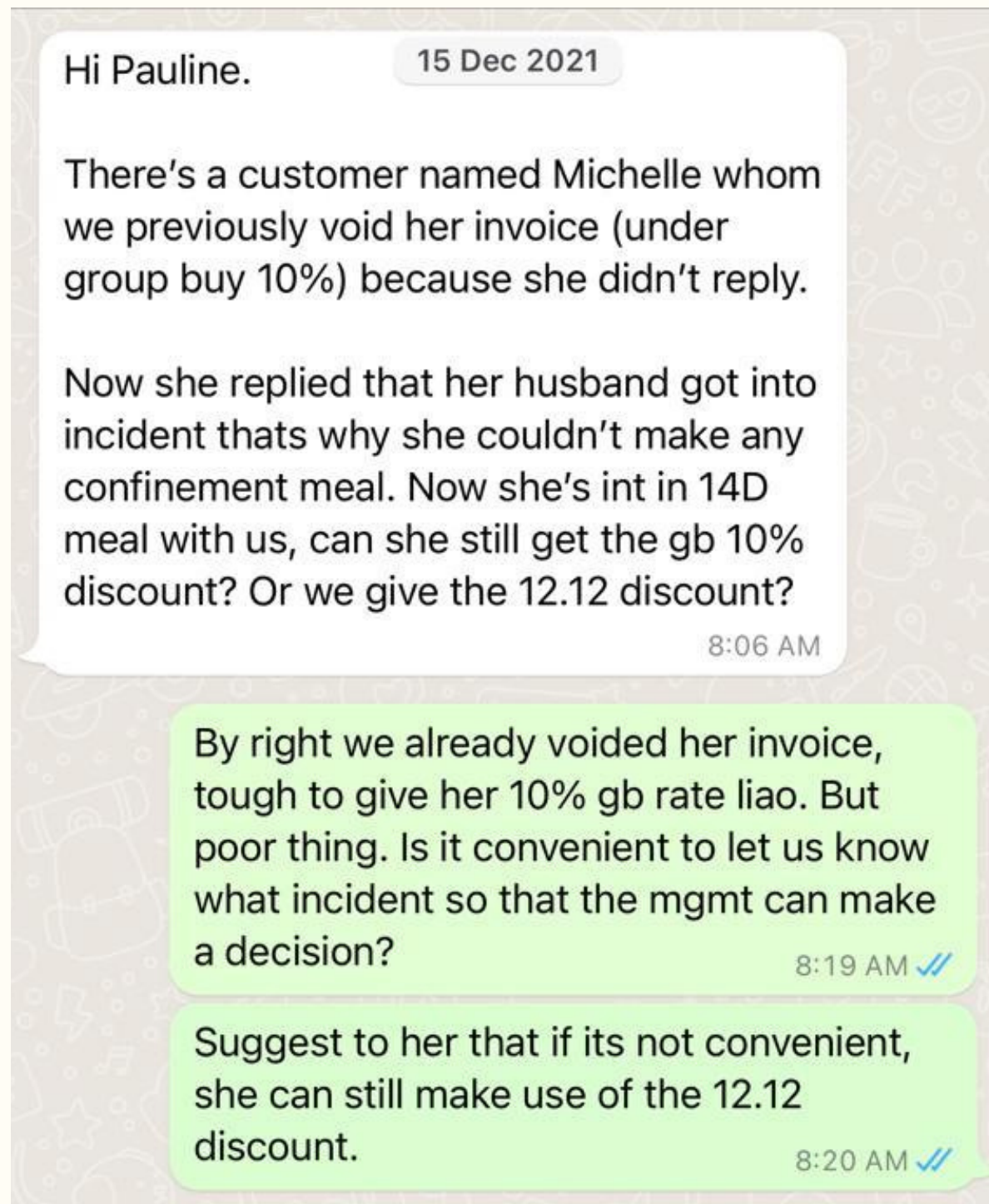
Sponsorship



We believe in supporting mummies with unsupported pregnancies with nutritious and healthy confinement food during their postpartum period.

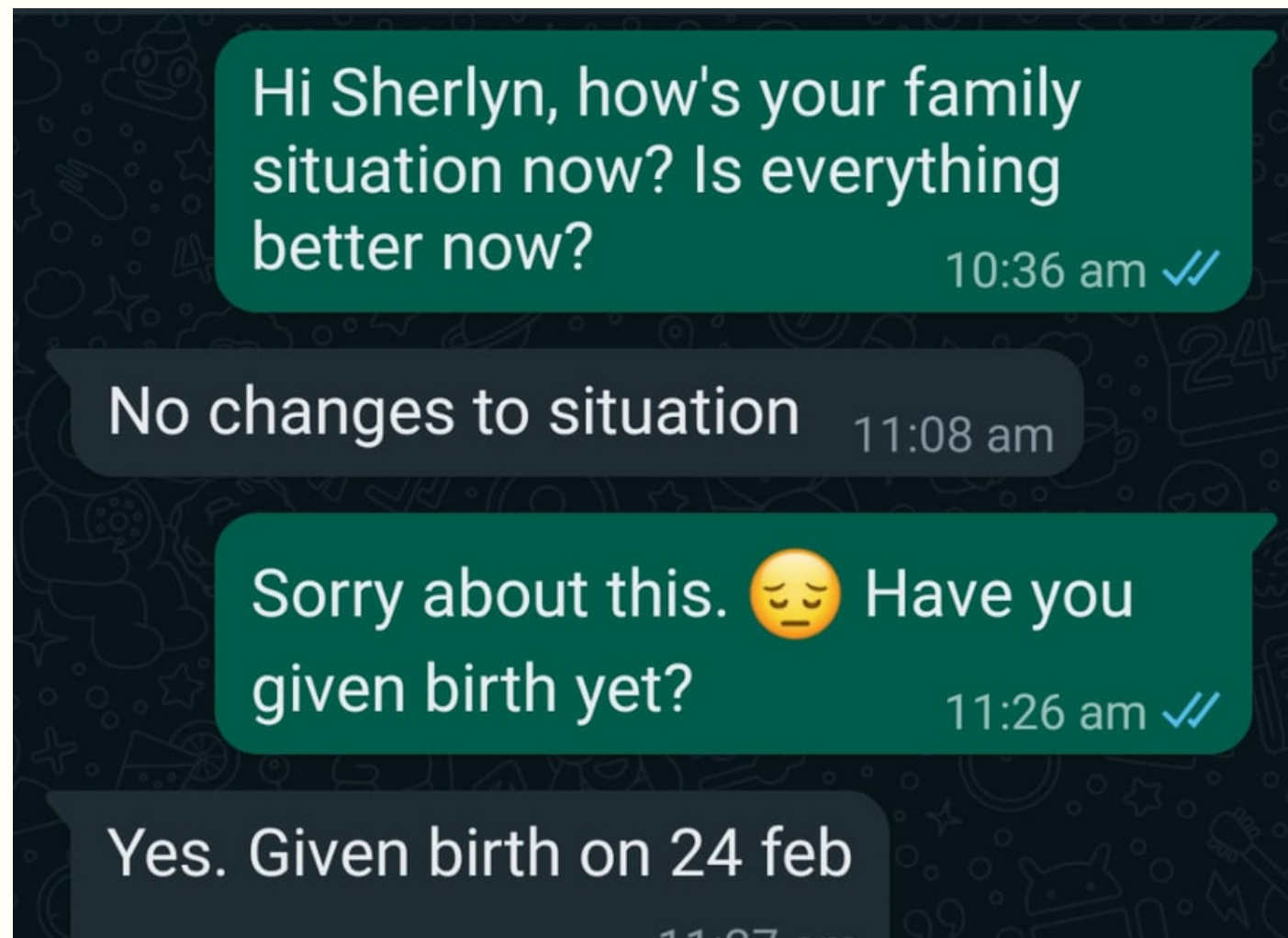
We have been sponsoring and delivering 28-day and 21-day confinement packages for the mummies in Safe Place.

Goodwill



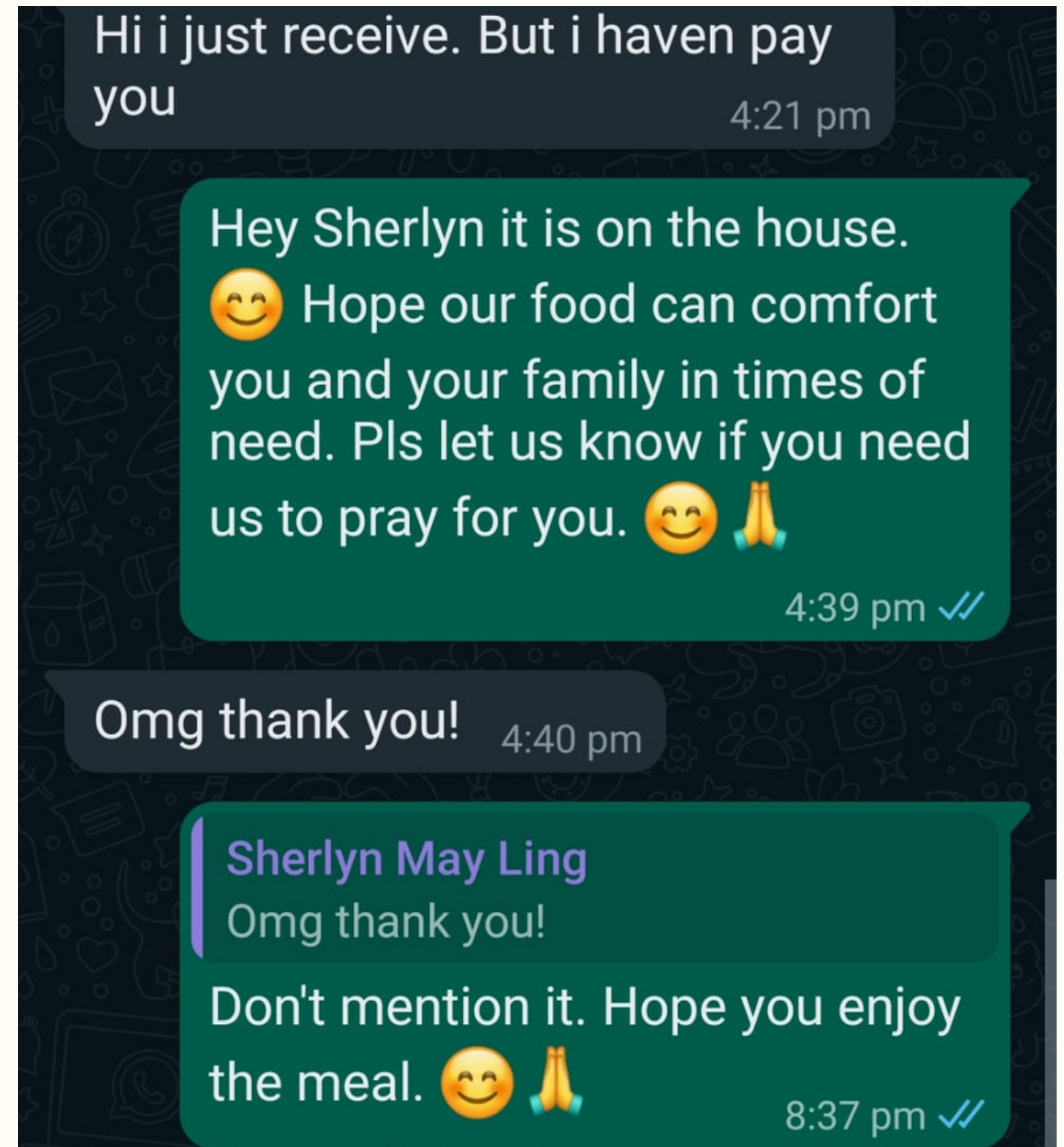
From service to random acts of kindness, we ensure our customers satisfaction with both our service and products. When one of our mummies had familial issues, we provided her a discount to ease her burden during confinement.

Goodwill

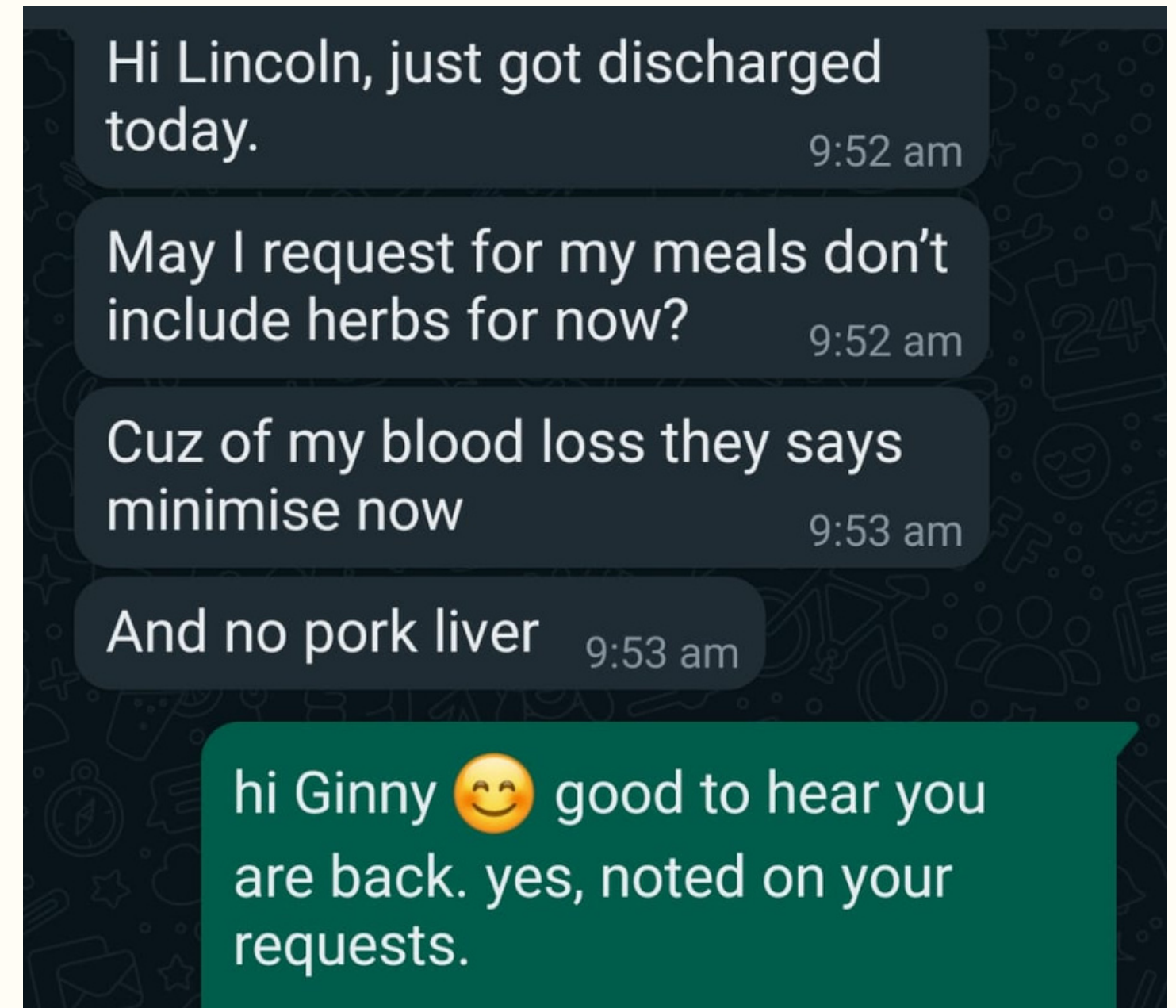
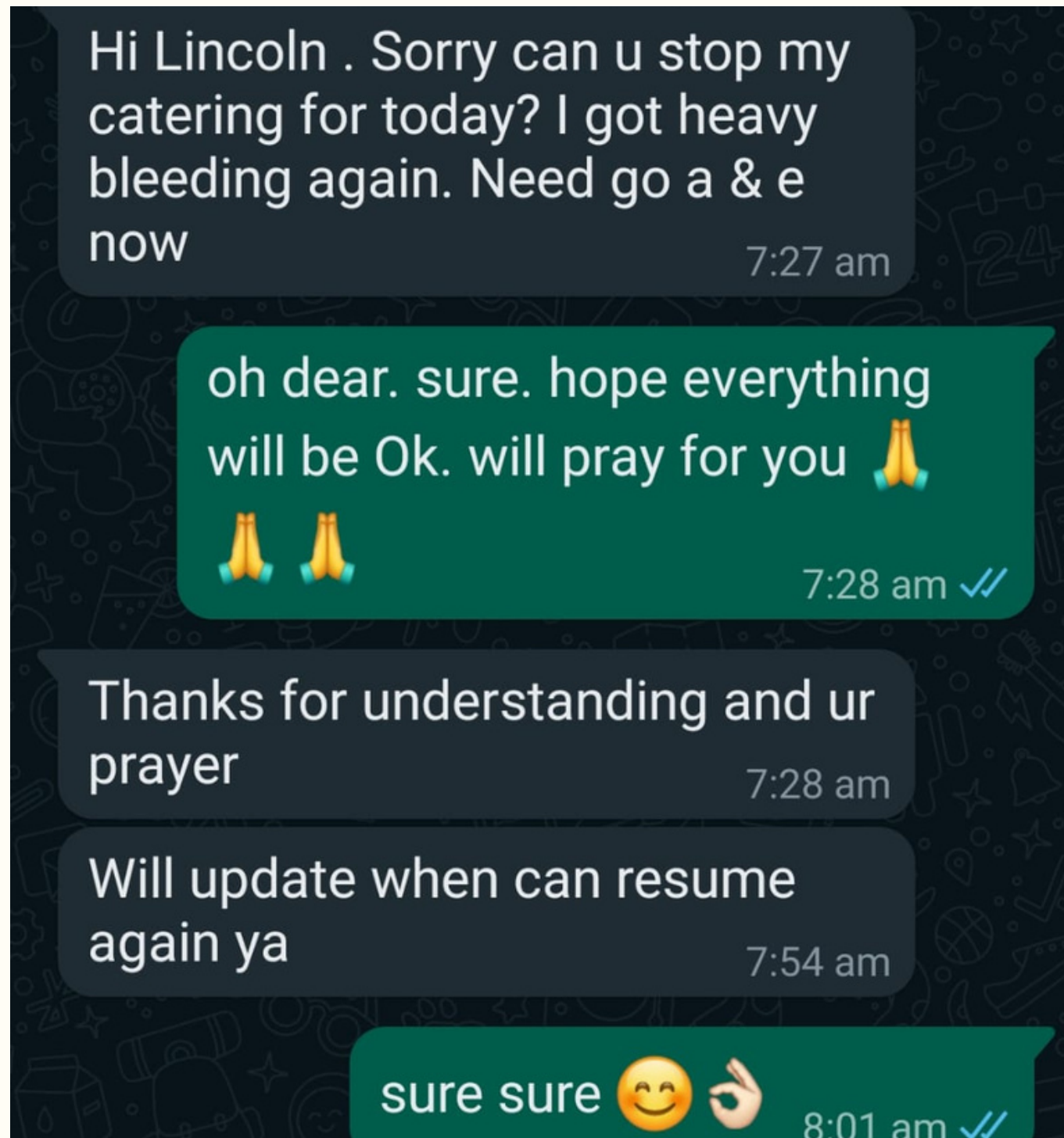


We offered food free of charge for mummies who are facing difficult situations at home.

We hope our goodwill will bring some comfort to them especially when they ordered their favourite food from us.



Goodwill



We offered care and concern for our customers when they need to pause our package. We customise according to their needs without extra charge as we know they need nutritious and healthy meals for full recovery during postpartum.

Mental Health



坐月菜
ZUO YUE FOOD

Story

Menu

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FAQ

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Order Now

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All prices stated are not inclusive of GST.

ACQUIRING THE RIGHT NUTRIENTS AFTER CHILDBIRTH



Share:

📅

Dec 16, 2021

Recovering from childbirth is not an easy phase. Your body would have experienced an immense amount of pain, stress and alteration. Hence, the right amount of the right type of nutrients is required for your body to regain its strength and health.

Have you ever gone in-depth about what kind of nutrients you should look out for during the confinement period and where can you find them? Here are some key nutrients you will need for a smooth and speedy postnatal journey.



KEEPING POSTPARTUM BLUES AWAY...

📅 Jul 05, 2022

Becoming a mother is a stressful yet one of a kind experience. The struggle to juggle between postpartum recovery and...

READ MORE

Every month we do a blog post & publicise on social media tips for new mummies to provide the best service to prevent postpartum depression.

We are working with relevant partners to educate mummies on the importance of holistic well-being as a mother.

Reviews



HAPPY MUMMIES
TESTIMONIALS

Rachel



我订的是7天dual meal配套。这是我第一次跟坐月菜订月子餐。坐月菜的食物都很好吃，分量也很大份，一个人吃不完 😊

每一餐的汤都有满满的料，用的排骨也都是好的部分，最少都有三片排骨 在汤里面，重点是隔了送餐时间几个小时喝都还是热热的。

很喜欢你们的麻油鸡😊 很浓郁，可是却一点都不油腻，不像外面卖的麻油鸡都是上面一层厚厚的油。

还有你们的招牌鱼汤 真的很好喝，鱼肉也是厚厚的 没有腥味 也很鲜甜。

你们的 customer service 都很有礼貌，回复的也很快，还很贴心的询问猪脚醋要不要换成别的。这点我真的很 impressed 因为真的不是每个人都吃猪脚醋（我就是不吃醋的人😊）

送餐 uncle 也都很有礼貌 几乎都很准时送到。

以后有机会一定还会跟你们订餐。希望你们快点推出普通的 tingkat😊

Rachel



HAPPY MUMMIES
TESTIMONIALS

Novell



Bought the full 28 days lunch & dinner package as I have tried many other different confinement trials and none of them meets my tastebud. Growing up in an authentic Hakka family, the dishes from Zuo Yue Food especially pork vinegar & yellow wine chicken, have the most authentic taste that I can find in Singapore. The sweetness, saltiness, sourness of the dishes taste just like how myself & other authentic Hakka family cooks at home.

Not only Zuo Yue provides authentic good food, the services provided by the team is also very attentive. Few times I have to request for a different delivery schedule as I am not home, Zuo Yue team tried their very best to accommodate and even check on me regularly to see if I am ok with the food.

Now that my confinement is coming to an end, I am glad Zuo Yue still sells ala-carte for the signature dishes and short-term daily meals that I can re-purchase again whenever I need to.

Novell



HAPPY MUMMIES
TESTIMONIALS

Jie Yang



经朋友介绍，我尝试了“坐月菜”的试餐，试餐一来就让我耳目一新，和其他月子餐不同，全部食物都装在保温盒、保温杯里，这对于月子里忙于喂奶、休息、换尿布的宝妈来说太友好了！因为随时都可以吃到温热的食物，而且非常环保。其中最让我惊艳的就是鱼汤，我本身不喜欢喝鱼汤，因为不喜欢鱼的腥味，但是“坐月菜”的鱼汤没有一点腥味，味道鲜甜，喝着冒着热气的鱼汤，胃里暖暖的，真的非常舒服。

“坐月菜”的group buy specials提供10%的折扣，折扣一出我就定了“28天坐月套餐”，没想到定完餐宝宝就迫不及待地出生了，早产了2个月，紧急入院后就马上跟customer service联系，并顺利地确定了开始送餐的日期，效率极高。

事实证明，“坐月菜”没有辜负我的期望，每餐的品质都令人满意，品种多样化，一周有很多餐里都有鱼，而且每餐的分量非常足，以至于订了一个星期后我就要求少饭了，因为真的吃不完。

Jie Yang

PART 1



HAPPY MUMMIES
TESTIMONIALS

Jeannette



I purchased the 28 day dinner package and wanted to try ZYF because i saw that they are the only caterers with tingkat services. I really like that their food is served in tingkats which is not only environmentally friendly but also keeps the food and drink warm and fresh - it definitely saves the hassle of having to reheat the food especially when you are already so tied up with having to look after a newborn - definitely a plus point over all other caterers out there who use disposables. Food portions are generous and can be shared between my husband and I, which really makes it convenient for us. Quality and taste of food is also pretty much very decent, much better than another caterer that I tried for lunch. Customer and delivery service is good, the delivery man is very friendly. I would definitely recommend ZYF to others and would purchase from them again without question :)

Jeannette



HAPPY MUMMIES
TESTIMONIALS

Jie Yang



特别要提到的是“坐月菜”的鲮鱼和buttermilk salmon真的太好吃了，第一次吃到这两份菜的时候我都只吃了一口，因为都被我家大宝抢着吃光了（哭笑不得）。麻油鸡也是超级好吃，每次都是吃到见底。

当然，最合我心意的就是每天的汤，每次最期待的也是汤品，打开保温盒的盖子，氤氲的热气袅袅升起，汤品的香味扑面而来，无论是药材汤、鱼汤、ABC汤.....都不会让人失望，我每次都是先把汤喝到底朝天才开始吃饭，以免吃饱了喝不下汤。不知道是不是因为汤品的关系，我的奶水特别好。当然，红枣茶也是一级棒，试想一下，你可以一直喝到烧烧的红枣茶，这是多么幸福的一件事。

总之，在诸多老牌月子餐中，“坐月菜”脱颖而出，它也确实没让我失望，如果有下次，“坐月菜”依旧是我的第一选择！

Jie Yang

PART 2

Our reviews are 100% genuine and voluntary.

Our customers are happy to leave a positive review for us because of our exceptional customer-centric service.

Staff



For our customers to be happy, we need to ensure our staff are happy. Hence, we put their welfare first!

Our Co-Founder Lincoln and the staff at ZYF Kitchen make an effort to celebrate the birthdays of everyone to promote team spirit and recognise their efforts.



Many of our staff are not as fluent in English and hence, we make an effort to translate all our customer reviews and messages to Mandarin to ensure an inclusive space and motivate them.



Local Partners



Helping other small businesses during the pandemic or difficult times through collaborations and partnerships has allowed us to support other local firms as well as build our customer reach.

Environment



REDUCING PLASTIC WASTE

We also pursue reducing our carbon footprint by using reusable containers (tingkat, soup container & flask) that are delivered in an thermal delivery bag to reduce use of plastic containers, cutlery & bags.

REDUCING CARBON FOOTPRINT

Delivery of our food is done in bulk to reduce excess use of fuel.



Features

With continued support from the community, Zuo Yue Food has evolved into a commercial kitchen, providing tingkat and ala-carte meals delivery with love for all. Zuo Yue Food has been featured in Tallypress for being one of the top 10 confinement food delivery services in Singapore, Hawkerpedia for delivering tasty confinement food from home chef that's not just for mothers and Mana Tabao on UFM 100.3 radio station.

