

Monday							
Ox Tail Soup with Vegetables		Chicken Shreds Fried with Shanghai Pakchoi		Beef Pie Steamed with Yunnan Ham		Fresh Squid Fried with Sugar Snap Peas	
Ingredients: Ox Tail (blanched) 2/3 catty Cabbage (sliced) 1/3 catty Tomato 1 (cut into chunks) Carrots appropriate amount		Ingredients: Chicken (shredded) 2/5 catty Shanghai pakchoi 8 taels		Ingredients: Beef (minced) 1/2 catty Yunnan ham appropriate amount		Ingredients: Squid 1/2 catty (cut into chunks) Sugar snap peas 2/3 catty Red hot pepper appropriate amount (shredded)	
Steps: 1. Fry ginger slices in hot oil until fragrant; pour some water; add all the ingredients. 2. Stew till the ingredients are softened; add salt and serve.		Steps: 1. Marinate chicken shreds for use. 2. Fry ginger and garlic in hot oil until fragrant; put in Shanghai pakchoi and sauté briefly; add some water and salt; when cooked, set aside on a plate. 3. Fry chicken shreds in oil till cooked; put them on top of the Shanghai pakchoi.		Steps: 1. Marinate beef and spread on a plate; put ham shreds on top. 2. Steam till cooked and serve.		Steps: 1. Blanch squid. 2. Fry ginger, garlic, red hot pepper in oil; stir-fry fresh squid; sprinkle drops of wine. 3. Put in sugar snap peas and stir-fry well; add seasoning and serve.	
Tuesday							
Chicken Claw Soup with Bamboo Pith		Pomfret Steamed with Black Salted Turnip		Shredded Beef Fried with Pumpkin		Pork Ribs Fried with White String Beans	
Ingredients: Chicken claws 1/2 catty Bamboo pith 3 taels		Ingredients: Pomfret 1 Black salted turnip appropriate amount		Ingredients: Beef (shredded) 1/3 catty Pumpkin (cut into pieces) 1/4 catty		Ingredients: Pork ribs 2/3 catty White string beans 1/2 catty	
Steps: 1. Boil water; put in all the ingredients and bring to the boil; simmer at a low heat for 1.5 hours. 2. Season with salt.		Steps: 1. Spread spring onion sections under the fish and black salted turnip on top of the fish. 2. Steam with a high heat till cooked; pour hot oil on it.		Steps: 1. Stew pumpkin in superior stock till cooked. 2. Fry ginger shreds in hot oil until fragrant; add beef and stir-fry till cooked; put it on the pumpkin.		Steps: 1. Marinate pork ribs and set aside; cut white string beans into sections. 2. Fry ginger shreds in hot oil; put in pork ribs and sauté briefly. 3. Put in white string beans and stir-fry together; add some water and stir-fry till cooked; season and serve.	
Wednesday							
Pig liver Soup with Tomato		Duck Braised with Taro		Shrimp Casserole with Mixed Vegetables		Sweet and Sour Dried Soybean Curd	
Ingredients: Pig liver (sliced) 6 taels Tomatoes (cut into pieces) 2		Ingredients: Duck (cut into pieces) half Taro 1/2 catty		Ingredients: Shrimps 1/2 catty (shelled and deveined) Broccoli 6 taels Black fungus 2 taels Mungbean vermicelli appropriate amount		Ingredients: Dried soybean curd 2 pcs (shredded) Green and red sweet 1 for each peppers (cut into pieces)	
Steps: 1. Fry ginger shreds in hot oil, put in pig liver and stir-fry till 70% cooked; add wine and water and bring to the boil. 2. Add tomatoes; stew till cooked; add salt and serve.		Steps: 1. Deep fry taro for a while; drain the oil. 2. Fry ginger and spring onion in hot oil until fragrant; put in duck and stir-fry for a while; put in taro, oyster sauce, dark soy sauce, sugar and water and braise together. 3. Braise till the soup is slightly thickened and serve.		Steps: 1. Fry ginger and garlic in hot oil; put in broccoli and sauté briefly; add superior stock and the remaining ingredients and bring to the boil. 2. Season with salt.		Steps: 1. Pour oil; put in the sweet peppers and fry them in hot oil. 2. Put in dried soybean curd and wait till cooked. 3. Add white vinegar, tomato sauce, sugar, salt, light soy sauce and stew till the sauce thickens.	
Thursday							
White Fungus and Egg Drop Soup		Chicken Wings Stewed in Swiss Sauce		Barbecued Pork Fried with String Beans		Mushrooms Stir-fried with XO Sauce	
Ingredients: White fungus 3 taels Eggs 2		Ingredient: Chicken wings 2/3 catty		Ingredients: Barbecued pork (diced) 1/3 catty Green string beans 2/3 catty (cut into sections)		Ingredients: Shaggy mane (sliced) 1/4 catty XO sauce appropriate	
Steps: 1. Stew white fungus in superior stock and bring to the boil. 2. Add eggs; stew briefly, season and serve.		Steps: 1. Blanch chicken wings with ginger and spring onion; rinse well. 2. Boil water, sugar, dark soy sauce, light soy sauce, rose wine and sesame oil; put in chicken wings and stew till boiled; extinguish the fire. 3. Soak for 20 min and serve.		Steps: 1. Fry ginger shreds in hot oil; put in green string beans and stir-fry, sprinkle some wine. 2. Put in barbecued pork and sauté briefly; add salt and serve.		Steps: 1. Fry chopped garlic in hot oil until fragrant; put in mushrooms and sauté briefly. 2. Add XO sauce and stir-fry evenly. 3. Add seasoning and stir-fry evenly; thicken the soup.	

Friday			
Crab Meat Braised with Vegetarian Fin	Pork Rib Fried with Garlic and Fermented Black Beans	Braised Chicken with Dried Scallops and Walnuts	Chinese kale Stir-fried with Shredded Pepper
Ingredients: Vegetarian fin appropriate amount Crab meat 2 taels Wood ear fungus (shredded) appropriate amount Dried soybean curd (shredded) appropriate amount Mungbean vermicelli 1 bundle Steps: 1. Pour oil and sauté briefly shiitake mushroom shreds, wood ear fungus shreds and bamboo shoot shreds; set aside for use. 2. Boil some water, put in shiitake mushroom shreds, wood ear fungus shreds, bamboo shoot shreds, dried soybean curd and crab meat; stew for a while; put in mungbean vermicelli. 3. Add salt, sugar, light soy sauce for seasoning; thicken with mixture of cornstarch and water after boiling.	Ingredients: Pork ribs 3/4 catty Fermented black beans small amount Steps: 1. Marinate pork ribs for use. 2. Fry garlic and fermented black beans in hot oil until fragrant; put in pork ribs and stir-fry till cooked. 3. Season and serve on a plate.	Ingredients: Chicken half (cut into pieces) Dried scallops 2 taels Walnuts (fried) appropriate amount Steps: 1. Blanch chicken; drain dry. 2. Put salt, oyster sauce, light soy sauce, superior stock, dark soy sauce, sugar, sesame oil, rice wine, ginger, spring onion, dried scallop and chicken in pot and bring to the boil. 3. Switch to a low heat and braise till the sauce is half absorbed; add walnuts; serve when the sauce is absorbed.	Ingredients: Chinese kale 2/3 catty Red hot pepper (shredded) appropriate amount Steps: 1. Fry chopped garlic and red hot pepper shreds; put in Chinese broccoli and stir-fry quickly. 2. Add salt and serve on a plate.
Saturday / Sunday			
Soup with Three Fresh Delicacies	Chicken Wings Braised with Dried Lily Buds and Black Fungus	Beef Fried with Mushrooms	Pig Organs Fried with Onion
Ingredients: Lotus root 1/3 catty (cut into chunks) Soybean (soaked) 2/5 catty White fungus (cut into florets) 2 taels Fresh shiitake mushrooms 2 taels Steps: 1. Boil water; put in all the ingredients and heat till boiling; switch to a low heat for 2 hours. 2. Season with salt.	Ingredients: Chicken wing 3 (cut into pieces) Dried lily buds (soaked) 1/2 tael Black fungus 2 taels Steps: 1. Marinate chicken wings; soak dried lily buds thoroughly and tie a knot; blanch straw mushrooms. 2. Fry ginger and garlic slices in hot oil; put in straw mushrooms and sauté briefly; sprinkle wine; put in dried lily buds and chicken wings; add water and braise. 3. Add oyster sauce, light soy sauce, sugar and pepper and stir-fry evenly; add spring onion and serve.	Ingredients: Beef (sliced) 1/4 catty Mushrooms 2 taels Fresh shiitake mushrooms 2 taels Enoki mushrooms 2 taels Straw mushrooms 2 taels Steps: 1. Blanch all the mushrooms. 2. Pour oil and sauté the beef; put in the mushrooms, oyster sauce, soy sauce and sugar; stir-fry till cooked.	Ingredients: Pork (sliced) 1/4 catty Pig liver (sliced) 1/4 catty Pig small intestine (blanched) 1/5 catty Onion 1 Steps: 1. Marinate pig organs and set aside; cut onion into pieces. 2. Pour oil and stir-fry pig organs; add onion and seasoning; stir-fry well and serve.