

Monday			
Pork Shin Soup with Fish Maw and Shiitake Mushrooms	Roasted Pork Stir-fried with Green Scallion	Fish Head Simmered with Soybean Curd	Spinach Stir-fried with Fermented Bean Curd
Ingredients: Pork shin (blanched) 10 tael Fish maw (soaked) 2 Dried shiitake mushrooms 3 tael Steps: 1. Boil a pot of water, add all ingredients and ginger slices and bring to the boil. 2. Turn to a medium heat and simmer for 3 hours. 3. Add salt and serve.	Ingredients: Roasted pork 2/3 catty Green scallion 1 Steps: 1. Fry spring onion, ginger and garlic in hot oil until fragrant; add roasted pork and stir-fry until fragrant; add seasoning. 2. Add green scallion sections; add stock, soy sauce, sugar and pepper and bring to the boil. 3. Mix well; dish up.	Ingredients: Soybean curd 2 pcs Head of big head (cut into chunks) 1 Steps: 1. Fry spring onion, ginger and garlic in hot oil until fragrant; add fish head; sprinkle rice wine; turn from a high heat to low heat and pan-fry until done. 2. Add soybean curd, water, ground water pepper, light soy sauce, dark soy sauce and sugar. 3. Bring to the boil; add shredded spring onion and shredded red hot pepper.	Ingredients: Spinach 1/2 catty (cut into sections) Fermented bean curd 1 tael Steps: 1. Blanch the spinach; set aside. 2. Fry shredded ginger and rice wine; add fermented bean curd and shredded red hot pepper and fry them. 3. Put the spinach into wok; mix well.
Tuesday			
Pork Soup with Mungbean Vermicelli	Sand Clams Stir-fried with Celery	Shredded Chicken Braised with Assorted Vegetables	Broccoli Stir-fried with Minced Mud Carp
Ingredients: Pork (sliced) 6 tael Mungbean vermicelli 1 bundle Preserved mustard greens appropriate amount Steps: 1. Fry ginger in hot oil until fragrant; add shredded pork and stir-fry; pour water and bring to the boil. 2. Add mungbean vermicelli and preserved mustard greens to cook for a while; season with salt.	Ingredients: Celery (cut into sections) 1 Sand clams 6 tael Red hot peppers 2 pcs Steps: 1. Boil sand clams until done and take out flesh; mash ginger; blanch celery. 2. Fry ginger in hot oil; add sand clam meat to fry until done; add celery and red hot peppers and stir briefly; add seasoning and serve.	Ingredients: Chicken breast 4 tael (shredded) Broccoli 2/5 catty (cut into florets) Black fungus appropriate amount Mungbean vermicelli appropriate amount Dried shiitake mushrooms (shredded) 2 pcs Steps: 1. Fry ginger and garlic in hot oil; add shredded chicken and stir-fry; add broccoli and shredded dried shiitake mushrooms to fry together. 2. Add water and bring to the boil; add other ingredients, light soy sauce, oyster sauce and sugar. 3. Boil until done, add pepper.	Ingredients: Minced mud carp 1/4 catty Broccoli 3/5 catty (cut into florets) Steps: 1. Mix pepper in the minced mud carp; pan-fry to fish pies and cut them into strips. 2. Fry ginger and broccoli; sprinkle rice wine; add water to cook until done. 3. Add mud carp pies; pour in oyster oil, sugar, dark soy sauce and spring onion.
Wednesday			
Chicken Soup with Conch	Fried Pork Ribs Stir-fried with Garlic	Shiitake Mushrooms Braised with Abalone Slices	Scallops Stir-fried with Broccoli and XO Sauce
Ingredients: Whole chicken (blanched) 1 Conch 1 Pork shin 6 tael Chinese yam 1/2 tael Chinese wolfberries 1/2 tael Steps: 1. Boil a pot of water, add all ingredients and ginger slices and bring to the boil. 2. Turn to a medium heat and simmer for 3 hours. 3. Season with salt and serve.	Ingredients: Pork ribs 12 tael (cut into sections) Steps: 1. Marinate pork ribs with seasonings; deep fry until done and set aside. 2. Fry ginger and garlic slices in hot oil until fragrant; add pork ribs in the wok and stir-fry well. 3. Add chopped spring onion and shredded red hot peppers and serve.	Ingredients: Abalone slices 1 can Dried shiitake mushrooms 10 pcs Shanghai pakchoi 8 tael Steps: 1. Parboil Shanghai pakchoi; arrange on a plate. 2. Add abalone slices and water into the wok; add light soy sauce, oyster sauce, sugar and water; boil until the soup has thickened. 3. Fry shiitake mushrooms; braise with abalone soup until cooked; pour the mixture onto the Shanghai pakchoi; add abalone slices on top.	Ingredients: Scallops 1/2 catty Broccoli 1/2 catty (cut into florets and blanched) Steps: 1. Marinate scallops for 20 min; fry with chopped garlic and chopped ginger until it is cooked. 2. Add broccoli; add salt, soy sauce, XO sauce and water and fry until cooked.
Thursday			
Fish Maw Soup with Corn Kernels	Sautéed Fried Golden Horsehead Bream	Shredded Pork Sautéed with Soybean Paste	Steamed Duck and Taro
Ingredients: Corn 3 tael Fish maw (soaked) 3 tael Egg 1 Steps: 1. Boil a pot of water, add all ingredients and ginger slices and bring to the boil. 2. Turn to a medium heat and simmer for 3 hours. 3. Season with salt and serve.	Ingredients: Golden horsehead bream 1 pc Steps: 1. Marinate bream with seasonings; deep fry until done and set aside. 2. Fry ginger and garlic slices in hot oil until fragrant; add bream in the wok and stir-fry well. 3. Add chopped spring onion and shredded red hot peppers and serve.	Ingredients: Pork (shredded) 4 tael Fresh shiitake mushrooms (shredded) 3 tael Bamboo shoots (shredded) 3 tael Steps: 1. Fry ginger and garlic in hot oil until fragrant; add pork and stir-fry until fragrant; add bamboo shoots and shiitake mushrooms; add light soy sauce, oyster sauce, sugar and water; boil until the soup has thickened. 2. Add soybean paste and stir-fry until done.	Ingredients: Whole duck (cut into pieces) half Taro (cut into cubes) half Steps: 1. Marinate duck with seasonings; steam for 20 min. 2. Fry taro with salt, soy sauce and water until cooked.

Steps: 1. Boil the fish maw briefly with ginger and spring onion; dish up. 2. Boil the superior stock; add fish maw and corn kernels and bring to the boil. 3. Well mix egg pulp and Chinese parsley; thicken the soup.	Steps: 1. Marinate the golden horsehead bream. 2. Fry shredded ginger in hot oil; add the golden horsehead bream; turn to a high heat at first; then turn to a medium or low heat; fry both sides of the golden horsehead bream to light brown. 3. Dish up and pour light soy sauce.	Steps: 1. Blanch bamboo shoots; fry ginger garlic and spring onion in hot oil. 2. Add shredded shiitake mushrooms and pork and stir-fry together. 3. Add oyster sauce, light soy sauce, sweet bean sauce and clean water; boil until the soup is thickened.	Steps: 1. Put taro slices on the plate and set aside. 2. Marinate the duck with seasoning; put on the plate with taro; sprinkle pepper and salt. 3. Steam duck and taro over a high heat until done; take out them, arrange on a plate and set aside.
Friday			
Chicken Claw Soup with Shiitake Mushrooms	Yellow Rice Wine Savored Chicken with Chinese Yam and Chinese Wolfberry	Fried Japanese Eel	Shredded Pork Stir-fried with Mini Tientsin Pakchoi
Ingredients: Chicken claws 8 Dried shiitake mushrooms 1 tael (sliced)	Ingredients: Whole chicken half (cut into pieces) Chinese yam 1 tael Chinese wolfberries 1/2 tael	Ingredients: Japanese eel 4/5 catty Sesame seeds small (stir-fried until fragrant) amount	Ingredients: Mini Tientsin pakchoi 2 (shredded) Pork (shredded) 4 tael
Steps: 1. Boil a pot of water, add all ingredients and ginger slices and bring to the boil. 2. Turn to a medium heat and simmer for 3 hours. 3. Season with salt and serve.	Steps: 1. Marinate the chicken pieces with salt and Huadiao wine briefly. 2. Fry ginger slices in hot oil until fragrant; add Shaohsing wine and superior stock and bring to the boil; add Chinese yam and Chinese wolfberries and boil for 30 min. 3. Add chicken pieces; boil until cooked; serve.	Steps: 1. Cut the eel back into sections; fry until they are light brown and dry. 2. Fry shredded ginger in hot oil; add Shaohsing wine, dark soy sauce, chinese red vinegar and sugar and bring to the boil. 3. Put the fried eel back to the wok; sprinkle sesame seeds and serve.	Steps: 1. Fry garlic and ginger in hot oil; add shredded pork and keep stir-frying until scattered. 2. Add mini Tientsin pakchoi; add superior stock, oyster sauce and light soy sauce until done. 3. Season with salt and serve.
Saturday / Sunday			
Chicken Soup with Burdock Roots	Soybean Curd Braised with Peeled Shrimps	Indian Lettuce Stir-fried with Garlic	Pork Ribs Simmered with Lotus Roots
Ingredients: Burdock roots 4 tael (cut into sections) Whole chicken (blanched) 1 Red dates 8 pcs	Ingredients: Soybean curd 2 pcs (cut into pieces) Shrimps (deveined) 1/4 catty	Ingredients: Indian lettuce 1 catty	Ingredients: Lotus roots (cut into pieces) 8 tael Pork ribs 8 tael
Steps: 1. Put all ingredients into a stew pot; add ginger slices and 4 bowls of water; cover the lid. 2. Put it into a saucepot, stew for 30 min over a high heat. 3. Turn to a low heat and simmer for another 3 hours; add salt.	Steps: 1. Add cooking oil in the wok and bring to the boil; add soybean curd and deep fry until light brown; take out. 2. Add oil and heat a wok; fry ginger and garlic in hot oil; add peeled shrimps and stock. 3. Add seasoning; thicken the soup; sprinkle the mixture on the soybean curd and serve.	Steps: 1. Fry chopped garlic; put in Indian lettuce and stir-fry until it is soft. 2. Add salt and sugar and serve.	Steps: 1. Marinate pork ribs well, fry ginger; spring onion and star anise in hot oil; add lotus roots and stir mixture. 2. Add fermented red bean curd, fry until fragrant; sprinkle rice wine; add some water and bring to the boil. 3. Add light soy sauce, oyster sauce and sugar; simmer until done over a medium heat; thicken the soup.