

Monday				
<b>Preserved Duck Kidney Soup with Fructus Momordicae</b>	<b>Chinese Flowering Cabbage Braised with Assorted Mushrooms and Bamboo Shoots</b>	<b>Mackerel Steamed with Preserved Mustard</b>	<b>Preserved Duck Stir-Fried with Shredded Potatoes</b>	
<b>Ingredients:</b> Preserved duck gizzard 2 Fresh and dried 8 taels Chinese cabbage Fructus momordicae 1	<b>Ingredients:</b> Chinese flowering cabbage (cut into sections) 1/2 catty Shiitake mushrooms 3 taels each and mushrooms (cut into pieces) Bamboo shoot (sliced) 1/4 catty	<b>Ingredients:</b> Mackerel 1 pc Preserved mustard appropriate amount	<b>Ingredients:</b> Potatoes (shredded) 2 Preserved duck leg 1	
Tuesday				
<b>Shoulder Bones Soup with Lotus Seeds, Lily Bulb and Wood Ear Fungus</b>	<b>Dongpo Pork</b>	<b>Spinach Stir-Fried with Garlic Bulbs</b>	<b>Fresh Squid Stir-Fried with Sugar Snap Peas</b>	
<b>Ingredients:</b> Shoulder bones (blanched) 8 taels Lotus seeds 2 taels Lily bulb 1 tael Wood ear fungus 1 tael	<b>Ingredients:</b> Pork belly 1/2 catty Bamboo shoots appropriate amount (blanched)	<b>Ingredients:</b> Spinach 1 catty Garlic bulbs appropriate amount	<b>Ingredients:</b> Fresh squid 1/2 catty (cut into chunks) Sugar snap peas 2/5 catty	
<b>Steps:</b> 1. Boil a pot of water; add all ingredients and ginger slices and bring to the boil. 2. Turn to a low heat and simmer for 2 hours; add salt and serve.	<b>Steps:</b> 1. Fry ginger slices in hot oil; add Chinese flowering cabbage; add salt, sugar and rice wine; cook until done and set aside. 2. Add shiitake mushrooms, mushrooms and bamboo shoots; sprinkle a few drops of rice wine; add salt, sugar and superior stock; boil for 15 min. 3. Dish up; add spring onion and serve.	<b>Steps:</b> 1. Place mackerel on a plate with spring onion stem and ginger slices laid underneath the fish; garnish with shredded ginger and preserved mustard. 2. Steam until done.	<b>Steps:</b> 1. Steam preserved duck leg for 10 min bone and skin; shred it. 2. Fry ginger and garlic in hot oil until fragrant; add shredded potatoes and water; stew with the lid; sprinkle a few drops of rice wine; add duck slices. 3. Season with sugar, salt and superior stock and mix well; serve.	
Wednesday				
<b>Crucian Carp Soup with Peanuts and Black-Eyed Peas</b>	<b>Sweet and Sour Shrimp Balls</b>	<b>Sweetlip Steamed with Black Salted Turnip</b>	<b>Pork Slices Stir-Fried with Assorted Mushrooms</b>	
<b>Ingredients:</b> Crucian carp 1 Peanuts 2 taels Black-eyed peas 2 taels	<b>Ingredients:</b> Shelled shrimps (deveined) 12 Red sweet pepper 1 (cut into chunks) Green sweet pepper 1 (cut into chunks) Pineapple (sliced) 1 pc	<b>Ingredients:</b> Sweetlip 1 Black salted turnip appropriate amount	<b>Ingredients:</b> Pork (sliced) 6 taels Enoki mushrooms 2 taels Straw mushrooms and shaggy mane appropriate amount	
<b>Steps:</b> 1. Stir-fry ginger in hot oil; fry both sides of the fish until fragrant; pour some water. 2. Boil it; add all ingredients and bring to the boil. 3. Season with salt.	<b>Steps:</b> 1. Marinate shrimps well; coat with cornstarch; deep-fry until they turn golden. 2. Fry red and green sweet peppers; add water, vinegar, tomato sauce and cornstarch. 3. Bring to the boil; add shrimp meat and pineapple, and mix well.	<b>Steps:</b> 1. Place sweetlip on a plate with spring onion stem and ginger slices laid underneath the fish; garnish with shredded ginger and black salted turnip. 2. Steam until done.	<b>Steps:</b> 1. Fry marinated pork slices with shredded ginger in hot oil until fragrant. 2. Add mushrooms; sprinkle a few drops of rice wine and stir-fry mixture until done; season with salt, sugar and spring onions and saute briefly.	

Thursday				
Lean Pork Soup with White Fungus	Common Basket Lucina Stir-Fried with Broccoli and Cauliflower	Tender Chicken Fried with Shallots and Fermented Black Soybeans	Soybean Sheet Rolls	
<b>Ingredients:</b> Lean pork (sliced) 6 taels White fungus (soaked) 1 tael Candied dates 2 pcs Carrots (sliced) 6 taels	<b>Ingredients:</b> Common basket lucina 1 catty Broccoli (cut into florets) 8 taels Cauliflower 8 taels (cut into florets)	<b>Ingredients:</b> Chicken half (cut into pieces) Onion (shredded) half Shallots appropriate amount Fermented black soybeans appropriate amount	<b>Ingredients:</b> Soybean sheet 1 pc Bean sprouts 1 catty Pork (shredded) 4 taels	
<b>Steps:</b> 1. Add lean pork, candied dates, carrot and ginger slices in some water and bring to the boil. 2. Add white fungus and cook for 20 min; season with salt and serve.	<b>Steps:</b> 1. Blanch broccoli and cauliflower briefly in brine; set aside. 2. Fry ginger, shallot in hot oil until fragrant; add common basket lucina and stir-fry until fragrant. 3. Put broccoli and cauliflower back in the wok and stir-fry well; add seasoning.	<b>Steps:</b> 1. Marinate chicken well; fry until it turns golden; dish up. 2. Stir-fry ginger, shallots, fermented black soybeans and onion in hot oil until fragrant; put the chicken back in the wok; add light soy sauce, oyster sauce, sugar and pepper; bring to the boil with the lid. 3. Turn to a medium heat and simmer until done; thicken the sauce.	<b>Steps:</b> 1. Fry shredded ginger, shallot bulb in hot oil until fragrant; add bean sprouts, shredded pork, add seasoning; stir-fry until the sauce is thickened. 2. Rinse soybean sheet; add stuffing; wrap in soybean sheet rolls with flour. 3. Deep-fry until golden over a low heat.	
Friday				
Crucian Carp Soup with Leaf Mustard	Fried Fish Floss Stir-Fried with Small Pakchoi	Soybean Curd Braised with Dried Shiitake Mushrooms	Steamed Minced Pork with Pig Liver	
<b>Ingredients:</b> Crucian carp 3 Leaf mustard 1 catty (cut into pieces) Dried scallop 1 tael	<b>Ingredients:</b> Minced mud carp 1/4 catty Small pakchoi 2/3 catty	<b>Ingredients:</b> Soybean curd 2 pcs Dried shiitake mushrooms 2 taels	<b>Ingredients:</b> Pork liver (cut into chunks) 3 taels Pork (minced) 3 taels	
<b>Steps:</b> 1. Stir-fry ginger in hot oil and fry both sides of the fish until fragrant; pour some water. 2. Boil it; add all ingredients and bring to the boil. 3. Season with salt.	<b>Steps:</b> 1. Add seasoning in the minced mud carp; pan-fry to fish pies and cut them into strips. 2. Fry ginger and garlic in hot oil and stir-fry the small pakchoi; add water to cook until done. 3. Put mud carp slices back; add seasoning.	<b>Steps:</b> 1. Soak shiitake mushrooms well; fry with ginger and spring onion in hot oil until fragrant; add seasoning and set aside. 2. Fry ginger slices in hot oil until fragrant; add soybean curd and fry until fragrant; put shiitake mushrooms back to the wok. 3. Add seasoning and water and simmer until the sauce concentrates; thicken the soup.	<b>Steps:</b> 1. Marinate pork well; mix well with chopped pork liver; place on a plate. 2. Steam until done; sprinkle spring onions.	
Saturday / Sunday				
Chicken Soup with Pears and Lily Bulbs	Fresh Squid Stir-fried with Chinese Spinach	Steamed Red Crab	Pea Shoots Soaked with Minced Mud Carp	
<b>Ingredients:</b> Whole chicken (blanched) 1 Dried lily bulbs (soaked) 1 tael Pears (cut into pieces) 2	<b>Ingredients:</b> Chinese spinach 1 catty Fresh squid 8 taels (cut into pieces)	<b>Ingredients:</b> Red crab 1	<b>Ingredients:</b> Minced mud carp 1/4 catty Pea shoot 1/2 catty	
<b>Steps:</b> 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, simmer for another 3 hours; add salt.	<b>Steps:</b> 1. Fry ginger, garlic and shredded hot pepper in hot oil; add fresh squid and stir-fry it; sprinkle a few drops of rice wine; add some water and boil until cooked. 2. Add Chinese spinach and stir-fry well; pour superior stock and sugar.	<b>Steps:</b> 1. Rinse red crab and refrigerate. 2. Boil a pot of water; reverse red crab on the plate and steam until done. 3. Serve with sauce.	<b>Steps:</b> 1. Fry ginger and garlic in hot oil; add superior stock, water and minced mud carp and cook until done. 2. Add pea shoots and cook until done; add seasoning.	