

Monday			
<b>Chicken Soup with Coconut and Pork Bones</b>	<b>Chicken Balls Fried with Garlic</b>	<b>Beef and Mungbean Vermicelli Simmered with Mixed Vegetables</b>	<b>Shredded Pork Braised with Shiitake Mushrooms and Soybean Curd</b>
<b>Ingredients:</b> Coconut 4 taels Pork bones 6 taels Whole chicken (blanched) 1 <b>Steps:</b> 1. Boil water in pot; add all the ingredients and ginger slices and boil. 2. Simmer over a low heat for 2 hours; season with salt.	<b>Ingredients:</b> Chicken 1/2 Garlic 4 <b>Steps:</b> 1. Marinate chicken; fry in hot oil until golden brown; set aside. 2. Stir-fry garlic bulb, dried shallot and onion until fragrant; put chicken back into the wok; season and boil; cover it. 3. Simmer over a medium heat until done; thicken the soup.	<b>Ingredients:</b> Beef (shredded) 4 taels Broccoli (cut into pieces) 4 taels Carrots 4 taels Mungbean vermicelli 2 taels <b>Steps:</b> 1. Marinate beef; stir-fry in hot oil until fragrant; set aside. 2. Stir-fry ginger and garlic in hot oil until fragrant; add broccoli, sliced carrots and straw mushrooms; sprinkle wine. 3. Put back beef and mungbean vermicelli; season and add stock; boil.	<b>Ingredients:</b> Pork (shredded) 4 taels Soybean curd 1 pc Dried shiitake 3 taels mushrooms <b>Steps:</b> 1. Stir-fry mashed garlic and ginger slices in hot oil until fragrant; add shredded pork and stir-fry. 2. Add shredded shiitake mushrooms and soybean curd; braise; season.
Tuesday			
<b>Soup of Radish, Shiitake Mushrooms and Pakchoi</b>	<b>Fresh Squid Steamed with Shrimp Paste</b>	<b>Mixed Vegetables Braised</b>	<b>Roasted Pork Simmered with Potatoes</b>
<b>Ingredients:</b> Radishes 1/2 catty Dried shiitake mushrooms 3 taels Pakchoi 8 taels <b>Steps:</b> 1. Boil water in pot; add all the ingredients and ginger slices and boil. 2. Simmer over a low heat for 2 hours; season with salt.	<b>Ingredients:</b> Squid 12 taels <b>Steps:</b> 1. Mix squid with shrimp paste and marinate well. 2. Steam over a high heat until done; sprinkle diced spring onion.	<b>Ingredients:</b> Lotus roots (sliced) 4 taels Wood ear fungus (cut into pieces) 2 taels Sugar snap peas 4 taels <b>Steps:</b> 1. Stir-fry shredded ginger in hot oil until fragrant; add and fry sliced lotus roots, wood ear fungus and sugar snap peas. 2. Add soup and fermented red bean curd; season; add mungbean vermicelli and mix well.	<b>Ingredients:</b> Potatoes 6 taels Roasted pork 8 taels <b>Steps:</b> 1. Stir-fry roasted pork until fragrant; add ginger slices, dried shallot and garlic; add potato and stir-fry. 2. Season and add water; braise until soup is thickened.
Wednesday			
<b>Chicken Soup with Chestnuts and Roots of Straight Ladybell</b>	<b>Pork Pie with Octopus and Shiitake Mushrooms</b>	<b>Shelled Shrimps Fried with Cucumber and Mushrooms</b>	<b>Fried Broccoli with Wood Ear Fungus</b>
<b>Ingredients:</b> Whole chicken (blanched) 1 Roots of straight ladybell 2 taels Polygonatum 2 taels Chestnuts 3 taels <b>Steps:</b> 1. Boil water in pot; add all the ingredients and ginger slices and boil. 2. Simmer over a low heat for 2 hours; season with salt.	<b>Ingredients:</b> Octopus (soaked) 3 taels Shiitake mushrooms 3 taels Minced pork 4 taels <b>Steps:</b> 1. Mix and marinate minced pork, shredded shiitake mushrooms and diced octopus. 2. Spread the mixture on a dish; steam it for about 8 min.	<b>Ingredients:</b> Shelled shrimps (deveined) 1/3 catty Cucumbers 2 (cut into chunks) Mushrooms (sliced) 1/4 catty <b>Steps:</b> 1. Marinate shelled shrimps for a moment; soak in oil. 2. Stir-fry chopped garlic in hot oil until fragrant; add cucumber and mushrooms; fry until done; set aside. 3. Stir-fry mashed ginger; fry shelled shrimps; put cucumber and mushrooms back into the wok; stir-fry well.	<b>Ingredients:</b> Wood ear fungus (cut into pieces) 2 taels Broccoli 8 taels <b>Steps:</b> 1. Stir-fry chopped garlic in hot oil until fragrant; add broccoli and fry until done. 2. Add wood ear fungus and stir-fry; season.
Thursday			
<b>Lean Pork Soup with Smilax Glabra Roxb and Arrowhead</b>	<b>Fried Chicken Fillets with Cauliflower</b>	<b>Shrimps Steamed with Chopped Garlic</b>	<b>Tomatoes Fried with Eggplant</b>
<b>Ingredients:</b> Smilax glabra roxb appropriate amount Arrowhead 3 taels Pork (blanched) 8 taels <b>Steps:</b> 1. Boil water in pot; add all the ingredients and ginger slices and boil. 2. Simmer over a low heat for 2 hours; season with salt.	<b>Ingredients:</b> Cauliflower 4 taels Chicken breast (shredded) 4 taels <b>Steps:</b> 1. Stir-fry chicken fillets until fragrant; add ginger slices, dried shallot and garlic and fry until fragrant; add cauliflower and fry. 2. Add soy sauce and stock properly; cook until the sauce thickens.	<b>Ingredients:</b> Shrimps 1 catty Chopped garlic 2 tablespoons <b>Steps:</b> 1. Devein shrimps; butterfly shrimps and lay chopped garlic on top. 2. Steam over a high heat until done; sprinkle shredded spring onion, light soy sauce and hot cooking oil.	<b>Ingredients:</b> Tomatoes (diced) 3 Eggplant (cut into strips) 1 <b>Steps:</b> 1. Stir-fry garlic, ginger, spring onion, tomatoes and eggplant in hot oil. 2. Season and serve.

**Friday**

<b>Mutton Soup with Bamboo Cane and Water Chestnuts</b>	<b>Sliced Pork Fried with Garlic Sprouts</b>	<b>Fish Belly Braised with Cauliflower</b>	<b>Razor Clam Braised with Fermented Black Soybeans and Pepper</b>
<b>Ingredients:</b> Mutton (blanched) 1 catty Bamboo cane 3 taels Water chestnuts 2 taels  <b>Steps:</b> 1. Boil water in pot; add all the ingredients and ginger slices and boil. 2. Simmer over a low heat for 2 hours; season with salt.	<b>Ingredients:</b> Pork (sliced) 4 taels Garlic sprouts 8 taels  <b>Steps:</b> 1. Marinate sliced pork; stir-fry with ginger and garlic until fragrant. 2. Add garlic sprouts and fry; sprinkle wine; season.	<b>Ingredients:</b> Fish belly 12 taels Cauliflower 8 taels (cut into pieces)  <b>Steps:</b> 1. Pan-fry fish belly until both sides are yellow brown. 2. Add clear broth; season; add cauliflower and braise until done. 3. Thicken the soup and serve.	<b>Ingredients:</b> Razor clam 1 catty Fermented black soybeans appropriate amount Red and green hot peppers (shredded) 1 for each  <b>Steps:</b> 1. Stir-fry ginger, garlic and fermented black soybeans until fragrant; add red and green hot peppers and fry; add razor clam; sprinkle wine. 2. Season; boil until soup is thickened.

**Saturday / Sunday**

<b>Beef Shin Soup with Chinese Yam, Pearl Barley and Chinese Wolfberry</b>	<b>Pork Ribs Simmered with Pumpkin</b>	<b>Preserved Duck Braised with Vegetables</b>	<b>Yellow Croaker Steamed with Black Salted Turnip</b>
<b>Ingredients:</b> Chinese yam 2 taels Pearl barley 2 taels Beef shin (blanched) 12 taels  <b>Steps:</b> 1. Boil water in pot; add all the ingredients and ginger slices and boil. 2. Simmer over a low heat for 2 hours. 3. Season with salt.	<b>Ingredients:</b> Pork ribs 8 taels Pumpkin 1/2  <b>Steps:</b> 1. Stir-fry pork ribs in hot oil until fragrant; add ginger slices, dried shallot and garlic and stir-fry until fragrant; add pumpkin and fry. 2. Season and add water; braise until soup is thickened.	<b>Ingredients:</b> Leg of preserved duck (shredded) 1 Broccoli (cut into pieces) 4 taels Lotus roots (sliced) 4 taels Carrot (sliced) 2 taels  <b>Steps:</b> 1. Steam the leg for 10 min; bone, skin and shred. 2. Stir-fry ginger and garlic in hot oil until fragrant; add broccoli, carrot and lotus root; sprinkle wine. 3. Put the shredded leg back in; season and add stock; boil.	<b>Ingredients:</b> Yellow croaker 1 Black salted turnip appropriate amount  <b>Steps:</b> 1. Lay spring onion stems and ginger slices underneath the fish and shredded ginger and black salted turnip on the fish. 2. Steam until done; sprinkle shredded spring onion, light soy sauce and hot cooking oil.