

Monday			
Lean Pork Soup with Sha Shen and Dwarf Lily Turf	Sautéed Shanghai Pakchoi	Steamed Mackerel with Black Salted Turnip	Braised European Lettuce with Dried Scallop and Enoki Mushrooms
Ingredients: Sha shen 1/2 tael Dwarf lily turf 1/2 tael Lean pork (blanched) 1 catty Steps: 1. Boil water in a pot; add all ingredients and bring to the boil. 2. Reduce heat and simmer for 2 hours; season with salt and serve.	Ingredients: Shanghai pakchoi 1 catty Steps: 1. Fry some mashed ginger in hot oil; add Shanghai pakchoi to stir-fry until done. 2. Add some sesame oil and mix well.	Ingredients: Mackerel 2 pcs Black salted turnip appropriate amount Steps: 1. Put the mackerel on a plate with spring onion laid underneath the fish with shredded ginger and black salted turnip covering it. 2. Steam over a high heat until the fish is done; fry some shredded ginger in hot oil; pour the hot oil and shredded ginger mixture onto the fish.	Ingredients: European lettuce 1 Dried scallops 2 pcs Enoki mushrooms 1 pack Steps: 1. Rinse European lettuce; blanch in boiling water until done; arrange on a plate. 2. Fry ginger; add enoki mushrooms and dried scallops to stir-fry briefly; pour the sauce and bring to the boil. 3. Pour the enoki mushrooms and dried scallops mixture onto the blanched European lettuce.
Tuesday			
Pork Ribs Soup with Burdock Roots	Sautéed Mango and Shelled Shrimps	Steamed Grey Mullet with Mashed Garlic, Fermented Black Soybeans and Red Hot Pepper	Braised Pea Shoot with Fresh Shiitake Mushrooms
Ingredients: Burdock roots 4 taels (cut into pieces) Pork ribs (blanched) 1 catty Steps: 1. Boil a pot of water; put all burdock roots and pork ribs into the pot. 2. Bring to the boil then turn to a low heat and simmer for 1 hour.	Ingredients: Shrimps 10 taels Mango 1 Steps: 1. Heat up a wok with cooking oil; fry shredded ginger; add shrimp meat and mix will. 2. Add seasoning and keep stirring until done; mix in mango to serve.	Ingredients: Grey mullet 1 Fermented black soybeans 2 taels (chopped finely) Red hot pepper appropriate amount (shredded) Steps: 1. Stir-fry the fermented black soybeans and mashed garlic in hot oil; put into a bowl; mix in oyster sauce, soy sauce, sugar, ground white powder, sesame oil and Shaohsing wine to make the mashed garlic and fermented black soybean sauce. 2. Pour the sauce onto the fish; steam for 8 min until the fish is done then sprinkle shredded red hot pepper and cooking oil.	Ingredients: Pea shoot 1 catty Fresh shiitake mushrooms 10 pcs Steps: 1. Rinse pea shoots; blanch them in boiling water until done; put them on a plate. 2. Fry shredded ginger in hot oil; add fresh shiitake mushrooms and stir-fry briefly; add seasoning and small amount of sesame oil and bring to the boil; pour the fresh shiitake mushroom mixture onto the pea shoots to serve.
Wednesday			
Chicken Soup with Chinese Yams and Carrots	Chicken Fillet Stir-fried with Bean Sprouts and Chinese Chives	Steamed Star Snapper in Traditional Style	Beef Stir-fried with Small Pakchoi
Ingredients: Chicken (blanched) 1 Chinese yams 2 taels (cut into pieces) Carrots (cut into pieces) 8 taels Steps: 1. Boil water in a pot; add all ingredients and bring to the boil. 2. Turn to a low heat and simmer for 2 hours; season with salt and serve.	Ingredients: Chicken fillet 6 taels Bean sprouts 6 taels Chinese chives appropriate amount Steps: 1. Marinate chicken with seasoning; stir-fry the chicken until fragrant and set aside. 2. Pour in cooking oil and fry ginger; add bean sprouts and Chinese chives to stir-fry briefly. 3. Mix in the cooked chicken; add seasoning.	Ingredients: Star snapper 1 Pork (shredded) appropriate amount Fresh shiitake mushrooms appropriate amount (shredded) Dried tangerine small amount peels (shredded) Steps: 1. Marinate shredded pork with seasoning; set shredded shiitake mushrooms and shredded dried tangerine peels aside. 2. Put the fish on a plate with spring onion laid underneath the fish; garnish fish with the marinated shredded pork, shiitake mushrooms and dried tangerine peels. 3. Steam over a high heat until done; pour cooked oil and serve.	Ingredients: Beef (sliced) 1/2 catty Small pakchoi 1 catty Steps: 1. Heat up a wok with cooking oil, add ginger and beef slices to stir-fry; sprinkle wine. 2. Mix in small pakchoi; quickly stir-fry until cooked; season with salt.

Thursday			
Shan Ban Fish with Kudzu	Beef Stir-fried with Garlic Sprouts	Sautéed Shrimps with Tientsin Pakchoi	Stir-fired Diced Chicken with Cashews
Ingredients: Kudzu 12 tael Shan Ban fish 1	Ingredient: Beef (sliced) 1/2 catty Garlic sprouts 1/4 catty (cut into sections) Carrots (cut into slices) 1/2 tael	Ingredients: Shrimps (deveined) 6 tael Tientsin pakchoi 12 tael	Ingredients: Chicken breast 1/3 catty (diced) Cooked cashews 2 tael Green soybeans 3/4 tael
Steps: 1. Fry the Shan Ban fish with a little oil until light brown. 2. Add 12 bowls of water and boil with dried tangerine peels; add all ingredients and bring to the boil; stew mixture over low heat for 2 hours; season with salt.	Steps: 1. Fry mashed garlic in hot oil; add beef to stir-fry briefly; sprinkle wine. 2. Add garlic sprouts and carrots; stir-fry mixture until done.	Steps: 1. Fry some ginger and garlic in hot oil; add shrimp meat and keep stirring; sprinkle wine. 2. Add Tientsin pakchoi; pour superior stock and add seasoning; cook until the soup thickens.	Steps: 1. Marinate chicken breast with seasoning; stir-fry until fragrant. 2. Heat up an oil-coated wok to stir-fry spring onion, ginger and garlic; add green soybeans and seasoning. 3. Add diced chicken; pour starchy sauce; sprinkle the cashews.
Friday			
Wax Gourd Soup with Raw and Cooked Pearl Barley	Scrambled Egg with Tomatoes	Sautéed Ceylon Spinach	Beef Stir-fried with Pineapple
Ingredients: Wax gourd 1 catty Raw and cooked pearl appropriate barley amount Lean pork 8 tael	Ingredients: Tomatoes 1/3 catty (cut into slices) Eggs 4	Ingredients: Ceylon spinach 3/4 catty	Ingredients: Beef (sliced) 1/2 catty Pineapple (sliced) 1/6 catty Red bell pepper 3/4 tael (shredded) Green bell pepper 3/4 tael (shredded)
Steps: 1. Boil water in a pot; add all ingredients and bring to the boil. 2. Turn to a low heat and simmer for 2 hours; season with salt and serve.	Steps: 1. Whisk eggs; season with salt. 2. Stir-fry tomatoes briefly; pour the whisked eggs; season and stir-fry them until done.	Steps: 1. Fry chopped garlic in hot oil; add Ceylon spinach and keep stir-frying. 2. Add salt, sugar and some water to cook until done. 3. Arrange on a plate and serve.	Steps: 1. Stir-fry the marinated beef briefly; add green and red bell peppers; season with salt and add some water; cook until done and set aside. 2. Fry chopped garlic and beef slices in hot oil until the beef is done; add seasoning. 3. Mix in pineapple slices and keep stirring until done; thicken the soup; pour sesame oil onto the mixture.
Saturday / Sunday			
Beef Shin Simmered with Carrots and Dried Scallop	Fish Boiled with Tomato	Fresh Mushrooms in Oyster Sauce	Pork Ribs Steamed with Plum Sauce
Ingredients: Beef shin 12 tael Carrots (cut into pieces) 1/2 catty Dried scallops 3	Ingredients: Big head belly 1 catty Tomato (chunks) 2	Ingredients: Fresh shiitake 1/2 catty mushrooms Broccoli 1/2 catty	Ingredients: Pork ribs 8 tael Plum sauce appropriate amount
Steps: 1. Add all ingredients into a stew pot; pour into 4 bowls of water; cover the lid then put the stew pot into a sauce pot. 2. Stew out of water for 1/2 hour over a high heat; turn to a low heat and simmer for 3 hours; season with salt and serve.	Steps: 1. Fry shredded ginger in hot oil; fry fish belly until fragrant; set the cooked fish aside. 2. Fry shredded ginger and tomato; pour half a bowl of water and bring to the boil. 3. Season with small amount of sugar; cook the fish in the wok again until the soup thickens and serve.	Steps: 1. Make light crisscross cuts on top of fresh shiitake mushrooms; blanch the mushrooms in boiling water until cooked. 2. Put oil in a wok; add oyster sauce, shredded red sweet pepper and ginger and stir-fry until fragrant; pour some water and seasoning and thicken the soup. 3. Pour the thickened soup onto the fresh shiitake mushrooms; garnish with the broccoli to serve.	Steps: 1. Marinate pork ribs with plum sauce. 2. Arrange on a plate; steam about 12 min until cooked.