

Monday			
Soup with Chayote, Flathead and Octopus	Peking Pork Ribs	Sautéed Chinese Flowering Cabbage	Fresh Squid Stir-fried with Cucumber
Ingredients: Chayote 1 catty Flathead 1 Lean pork 4 taels Octopus 2 Steps: 1. Fry ginger slices in hot oil; pan-fry flathead until both sides are lightly browned; add appropriate amount of water; bring to the boil. 2. Add all ingredients to boil; reduce to a low heat to simmer for 2 hours; season with salt and serve.	Ingredients: Pork ribs 1 catty Steps: 1. Cut pork ribs into small chunks; marinate the ribs with light soy sauce, egg and flour. 2. Heat cooking oil and deep-fry the ribs until done; drain oil. 3. Fry ginger and spring onion in hot oil; add light soy sauce, tomato sauce, wine, sugar, vinegar, sesame oil and water and bring to the boil; thicken the sauce; add the pork ribs and mix well; serve.	Ingredients: Chinese flowering cabbages 1 catty Steps: 1. Fry ginger slices in hot oil; add Chinese flowering cabbages to stir-fry until done. 2. Season with salt to serve.	Ingredients: Squid 1/2 catty (blanched and cut into pieces) Cucumber (sliced) 1 Steps: 1. Fry ginger, garlic, shredded red hot pepper in hot oil; add fresh squid and stir-fry; sprinkle wine; add water to boil until cooked. 2. Add cucumber and stir-fry well; season with superior stock, sugar and pepper to serve.
Tuesday			
Clam Soup with Radish	Egg Foo Yung	Shrimps Braised with Pakchoi	Shredded Pork Braised with Shiitake Mushrooms and Carrots
Ingredients: Sand clams 1/2 catty Radish (cut into chunks) 1/3 catty Steps: 1. Fry dried ginger in hot oil until fragrant; add clam meat and keep stir-frying; pour water and bring to the boil. 2. Add shredded radish; season with salt.	Ingredients: Barbecued pork 2/3 catty (shredded) Eggs 4 Fresh shiitake mushrooms (shredded) 2 pcs Steps: 1. Shred barbecued pork and shiitake mushrooms. 2. Beat eggs; season with salt, ground white pepper and sesame oil and mix well; add the shredded barbecued pork and shiitake mushrooms and mix thoroughly. 3. Heat up the wok with cooking oil and pour the mixture; fry over a medium heat until both sides are golden brown.	Ingredients: Pakchoi 12 taels (cut into sections) Shelled shrimps 4 taels Steps: 1. Pour chicken stock in a pot; add ingredients into the stock. 2. Season with salt and ground white pepper; cook for 10 min. 3. Thicken the soup then sprinkle sesame oil.	Ingredients: Pork (shredded) 4 taels Carrots (sliced) 4 taels Fresh shiitake mushrooms (soaked) appropriate amount Steps: 1. Fry ginger slices in hot oil; add shredded pork and keep stir-frying until the meat is scattered. 2. Add shredded shiitake mushrooms and carrots to stir-fry; add seasonings. 3. Thicken the soup and serve.
Wednesday			
Lean Meat Soup with Apple	Diced Chicken Stir-fried with Cashews and Celery	White Fungus Braised with Three Delicacies	Sautéed Indian Lettuce and Shiitake Mushrooms
Ingredients: Lean meat 1/4 catty (blanched and sliced) Apple 1 (cut into chunks) Candied dates appropriate amount Steps: 1. Add appropriate amount of superior stock. 2. Add meat slices; bring to the boil over a high heat then reduce to a low heat and simmer for 20 min. 3. Add candied dates and apples and cook for another 10 min; season with salt to serve.	Ingredients: Chicken breast (diced) 4 taels Celery 1 (cut into sections) Cashews appropriate amount Steps: 1. Deep-fry cashews until golden brown and set aside; marinate chicken breast and set aside. 2. Fry ginger in hot oil; add the chicken to stir-fry until done; add celery and cashews and stir well. 3. Season with salt and a sprinkling of sesame oil.	Ingredients: Wood ear fungus and white fungus 1/2 tael for each Sea cucumber (sliced) 2/3 tael Prawns 2/3 tael Ham 2/3 tael Bamboo shoots (sliced) 2/3 tael Steps: 1. Pour superior stock in a pot; add salt, wood ear fungus, wine, white fungus, sea cucumbers, prawns, bamboo shoots and ham; bring to the boil. 2. Add seasonings; dish up and serve.	Ingredients: Indian lettuce 1 catty Fresh shiitake mushrooms 8 pcs Steps: 1. Fry ginger slices in hot oil; pour in superior stock to boil. 2. Add Indian lettuce to cook until done then arrange on a plate and set aside. 3. Heat oil to stir-fry shiitake mushrooms; add small amount of superior stock, oyster sauce and sugar as seasonings; pour the mixture over the Indian lettuce.

Thursday			
Salmon Soup with Soybean Curd	Minced Beef Stir-fried with Green Leeks	Shrimps Stir-fried with Colored Sweet Peppers	Shiitake Mushroom Soup with Vegetables
Ingredients: Salmon (sliced) 1/2 catty Soybean curd 1 pc (cut into pieces)	Ingredient: Beef 4 tael Green leeks 8 tael	Ingredients: Shelled shrimps 8 tael Green and red sweet peppers (shredded) 1 for each	Ingredients: Fresh shiitake mushrooms (sliced) 4 tael Cabbage (cut into large pieces and blanched) half Vegetarian meat appropriate amount
Steps: 1. Pour 3 bowls of water into a wok and bring to the boil; add soybean curd and sliced salmon. 2. Reduce to a low heat and cook for about 2 min until the fish is completely done. 3. Season with salt to serve.	Steps: 1. Marinate sliced beef and set aside; cut green leeks into sections; blanch; drain and set aside. 2. Put in cooking oil to fry mashed garlic; add the beef and green leeks. 3. Season with oyster sauce, sugar and small amount of water and keep stir-frying until done.	Steps: 1. Marinate shrimp meat with salt and ground white pepper. 2. Heat cooking oil to fry grated garlic; add shrimp meat and stir-fry briefly. 3. Add sweet peppers and stir-fry until done.	Steps: 1. Pour clear broth into a pot; add all ingredients and bring to the boil. 2. Simmer over low heat until done; season with salt to serve.
Friday			
Crucian Carp Soup with Bean Sprouts	Shredded Beef Stir-Fried with Mungbean Vermicelli and Bamboo Shoots	Chicken Stewed with Three Cups Sauce	String Beans Fried with Fresh Shrimps and Dried Prawns
Ingredients: Crucian carp 1 Bean sprouts 2/5 catty	Ingredients: Beef (shredded) 1/3 catty Mungbean vermicelli 1/6 catty Carrots (shredded) 2 tael	Ingredients: Whole chicken 5/6 catty (cut into chunks) Onion 1 Sweet rice wine 4/5 tael	Ingredients: String beans 1/2 catty Shrimp meat 4 tael Dried prawns 2 tael
Steps: 1. Pan-fry crucian carp with ginger slices until fragrant; set aside. 2. Heat up the wok with cooking oil; spread chopped spring onions; add bean sprouts to stir-fry until fragrant then pour appropriate amount of water into the wok. 3. Add the crucian carp to cook until done; add seasoning.	Steps: 1. Deep-fry mungbean vermicelli in a wok with hot oil; take out when it turns crispy; arrange on a plate. 2. Heat oil in the wok to stir-fry shredded beef; add shredded carrots and stir well. 3. Add sauce; pour the sauce mixture over the mungbean vermicelli when it is concentrated.	Steps: 1. Add onion and ginger, together with chicken in a casserole. 2. Add cooking oil, light soybean sauce, sweet rice wine; simmer over a low heat for about 30 min. 3. Sprinkle sesame oil when chicken extract becomes dry.	Steps: 1. Cut string beans into sections; soak in boiling water for 1 min; set aside. 2. Marinate fresh shrimps with salt and pepper; soak dried prawns with clear water until soft and set aside. 3. Fry ginger and garlic in hot oil until fragrant; put in fresh shrimps, dried prawns and string beans and keep stir-frying until done; add seasonings to serve.
Saturday / Sunday			
Pork Rib Soup with Cucumbers and Hyacinth Beans	Largemouth Bass Braised with Broad Bean Paste	Pork Ribs Stewed with Meat Paste	Pea Shoots in Superior Stock
Ingredients: Cucumbers 2/3 catty (cut into sections) Pork ribs (blanched and cut into chunks) 1 catty Hyacinth beans 4/5 tael Dwarf lily turf 1/2 tael	Ingredients: Largemouth bass 1	Ingredients: Pork ribs 1 catty (cut into chunks) Dried shiitake mushrooms 4 tael Tomatoes 4	Ingredients: Pea shoots 1 catty
Steps: 1. Boil water in a pot; add all ingredients and bring to the boil. 2. Simmer over a low heat for 2 hours; season with salt and serve.	Steps: 1. Bone and skin largemouth bass; pan-fry the largemouth bass meat coated with flour until done; arrange on a plate. 2. Fry ginger, garlic granule and broad bean paste; add water, white vinegar and chopped spring onions and bring to the boil; thicken the soup. 3. Pour the cooked sauce around the fish.	Steps: 1. Put vegetables and pork ribs in boiling water until done; set aside. 2. Fry ginger and garlic in hot oil; add water; put in pork ribs and cook for 20 min. 3. Add shiitake mushrooms and tomatoes to cook for a short while and season.	Steps: 1. Fry chopped garlic in hot oil until fragrant; add pea shoots and stir-fry until done; season with salt and a sprinkling of rice wine. 2. Pour in superior stock; bring to the boil and serve.