

Monday			
Fishtail Soup with Peanuts and Lotus Seeds	Grouper Fillet Stir-fried with Sugar Snap Peas and Lily Bulb	Braised Peeled Shrimps	Zucchini Stir-fried with Wood Ear Fungus and Water Chestnuts
Ingredients: Big head fishtail 1 Peanuts 2 tael Lotus seeds 2 tael Steps: 1. Pan-fry the fishtail in cooking oil briefly; drain oil. 2. Add 10 bowls of water and bring to the boil; add all ingredients and bring to the boil. 3. Switch to a low heat and simmer for 2 hours; season with salt and serve.	Ingredients: Grouper fillets 6 tael Sugar snap peas 4 tael Fresh lily bulb 1 Steps: 1. Marinate grouper fillet briefly; fry grouper fillet in hot oil and drain oil. 2. Fry ginger and chopped garlic until fragrant; add fresh umbi lily and sugar snap peas and stir-fry briefly. 3. Place grouper fillet into the wok; add seasoning and stir-fry well and serve.	Ingredients: Stripped prawns 1/2 catty Dried chili pepper appropriate amount Steps: 1. Rinse stripped prawns and drain water; add seasoning; coat stripped prawns with cornstarch and deep-fry until 80% done. 2. Fry chopped garlic, dried chili pepper and Sichuan pepper until fragrant; add shelled shrimps. 3. Sprinkle rice wine; mix well and dish up.	Ingredients: Zucchini 8 tael Wood ear fungus 2 tael Water chestnuts 3 tael Steps: 1. Fry ginger and spring onion in hot oil until fragrant; add zucchini and stir-fry briefly. 2. Add remaining ingredients; add seasoning and stir-fry until done and serve.
Tuesday			
Cream Pumpkin Soup with Vegetables	Beef Ribs Stir-fried with Lemon Grass	Star Snapper Steamed with Preserved Tientsin Cabbage	Broccoli Stir-fried with Shredded Pork
Ingredients: Pumpkin 2/5 catty (cut into pieces) Cauliflower 2 tael Steps: 1. Cook pumpkin until done and softened; and take it out. 2. Put cooked pumpkin into blender; add milk and mix well. 3. Add cauliflower into the mixture; cook cauliflower until done and softened; season with salt.	Ingredients: Beef ribs 12 tael Lemon grass appropriate amount Steps: 1. Marinate beef ribs; pan-fry and stir-fry until 70% done and set aside. 2. Fry lemon grass, chopped garlic, dried shallot and diced red hot pepper until fragrant; put beef ribs back into the wok. 3. Season with fish sauce, sugar, sesame oil and pepper and stir-fry well.	Ingredients: Star snapper 1 Preserved Tientsin appropriate amount Steps: 1. Lay spring onion underneath the fish; lay shredded ginger and preserved Tientsin cabbage on top of the fish. 2. Steam over a high heat until done; add cooking oil and light soy sauce and serve.	Ingredients: Broccoli (cut into florets) 1 catty Shredded pork 4 tael Steps: 1. Fry garlic bulb in hot oil until fragrant; add broccoli and stir-fry for a moment; dish up. 2. Fry shredded ginger in hot oil until fragrant; add shredded pork and stir-fry until done. 3. Add broccoli and stir-fry well; thicken the soup and serve.
Wednesday			
Leaf Mustard Soup with Salted Egg and Sliced Pork	Steamed Yellowfin Seabream	Fried Chicken Fillet with Pineapple	Cucumber and Jellyfish Salad
Ingredients: Leaf mustard 5/6 catty (cut into sections) Pork (sliced) 1/3 catty Salted duck egg 1 Steps: 1. Heat up the wok with ginger, spring onion and cooking oil; add sliced pork and stir-fry briefly; add water and bring to the boil over a high heat; add leaf mustard. 2. Add salted duck egg when leaf mustard has softened; switch to a low heat and cook briefly.	Ingredients: Yellowfin seabream 1 Steps: 1. Lay sections of spring onion underneath the fish; lay shredded ginger on top of the fish. 2. Steam the yellowfin seabream over a high heat until done; fry shredded ginger in hot oil until fragrant and place on the fish. 3. Garnish chopped spring onion and serve.	Ingredients: Chicken breast 4 tael Pineapple 2 pcs Green and red sweet pepper 1 for each Steps: 1. Rinse the chicken breast; marinate and set aside; cut pineapple into pieces. 2. Fry ginger and spring onion in hot oil until fragrant; add chicken breast and stir-fry until done; add pineapple and stir-fry briefly then dish up.	Ingredients: Cucumber (shredded) 1 Jellyfish (blanched) 1/2 catty Steps: 1. Mix cucumber and jellyfish with fish sauce, sesame oil, Chinese red vinegar and chili oil; mix well and set aside for about 1 hour. 2. Add sesame seed and mustard. 3. Pour into a bowl and serve.

Thursday			
Rockfish Soup with Spinach	Beef Steamed with Dried Lily Buds and Black Fungus	Bud Chives Stir-fried with Pig Kidney	Chicken with Dried Shallots and Fermented Black Soybeans
Ingredients: Rockfish 12 taels Spinach 6 taels Steps: 1. Fry rockfish with cooking oil until both sides turn golden; drain oil. 2. Add water and bring to the boil; add spinach and bring to the boil. 3. Season with salt and serve.	Ingredients: Beef (minced) 6 taels Dried lily buds appropriate amount Black fungus appropriate amount Steps: 1. Mince beef and marinate; add dried lily buds and black fungus. 2. Steam until done.	Ingredients: Bud chives 4 taels (cut into sections) Pig kidney (sliced) 1/4 catty Carrots (sliced) 4 taels Steps: 1. Add cooking oil, sliced pig kidney, bud chives, carrots, pepper and salt; stir-fry. 2. Add seasoning and serve.	Ingredients: Whole chicken half (cut into pieces) Dried shallots appropriate amount Fermented black soybean small amount Steps: 1. Rinse chicken and marinate briefly; fry chicken until fragrant and golden. 2. Fry fermented black soybeans and shallots in hot oil until fragrant with casserole; add chicken; add seasoning. 3. Cook over a low heat until sauce is absorbed and serve.
Friday			
Pig Liver Soup with Chinese Wolfberry	Clear soup with Radish, Fish Maw and Beef Flank	Roasted Pork Braised with Soybean Curd	Mussels Steamed with Chopped Garlic
Ingredients: Pig liver (sliced) 1/2 catty Chinese wolfberry 1/4 tael Chrysanthemum 1/10 tael Steps: 1. Stew Chinese wolfberry in 4 bowls of water for 3 min. 2. Add sliced pig liver and chrysanthemum when boiling; boil for a while. 3. Season with salt; switch off the heat and dish up.	Ingredients: Radish 1 catty (cut into chunks) Fish maw (blanched) appropriate amount Beef flank 1/3 catty Steps: 1. Blanch radish and set aside. 2. Fry sliced ginger until fragrant; add beef flank and peppercorns and simmer over a low heat for 40 min. 3. Add radish, fish maw, rock sugars and water; simmer over a medium or low heat for about 20 min until radish is well done; serve.	Ingredients: Roasted pork 12 taels Soybean curd 1 Steps: 1. Fry roasted pork until fragrant; add oyster sauce, sesame oil, water and sugar and simmer over a low heat. 2. Add soybean curd, stew until sauce is absorbed and serve.	Ingredients: Mussels 1/2 catty Chopped garlic 2 tablespoons Steps: 1. Arrange mussels on a plate. 2. Mix mashed garlic with seasoning well to form garlic sauce; pour on the mussels. 3. Steam over a high heat for 6 min and pour cooking oil on the mussels and serve.
Saturday / Sunday			
Chicken Soup with Pearl Barley	Fish Head Braised with Ginger and Spring Onion	Pea Shoots Soaked with Chinese Wolfberry	Radish Stir-fried with Shredded Pork
Ingredients: Whole chicken 1 (blanching) Pearl barley 1/3 catty Steps: 1. Bring water to the boil; add all ingredients and bring to the boil again. 2. Switch to a low heat and simmer for 3 hours; season with salt and serve.	Ingredients: Head of big head fish 1 Firm soybean curd 1 pc Steps: 1. Chop fish head into large pieces; cut firm soybean curd into thick blocks, stir-fry in oil briefly and drain oil one by one. 2. Heat up a small amount of oil; fry chopped garlic, shredded ginger, sections of spring onion and chopped red hot pepper in hot oil until fragrant; add soybean curd and the fish head; add seasoning and rice wine; bake briefly and serve.	Ingredients: Pea shoots 1 catty Chinese wolfberry 2 taels Steps: 1. Add Chinese wolfberry into superior stock and bring to the boil; add pea shoots and stew until done. 2. Season with salt and serve.	Ingredients: Pork (shredded) 4 taels Radish (cut into chunks) 8 taels Steps: 1. Rinse radish and cut into pieces; rinse and shred pork; marinate shredded pork and set aside. 2. Stew radish in superior stock until done; dish up and set aside. 3. Fry shredded chili pepper in hot oil until fragrant; add shredded pork and stir-fry until done; place on the radish and serve.