

Monday			
Dried Soybean Curd Soup with Dried Shiitake Mushrooms	Pan-fried Tonguesole	Chicken Poached with Fermented Black Soybeans	Scrambled Egg with Green String Beans
Ingredients: Dried shiitake mushrooms 4-6 (soaked and cut into halves) Dried soybean curd 2 pcs Steps: 1. Fry shredded ginger until fragrant; add dried shiitake mushrooms and stir-fry briefly. 2. Add water and bring to the boil; add dried soybean curd. 3. Season with salt.	Ingredients: Tonguesole 1 Steps: 1. Season the fish with salt. 2. Fry ginger slices until fragrant; fry the fish until both sides turn golden. 3. Garnish with chopped spring onion and serve.	Ingredients: Whole chicken 1 Steps: 1. Fry ginger and spring onion in hot oil until fragrant; add superior stock, light soy sauce, dark soy sauce and rock sugar and bring to the boil. 2. Put in the whole chicken; simmer for 1/2 hour with low heat; soak for another 15 min after switching off the heat; take out the chicken; cut it into pieces and dish up.	Ingredients: Green string beans 8 taels Eggs 3 Steps: 1. Rinse green string beans and cut them into thin segments; add salt or light soy sauce into whisked egg and mix well. 2. Heat oil and fry green string beans until done; add whisked egg and stir-fry briefly; dish up and serve.
Tuesday			
Soup with Carrots and Water Chestnuts	Steamed Egg with Minced Meat	Yellowfin Seabream Steamed with Preserved Mustard	Fried String beans with Olive pickle and Minced Pork
Ingredients: Carrots 1/4 catty (cut into chunks) Water chestnuts 1/4 catty (cut into chunks) Steps: 1. Boil water in a pot; add all ingredients and bring to the boil. 2. Switch to a low heat and simmer for 2 hours; season with salt and serve.	Ingredients: Eggs 3 Pork (minced) 4 taels Steps: 1. Mince and marinate the pork; add small amount of salt or light soy sauce into whisked egg and mix well. 2. Flatten pork on a plate; pour whisked egg on it. 3. Steam until cooked.	Ingredients: Yellowfin seabream 1 Steps: 1. Lay spring onion stem underneath the fish; lay shredded ginger and preserved mustard on top of the fish. 2. Steam at a high heat until the fish is done; pour cooking oil and light soy sauce and serve.	Ingredients: Minced pork 1/6 catty String bean 1/2 catty Olive pickle 1 tablespoon Steps: 1. Marinate the minced pork; fry minced pork in cooking oil until 80% done. 2. Add remaining ingredients and stir-fry until done; add seasoning and serve.
Wednesday			
Stewed Pigeon Soup with Dried Longan pulp and Chinese Yam	Shredded Beef with Carrots and Dried Shiitake Mushrooms	Scrambled Egg with Barbecued Pork	Eggplant Steamed with Mashed Garlic and Squid
Ingredients: Pigeon (blanched) 1 Dried longan pulp 2 taels Chinese yam 2 taels Steps: 1. Place all ingredients into a stew pot including 1 ginger slice; add water. 2. Stew for 2 & 1/2 hours with a low heat; season with salt and serve.	Ingredients: Beef (shredded) 4 taels Dried shiitake 3 taels mushrooms Carrots (shredded) 4 taels Steps: 1. Stew carrots and dried shiitake mushrooms in superior stock until done; dish up and set aside. 2. Marinate beef and stir-fry with shredded ginger until done. 3. Place the beef on the carrots and dried shiitake mushrooms and serve.	Ingredients: Barbecued pork (diced) 2/3 catty Eggs 3 Steps: 1. Fry shredded ginger until fragrant; add barbecued pork and stir-fry; add eggs; add salt and stir-fry until cooked. 2. Garnish with chopped spring onion and serve.	Ingredients: Eggplant 1 Squid 8 taels Mashed garlic 2 teaspoons Steps: 1. Place eggplant and squid on a plate; add diced red hot pepper and mashed garlic; steam until cooked. 2. Drain surplus water; pour cooking oil and light soy sauce and serve.

Thursday			
Lean Pork Soup with Pear and Sea Coconut	Shredded Beef with Mungbean Vermicelli	Stewed Chicken with Bamboo Fungus	Fish Belly Braised with Hairy Gourd, Dried Shrimp, and Mungbean Vermicelli
Ingredients: Pork (blanched) 8 taels Pears 2 Sea coconut appropriate amount Steps: 1. Boil water in a pot; add all ingredients and bring to the boil. 2. Switch to a low heat and simmer for 2 hours; season with salt and serve.	Ingredients: Beef (shredded) 1/3 catty Mungbean 1/6 catty vermicelli Chinese chives 1 & 3/10 taels Steps: 1. Marinate the shredded beef and set aside; parboil the mungbean vermicelli and set aside. 2. Stir-fry beef briefly in cooking oil; add garlic chives and stir-fry until cooked; place on the mungbean vermicelli and serve.	Ingredients: Bamboo fungus 2/5 tael (cut into sections) Whole chicken 1 Red dates few Steps: 1. Add water, chicken, red dates and ginger slices into a stew pot; stew until the chicken has softened. 2. Add bamboo fungus and salt; stew for a while and serve.	Ingredients: Fish belly 12 taels Hairy gourd 1 Dried shrimp appropriate amount Mungbean vermicelli appropriate amount Steps: 1. Marinate fish belly; fry until golden and set aside. 2. Fry ginger and spring onion until fragrant; add hairy gourd and stir-fry briefly; add superior stock and salt and bring to the boil. 3. Place fish belly into the wok; add mungbean vermicelli and cook until the hairy gourd is done.
Friday			
Fresh Shrimp Soup with Yellow Chives	Golden Broccoli	Sautéed String beans	Fried Soybean Curd with Minced Shrimp and Pork
Ingredients: Yellow chives 1/4 catty (cut into sections) Shrimps (deveined) 2/5 catty Steps: 1. Add appropriate amount of water into the wok and bring to the boil. 2. Add fresh shrimps; boil it until cooked then add yellow chives; season with salt.	Ingredients: Broccoli 1 catty Salted duck egg yolk 1 Steps: 1. Fry chopped garlic in hot oil until fragrant; add broccoli and stir-fry until softened; add salt. 2. Crush the salted duck egg yolk; place into the wok and stir-fry together.	Ingredients: Minced pork 1/6 catty String beans 1/2 catty Preserved Sichuan appropriate amount pickles Dried shrimp appropriate amount Steps: 1. Deep-fry string beans in hot oil and set aside. 2. Fry ginger, chopped garlic and spring onion in hot oil until fragrant; add pork, dried shrimp and preserved Sichuan pickles and stir-fry briefly. 3. Place string beans into the wok; sprinkle Shaohsing wine; add seasoning; cook until sauce is absorbed.	Ingredients: Soybean curd 2 pcs Shrimp 2 taels Pork 2 taels Steps: 1. Marinate pork and shrimp; mix until sticky; add diced shiitake mushrooms, orange peel, egg white, Chinese parsley, soybean curd and cornstarch and mix them together. 2. Fry soybean curd mixed with minced meat in boiling oil with a tablespoon until golden; serve.
Saturday / Sunday			
Stewed Pig Knuckle Soup with Peanuts	Preserved Mustard Greens Stir-fried with Green Soybean and Soybean Curd	Sautéed Pea Shoots	Mutton Stir-fried with Diced Bamboo Shoots and Celery
Ingredients: Pig knuckle 2 (cut into chunks) Peanuts 2/5 catty Steps: 1. Boil water in a pot; add all ingredients and bring to the boil. 2. Switch to a low heat and simmer for 2 hours; season with salt and serve.	Ingredients: Soybean curd 1 pc (cut into chunks) Preserved mustard 1/6 catty greens (diced) Green soybean 1 tael Steps: 1. Fry garlic bulb until fragrant, add chopped red hot pepper and preserved mustard greens and stir-fry until fragrant. 2. Add green soybeans to stir-fry; add appropriate amount of water.	Ingredients: Pea shoots 1 catty Steps: 1. Fry chopped garlic until fragrant; add pea shoots and stir-fry until softened. 2. Add salt and sugar. 3. Dish up and serve.	Ingredients: Mutton (diced) 1/6 catty Bamboo shoots (diced) 1/6 catty Celery (diced) 1/6 catty Salted duck egg white 1 Steps: 1. Add salted duck egg white and salt into mutton and mix well. 2. Fry spring onion, ginger, garlic until fragrant; add mutton, diced bamboo shoots and diced celery; stir-fry over a high heat. 3. Add seasoning, switch to a high heat until sauce is absorbed; pour sesame oil.