

Monday			
Pork Shin Soup with Astragalus Mongholicus and Dried Longan	Beef Stir-Fried with Shredded Radish	Chinese Spinach with Garlic Bulbs in Superior Stock	Steamed Egg with Diced Spring Onions
Ingredients: Pork shin (blanched) 8 taels Dried longan pulps 2 taels Astragalus mongholicus 2 taels Steps: 1. Boil a pot of water; add all ingredients and ginger slices and bring to the boil. 2. Turn to low heat and simmer for 2 hours; add salt and serve.	Ingredients: Beef (sliced) 1/2 catty Radish (shredded) 2/3 catty Steps: 1. Marinate beef well and set aside. 2. Heat up cooking oil; add shredded radish and sauté briefly; add beef and keep stir-frying until scattered. 3. Add seasoning and water and fry until shredded radishes are softened.	Ingredients: Chinese spinach 1 catty Garlic bulbs small amount Steps: 1. Boil a pot of water; add ginger slices and Chinese spinach; parboil until done and dish up. 2. Fry garlic bulbs in hot oil until fragrant; add stock and bring to the boil. 3. Pour onto the dish.	Ingredients: Eggs 4 Spring onion (diced) small amount Steps: 1. Whisk eggs and mix well; add seasoning and steam for 15 min. 2. Sprinkle spring onions and light soy sauce on steamed egg.
Tuesday			
Pigeon Soup with White Fungus and Dried Longan	Beef Slices Stir-Fried with Water Spinach	Preserved Duck Leg Stir-Fried with Sugar Snap Peas	Fried Minced Pork with Corn
Ingredients: Whole pigeon (blanched) 1 White fungus 4 taels Dried longan pulps 2 taels Steps: 1. Put all ingredients into a stew pot; add ginger slices and 4 bowls of water; cover the lid. 2. Put it into a saucepot; stew for 30 min over a high heat. 3. Turn to a low heat and simmer for another 3 hours; add salt.	Ingredients: Beef (sliced) 4 taels Water spinach 1/2 catty (cut into sections) Steps: 1. Marinate sliced beef well and set aside. 2. Fry chopped ginger in hot oil until fragrant; add beef and water spinach; stir-fry mixture. 3. Add oyster sauce and sugar; thicken the soup.	Ingredients: Preserved duck leg 1 (shredded) Sugar snap peas 8 taels Steps: 1. Stem preserved duck leg for 10 min; bone and skin it; shred it. 2. Fry ginger and garlic in hot oil until fragrant; add and fry sugar snap peas; sprinkle a few drops of rice wine and add sliced duck. 3. Season with sugar, salt, superior stock and mix well.	Ingredients: Pork (minced) 4 taels Corn 3 taels Steps: 1. Add cornstarch, egg in superior stock and mix well; add corn kernels and pork and mix well; add seasoning. 2. Pour oil; shape the mixture into a pie; fry until it turns golden.
Wednesday			
Beef and Tomato Borsch	Pork Belly Braised with Wine	Hairy Gourd Steamed with Pork	Sand Clam Boiled with Sake
Ingredients: Tomatoes (cut into chunks) 3 Beef 4 taels Steps: 1. Fry beef until 70% well. 2. Add rice wine and water and bring to the boil; add tomatoes. 3. Add salt until beef is well done.	Ingredients: Pork belly 8 taels Red wine appropriate amount Steps: 1. Fry ginger slices and garlic granules in hot oil until fragrant; add pork belly and fry mixture. 2. Pour red wine and seasoning; simmer for 2 hours over a low heat.	Ingredients: Pork (minced) 4 taels Hairy gourd (cut into pieces) 1 Steps: 1. Place hairy gourd on the plate; put marinated pork on top of the hairy gourd. 2. Add seasoning and sauce; steam until done; thicken the soup.	Ingredients: Sand clam 1 catty Steps: 1. Fry chopped garlic and diced Chinese parsley in hot oil until fragrant; add sand clams and stir-fry well. 2. Pour sake, superior stock and water; boil mixture until the shells of the sand clams open.
Thursday			
Snakehead Soup with Watercress	Sautéed Beef Fillet with Preserved Mustard Greens and Green Soybeans	Deep Fried Tofu Puff Stuffed with Pork	Fresh Squid Stir-Fried with Yellow Chives
Ingredients: Snakehead 1 Watercress 1/2 catty Biji aprikots appropriate amount Steps: 1. Stir-fry ginger in hot oil and fry both sides of the fish until fragrant; add some water. 2. Boil it; add all ingredients and bring to the boil. 3. Season with salt.	Ingredients: Beef (shredded) 4 taels Soybean curd 1 pc Green soybean appropriate amount Preserved mustard greens appropriate amount Steps: 1. Marinate beef well and set aside. 2. Fry grated ginger in hot oil until fragrant; add beef and green soybeans; stir-fry mixture. 3. Add preserved mustard greens and soybean curd; add seasoning and shredded red hot pepper.	Ingredients: Deep fried tofu puff 4 taels Minced pork 3 taels Steps: 1. Stuff marinated minced pork into deep fried tofu puff. 2. Fry ginger, spring onion and garlic in hot oil until fragrant; add deep fried tofu puff; fry until fragrant. 3. Add seasoning and water; continue cooking until the sauce concentrates.	Ingredients: Fresh squid 1/2 catty (cut into pieces) Yellow chives 2/3 catty (cut into sections) Steps: 1. Fry ginger, garlic and shredded red hot pepper in hot oil; add fresh squid and stir-fry; sprinkle a few drops of rice wine; add water and boil until cooked. 2. Add yellow chives and stir-fry well; season with superior stock, sugar and pepper and serve.

Friday			
Pig Stomach Soup with Salted Mustard Greens	Steamed Minced Beef with Shrimp Paste	Scallop Steamed with Chopped Garlic and Mungbean Vermicelli	Pork Chop with Lemon
Ingredients: Pig stomach 1 tael (blanched) Salted mustard greens appropriate amount	Ingredients: Beef 2/3 catty	Ingredients: Scallop 1 catty Mungbean vermicelli 1 bundle	Ingredients: Pork chop 6 pcs Lemon 1
Steps: 1. Boil appropriate amount of water; simmer pig stomach for 1 hour over a low heat. 2. Add salted mustard greens and peppercorn for another 30 min. 3. Add seasoning and serve.	Steps: 1. Marinate minced beef with shrimp paste. 2. Mix the beef with cooked oil well; flatten it on a plate and steam for 15 min.	Steps: 1. Fry chopped garlic and mungbean vermicelli in hot oil until fragrant and set aside. 2. Arrange scallop on the plate flatly; add chopped garlic and mungbean vermicelli. 3. Steam until done over a high heat; sprinkle spring onions, light soy sauce and cooked oil.	Steps: 1. Tenderize pork chop; marinate with seasoning; coat pork chop with cornstarch; deep-fry with ginger and garlic until fragrant; dish up. 2. Boil a pot of water; add sugar, vinegar, lemon juice and salt; bring to the boil; pour the sauce mixture onto pork chop.
Saturday / Sunday			
Ox Tail Simmered with Chinese Angelica	Slivered Fish Stir-fried with Chinese Cabbage	Pork Ribs Stir-Fried with Assorted Mushrooms	Greasyback Shrimp Fried with Tomato Sauce
Ingredients: Ox tail 1 (cut into sections) Chinese angelica 1 tael Red dates appropriate amount	Ingredients: Minced mud carp 4 taels Chinese cabbage 8 taels	Ingredients: Pork ribs 8 taels Mushrooms 3 taels	Ingredients: Greasyback shrimp 2/3 catty (deveined)
Steps: 1. Blanch ox tail and set aside. 2. Boil some water; add all ingredients; cook for 2 hours. 3. Season with salt and serve.	Steps: 1. Add seasoning in the minced mud carp; pan-fry into fish pies and cut them into strips. 2. Fry shredded ginger and chopped garlic in hot oil until fragrant; add Chinese cabbage and sauté briefly. 3. Put minced mud carp back; add seasoning.	Steps: 1. Fry garlic and ginger in hot oil until fragrant; add pork ribs, seasoning and water; boil until done. 2. Add mushrooms and stir-fry mixture; sprinkle drops of rice wine. 3. Add seasoning.	Steps: 1. Fry both sides of greasyback shrimps until they turn red; add ginger and garlic and stir-fry mixture; sprinkle a few drops of rice wine. 2. Pour tomato sauce, Worcester Shire sauce, sugar, salt and seasoning; thicken the soup. 3. Sprinkle chopped spring onions and pepper.