

Monday			
Cream Corn Soup with Peeled Shrimps	Chinese Celery Stir-Fried with Lily Bulbs and Assorted Mushrooms	Roasted Pork Braised with Shiitake Mushrooms	Sweet and Sour Pork
Ingredients: Shelled shrimps (diced) 3 taels Corn kernels 2 taels Minced chicken 4/5 tael Egg 1 Steps: 1. Add oil, superior stock, corn kernels, minced chicken and peeled shrimps and cook mixture until done. 2. Pour whisked egg and bring to the boil.	Ingredients: Celery (cut into sections) 2 pcs Fresh white lily bulbs 2 pcs Chinese celery 2 pcs (cut into sections) Dried shiitake mushrooms 5 pcs Mushrooms 5 pcs (cut into chunks) Steps: 1. Fry chopped garlic and ginger slices in hot oil until fragrant; add lily bulbs, celery and red sweet pepper and stir-fry well. 2. Pour all mushrooms and stir-fry well; sprinkle drops of rice wine; add superior stock.	Ingredients: Roasted pork 12 taels Dried shiitake mushrooms 10 pcs Steps: 1. Fry roasted pork in hot oil until fragrant; add ginger, garlic, shallot and shiitake mushrooms. 2. Add seasoning and water; cook over a high heat until liquid dried up.	Ingredients: Pork (shredded) 1/6 catty Green and red sweet 1 for each peppers Pineapple slices small amount Steps: 1. Gently crush pork fillet until it becomes tender; marinate well; add whisked egg; coat with cornstarch and deep fry until they turn hard and done. 2. Fry chopped garlic in hot oil until fragrant; pour tomato sauce, Zhenjiang black vinegar, sugar and salt and cook well; add green and red sweet peppers and pineapple slices; stir-fry mixture. 3. Put pork back into the wok and mix well; add spring onions and serve.
Tuesday			
Minced Beef with Egg White Broth	Steamed Threadfin Fish in Traditional Style	Soybean Curd Stuffed with Minced Shrimp	Eggplant Stir-Fried with Ground Bean Sauce
Ingredients: Pork (minced) 4 taels Chinese parsley appropriate amount Egg white 1 Steps: 1. Add clear broth and minced beef; bring to the boil over a high heat; reduce to a low heat and simmer for 40 min. 2. Add sliced celery, sliced tomato and rice wine; simmer for another 30 min. 3. Pour egg white into the soup; season with salt and ground pepper.	Ingredients: Threadfin fish 1 Pork (shredded) small amount Dried shiitake mushrooms (shredded) small amount Dried tangerine peels (shredded) small amount Steps: 1. Marinate shredded pork well. 2. Put the fish on a plate with spring onions lay underneath the fish; garnish fish with shredded pork, shiitake mushrooms and dried tangerine peels. 3. Steam until done and serve.	Ingredients: Minced shrimp 4 taels Soybean curd 2 pcs Steps: 1. Blanch soybean curd; cut into pieces; place minced shrimp on soybean curd. 2. Fry chopped garlic in hot oil until fragrant; add oyster sauce and stir-fry well; sprinkle drops of rice wine. 3. Add salt and sugar; pour the mixture on it.	Ingredients: Eggplant (cut into strips) 2/3 tael Steps: 1. Fry eggplant until soft. 2. Fry mashed garlic in hot oil until fragrant; add ground bean sauce and other sauce; bring to the boil; add eggplant. 3. Cook until the sauce is thickened; sprinkle spring onions and red hot peppers.
Wednesday			
Beef Bone Soup with Carrots and Green Radishes	Beef Slices Stir-Fried with Assorted Vegetables	Red Crab Stewed with Mungbean Vermicelli in Casserole	Braised European Lettuce with Shiitake Mushrooms and Roasted Pork
Ingredients: Beef bone 8 taels Carrots 1 pc Green radishes 1 pc Steps: 1. Boil water in a pot; add all ingredients and ginger slices and bring to the boil. 2. Turn to a low heat and simmer for 2 hours; season with salt and serve.	Ingredients: Beef (shredded) 1/4 catty Carrots (sliced) 2 taels Green and red sweet 1 for each peppers Steps: 1. Marinate beef fillet for 10 min; soak in the oil. 2. Fry ginger in hot oil until fragrant; add sweet peppers, sliced carrots and seasoning. 3. Put beef fillet back into the wok; mix well and thicken the soup.	Ingredients: Red crab 1 pc (cut into pieces) Mungbean vermicelli 1 bundle Steps: 1. Fry ginger and garlic in hot oil until fragrant; add mungbean vermicelli and superior stock and cook for a while; set aside. 2. Fry ginger and garlic in hot oil until fragrant; add red crabs and stir-fry until fragrant; sprinkle drops of rice wine and add seasoning. 3. Put red crab in casserole stuffed with mungbean vermicelli; cook for a while; add shredded red hot pepper and shredded spring onion.	Ingredients: Roasted pork 8 teals Dried shiitake mushrooms 3 taels European lettuce 1/2 Steps: 1. Blanch European lettuce in boiling water for a while until softened; take out and set aside. 2. Fry roasted pork in hot oil until fragrant; add shiitake mushrooms and fry together; add seasoning. 3. Put European lettuce back into the wok; mix well; thicken sauce.

Thursday			
Chicken Soup with Dried Longan Pulps and Lotus Seeds	Tientsin Pakchoi Stir-Fried with Assorted Vegetables and Mungbean Vermicelli	Steamed Grouper	Sea Cucumbers Braised with XO Sauce
Ingredients: Whole chicken (blanched) 1 Dried longan pulp 2 taels Lotus seeds 2 taels Steps: 1. Put dried longan pulps, lotus seeds and chicken into the saucepot. 2. Stew until chicken become tender; season with salt.	Ingredients: Tientsin pakchoi 12 taels Mungbean vermicelli 1 bundle Lotus roots (sliced) 4 taels Wood ear fungus 2 taels (cut into florets) Soybean stick 2 taels Deep fried tofu puff 2 taels Steps: 1. Fry shredded ginger in hot oil until fragrant; add Tientsin pakchoi and sauté briefly; add sliced lotus roots, wood ear fungus and other ingredients. 2. Add superior stock and seasoning; add mungbean vermicelli and mix well.	Ingredients: Grouper 1 Steps: 1. Put the fish on a plate with spring onion stem lay underneath the fish; garnish with shredded ginger. 2. Steam until done; sprinkle shredded spring onion, light soy sauce and cooked oil.	Ingredients: Sea cucumbers (blanched) 2 Steps: 1. Add shrimp paste in sea cucumbers and cover the lid; steam for 15 min over a medium heat. 2. Fry chopped garlic in hot oil until fragrant; add XO sauce, rice wine and water and bring to the boil. 3. Add sea cucumbers and cook for 5 min over a low heat; thicken sauce and dish up.
Friday			
Chicken Soup with Astragalus Mongholicus and Chinese Angelica	Stir-Fried Assorted Vegetables with Mungbean Vermicelli	European Lettuce in Abalone Sauce	Dried Oyster Simmered with Shiitake Mushrooms and Black Moss
Ingredients: Whole chicken 1 (blanched) Chinese angelica 2 taels Astragalus appropriate amount mongholicus 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: Lotus roots (sliced) 4 taels Wood ear fungus 2 taels (cut into small pieces) Sugar snap peas 4 taels Carrots 4 taels Cauliflower 4 taels Mungbean vermicelli 4 taels Steps: 1. Fry sliced ginger in hot oil until fragrant. Add sliced lotus root, wood ear fungus, sugar snap peas, carrots and cauliflower and stir-fry together. 2. Add superior stock, fermented red bean curd and seasoning; add mungbean vermicelli and other ingredients and mix well.	Ingredients: Abalone slices 1 can European lettuce 1 Steps: 1. Blanch European lettuce in boiling water until done; take out and place on a plate. 2. Pour abalone slices and water into the wok; add light soy sauce, oyster sauce, sugar and water; boil until the soup is thickened. 3. Take out; pour the mixture onto European lettuce.	Ingredients: Dried shiitake mushrooms 3 taels Dried oysters 4 taels Black moss 1 tael Steps: 1. Fry shiitake mushrooms and dried oysters in hot oil until fragrant; add seasoning and water; cook in low heat with the lid. 2. Add black moss; simmer until liquor is nearly rendered down; thicken sauce.
Saturday / Sunday			
Chicken Soup with Dried Longan Pulp and Chinese Wolfberries	Pig Knuckle Braised with Lotus Roots	Fried Striped Prawns	Scallops Stir-Fried with Shiitake Mushrooms and Roasted Duck
Ingredients: Whole chicken (blanched) 1 Dried longan pulp 2 taels Chinese wolfberries 1 tael 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: Pig knuckle (blanched) 1 Lotus roots 8 taels Steps: 1. Heat up the wok; fry pig knuckle in hot oil until fragrant; add lotus roots and stir-fry well. 2. Add seasoning; cook over low heat for 1 hour.	Ingredients: Striped prawns 1 catty Steps: 1. Fry both sides of prawns until they turn red; add ginger and garlic and stir-fry; sprinkle drops of rice wine. 2. Add tomato sauce, Worcestershire sauce, sugar, salt and seasoning; thicken soup. 3. Sprinkle chopped spring onions and pepper.	Ingredients: Scallops 1 catty Dried shiitake mushrooms 3 taels Roasted duck (sliced) 4 taels Steps: 1. Mix shiitake mushrooms and scallops with marinade. 2. Fry ginger and garlic in hot oil until fragrant; add scallops and shiitake mushrooms and fry; pour roasted duck and stir-fry mixture. 3. Add seasoning.