

Monday			
Snakehead Soup with Red Dates	Mock Meat Fried with Kiwi	Fried Chicken Slices with Fermented Black Beans and Sweet Peppers	Beef Fillet Fried with Soybean Curd
Ingredients: Snakehead 1 Red dates (stoned) 10 Steps: 1. Pan-fry the snakehead until it turns slightly yellow. 2. Bring water to the boil; add ginger slices; add all the ingredients. 3. Stew over a low heat for 2 hours; put in salt and serve.	Ingredients: Mock meat (sliced) 1 Kiwi (sliced) 2 Steps: 1. Slice kiwis and mock meat. 2. Stir-fry shredded red hot pepper; add mock meat and fry for a while; add oyster sauce and sugar and fry. 3. Add kiwis; fry for a while and serve.	Ingredients: Chicken (sliced) 1/3 catty Green sweet pepper 1 Red sweet pepper 1 Steps: 1. Marinate the chicken well. 2. Stir-fry green and red sweet peppers, spring onion, mashed ginger, chopped garlic and fermented black soybeans until fragrant. 3. Add chicken, salt, sugar and water; fry until the sauce thickens and serve.	Ingredients: Beef (shredded) 1/4 catty Soybean curd 2 pcs Steps: 1. Cut the soybean curd into pieces; soak them in salted water; cut the beef into shreds and marinate then set aside. 2. Add oil; pan-fry the soybean curd until both sides turn golden; set aside on the dish. 3. Stir-fry red hot pepper shreds; add beef and fry until done; put it on the soybean curd and serve.
Tuesday			
Chinese Cabbage Soup	Mud Carp Steamed with Pericarp	Shanghai Pakchoi Fried with Mushrooms and Radishes	Fried Taro Meat Pie
Ingredients: Tientsin pakchoi 2/5 catty Radish (sliced) 4 taels Soybean curd 1 pc Green scallion 1 Steps: 1. Parboil Tientsin pakchoi; blanch soybean curd. 2. Stew the red dates in water; pour the stock in. 3. Add Tianjin pakchoi and radish after it is boiled up; bring to the boil then add salt.	Ingredients: Mud carp 1 Pericarp appropriate amount Steps: 1. Put spring onion sections under mud carp; spread pericarp shreds on mud carp. 2. Steam until the fish is cooked. 3. Sprinkle hot oil and soy sauce.	Ingredients: Shanghai pakchoi 1/2 catty Dried shiitake mushrooms 1 tael Radishes 4 taels Steps: 1. Fry chopped garlic in hot oil until fragrant; put in Shanghai pakchoi and fry; add some superior stock and salt; fry till cooked and set aside on the dish. 2. Pour in oil and fry radishes and shiitake mushrooms; add superior stock and boil until cooked; put them on Shanghai pakchoi and serve.	Ingredients: Minced pork 4 taels Taro 1/2 catty Steps: 1. Shred the taro; marinate the pork and mix evenly with the shredded taro to form round pies. 2. Heat oil and pan-fry meat pies until both sides are golden yellow.
Wednesday			
Pig Knuckle Soup with Chestnuts	Squid Fried with Celery	Chicken Shreds Fried with Garlic Sprouts	Fish Floss Fried with Chinese Kale
Ingredients: Chestnuts 4 taels Pig knuckle 10 taels Steps: 1. Boil the chestnuts until cooked and remove their husk; chop the pig knuckle and blanch it. 2. Boil water; add all the ingredients and bring to the boil; simmer at a low heat for 2.5 hours. 3. Season with salt.	Ingredients: Squid (cut into chunks) 1/2 catty Celery (cut into sections) 2/3 catty Steps: 1. Blanch the squid. 2. Fry ginger, garlic and red hot pepper shreds in hot oil until fragrant; fry the squid, sprinkle some wine, add water and boil until cooked. 3. Put in the celery; stir-fry well; add superior stock, sugar and ground pepper.	Ingredients: Chicken breast (shredded) 4 taels Garlic sprouts 8 taels Steps: 1. Cut garlic sprouts into sections and blanch them; marinate chicken shreds and set aside. 2. Fry mashed garlic in hot oil until fragrant; put in chicken and garlic sprouts and stir-fry well. 3. Add seasoning and serve.	Ingredients: Minced mud carp 1/4 catty Chinese kale 2/3 catty Steps: 1. Sprinkle pepper on mud carp; fry into fish pie and cut into strips. 2. Fry ginger in hot oil and stir-fry Chinese kale; add water and heat until boiled. 3. Put in mud carp shreds; add salt, sugar and dark soy sauce.
Thursday			
Black-skinned Chicken Soup with Coconut	Soybean curd Fried with Straw Mushrooms	Pig Liver Fried with Cauliflower	Pomfret Steamed with Fermented Black Beans
Ingredients: Black-skinned chicken (blanched) 1 Coconut 1	Ingredients: Soybean curd 2 pcs Straw mushrooms 3 taels	Ingredients: Pig liver (sliced) 1/4 catty Cauliflower (cut into florets) 1/2 catty	Ingredients: Pomfret 1 Fermented black beans appropriate amount

Steps: 1. Scoop out the pulp of coconut and cut into small pieces. 2. Boil water; add all the ingredients and bring them to the boil; simmer on a low heat for 2.5 hours. 3. Season with salt.	Steps: 1. Slightly soak soybean curd with salted water and drain well. 2. Pour oil in; pan-fry the soybean curd and set aside on the dish. 3. Fry straw mushrooms in oil; add seasoning; put them on top of the soybean curd.	Steps: 1. Blanch cauliflower and then fish them out. 2. Stir-fry pig liver; add spring onion, ginger, garlic slices, pepper and cauliflower and stir-fry. 3. Add seasoning and wine; thicken with mixture of starch and water; sprinkle Chinese parsley.	Steps: 1. Rinse and cut white string beans into sections; cut pork spareribs into pieces and marinate it then set aside. 2. Fry garlic slices in hot oil until fragrant; add white string beans and stir-fry until done; dish up and set aside. 3. Stir-fry pork spareribs in cooking oil until done; place on the white string beans and serve.
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Friday

Sliced Meat Soup with Mini Tientsin Pakchoi	Diced Chicken Fried with Walnuts	Fish Steamed with Preserved Mustard	Beef Slices Fried with Chinese Spinach
Ingredients: Mini Tientsin pakchoi 3 (cut into pieces) Pork (sliced) 1/2 catty	Ingredients: Chicken breast (diced) 2/3 catty Walnut kernels 2 taels (deep-fried) Eggs 2	Ingredients: Yellowfin seabream 1 Preserved mustard appropriate amount	Ingredients: Chinese spinach 1 catty Beef (sliced) 4 taels
Steps: 1. Fry ginger slices in hot oil until fragrant; add meat slices and fry briefly. 2. Pour the superior stock in and add mini Tientsin pakchoi and stew. 3. Season with salt.	Steps: 1. Marinate chicken for 20 min; mix salt, sugar, ground pepper, sesame oil and chicken soup into sauce. 2. Add oil; soak the diced chicken in and fish it out; heat the wok; put in spring onion, ginger and garlic and fry them slightly. 3. Put in the diced chicken; pour in the sauce; add the walnut kernels, stir-fry well and serve when the sauce thickens.	Steps: 1. Lay spring onion sections underneath the fish; spread preserved mustard on top of the fish. 2. Steam until cooked. 3. Sprinkle hot oil and soy sauce.	Steps: 1. Quick fry the chopped garlic until fragrant; add Chinese spinach and stir-fry until softened; add salt and dish up. 2. Fry the shredded ginger in hot oil until fragrant; add beef and stir-fry until cooked; put it on the Chinese spinach and serve.

Saturday / Sunday

Chicken Claw and Pork Soup with Dried and Fresh Cabbage	Shredded Chicken Fried with Fermented Black Bean Sauced Powder	Chinese Cabbage Fried with Chopped Garlic	Roasted Pork Fried with Green and Red Sweet Peppers
Ingredients: Pork (blanched) 8 taels Chinese cabbage 6 taels Dried vegetable 3 taels Chicken claws 8 taels	Ingredients: Chicken (shredded) 1/4 catty White string beans 6 taels	Ingredients: Chinese cabbage 2/3 catty Mashed garlic 2 teaspoons	Ingredients: Roasted pork 1/2 catty Green and red sweet 1 for each peppers
Steps: 1. Boil water; add all the ingredients and bring to the boil; simmer at a low heat for 2 hours. 2. Season with salt.	Steps: 1. Fry miso sauce in hot oil until fragrant; add chicken and stir-fry slightly; add white string beans and stir-fry together. 2. Add seasoning and stir-fry until cooked.	Steps: 1. Fry chopped garlic in hot oil until fragrant; add cabbage and stir-fry until cooked. 2. Add salt and stir-fry. 3. Dish up and sprinkle spring onion.	Steps: 1. Shred green and red sweet peppers. 2. Fry ginger and spring onion in hot oil until fragrant; add roasted pork and stir-fry. 3. Put in green and red sweet peppers and stir-fry together; add seasoning.