

Monday			
Rib Soup with Soy Bean Sprouts and Soybean curd	Sand Clams Stir-fried with Color Peppers	Double-cooked Pork with Cabbage	Dried Soft Fish Stir-fried with Celery
Ingredients: Soybean curd 1 (cut into chunks) Soybean 1/3 catty Pork ribs 2/3 catty (cut into chunks) Steps: 1. Boil pork ribs for a while and set aside. 2. Heat up the wok with soup; put rip, soy bean sprout and ginger slices and bring to the boil for 30 min. 3. Add soybean curd and shredded green pepper; boil for 10 min and season with salt.	Ingredients: Sand clam 1 catty Green, yellow and red half of sweet peppers each (shredded) Steps: 1. Boil sand clams for a while and remove the shells. 2. Fry red hot pepper and minced garlic in hot oil; season with salt and fry sand clams for a while. 3. Add color peppers and salt; mix well.	Ingredients: Cabbage (cut into chunks) 10 taels Streaky pork belly 12 taels Steps: 1. Boil some water; put streaky pork belly in, cook in a low and medium heat; and cut into pieces until cooled. 2. Fry ginger, garlic, red hot pepper in hot oil; add streaky pork and fry in the wok; sprinkle some wine; add salt and water. 3. Add cabbage; fry until softened and serve until soup is thickened.	Ingredients: Minced mud carp 1/4 catty Celery 2/3 catty (cut into sections) Steps: 1. Marinate mud carp in ground white pepper; fry into fish cakes and shred into slices. 2. Stir-fry ginger and celery; continue to boil until cooked. 3. Add mud carp shreds and salt, sugar and dark soy sauce to serve.
Tuesday			
Chicken Soup Stewed with Mushrooms	Pomfret Steamed with Preserved Mustard	Broccoli and Cauliflower Fried with Oyster Sauce	Chicken Fillet Fried with Sugar Snap Peas and Sliced Lotus Root
Ingredients: Chicken (blanched) 1 Mushrooms 2 taels Chaxinggu 2 taels Shaggy mane 2 taels Steps: 1. Add clear broth, various mushrooms, spring onion sections and garlic bulb. 2. Boil in a medium heat; simmer in a low heat until done. 3. Add salt and sprinkle spring onion to serve.	Ingredients: Pomfret 1 Preserve mustard appropriate amount Steps: 1. Lay fish on spring onion sections; lay ginger shredded and preserved mustard on the fish. 2. Steam in a high heat until fish is cooked; sprinkle cooking oil to serve.	Ingredients: Broccoli 1/2 catty Cauliflower 1/2 catty Steps: 1. Fry ginger and garlic in hot oil; add broccoli and cauliflower to fry. 2. Add some superior stock and oyster sauce until cooked to serve.	Ingredients: Sugar snap peas 2/5 catty Lotus root (sliced) 1/4 catty Chicken (sliced) 1/3 catty Steps: 1. Fry chicken with shredded ginger in hot oil. 2. Add sugar snap peas and sliced lotus root; sprinkle drops of wine. 3. Season with salt and sugar to serve.
Wednesday			
Rockfish Soup with Small Pakchoi	Pork Steamed with Preserved Mustard	Mock Pork Fried with XO Sauce and Lotus Root	Fried Filefish
Ingredients: Rockfish 1 catty Small pakchoi 4 taels Steps: 1. Fry ginger and spring onion in hot oil; fry rockfish for a while. 2. Add superior stock and small pakchoi and bring to the boil. 3. Simmer in a low heat for 20 min; season with salt to serve.	Ingredients: Pork belly 12 taels Preserve mustard appropriate amount Steps: 1. Rinse preserved mustard and chop finely, fry in the wok; season with sugar and oyster sauce; boil pork and cut into thick slices. 2. Stir fry minced garlic, chee hau sauce and star anise in hot oil; add pork to fry; sprinkle a few drops of oil; season with sugar, oyster sauce and dark soy sauce; thicken the soup. 3. Lay pork finely; lay preserved mustard on it; steam for 30 min; serve.	Ingredients: Mock pork 2 Lotus root 1/4 catty (cut into pieces) Steps: 1. Stir fry ginger and garlic in hot oil; add pork and lotus root to fry. 2. Add XO sauce to mix well.	Ingredients: Filefish 1 Steps: 1. Stir fry ginger slices in hot oil; fry filefish in a low heat in hot oil.

Thursday			
Black-skinned Chicken Soup with Red Dates and Dried Longan Pulp	Shrimp Meat Stir-fried with Sugar snap peas	White String Beans Fried with Fermented Black Soybeans	Chicken Wings Stewed with Potatoes
Ingredients: Black-skinned chicken 1 (blanched) Dried longan pulp 2 taels Red dates 2 taels Steps: 1. Boil hot water in a pot; add all ingredients in and keep boiling; simmer in a low heat for 2.5 hours. 2. Season with salt.	Ingredient: Sugar snap peas 6 taels Shrimp meat (deveined) 6 taels Steps: 1. Marinate shrimp meat in salt and pepper slightly. 2. Stir fry ginger slices in hot oil; add shrimp meat to fry for a while. 3. Add sugar snap peas to fry until cooked; and season with salt.	Ingredients: White string beans 1/2 catty (cut into sections) Fermented black soybeans small amount Steps: 1. Stir fry mashed garlic, fermented black soybeans in hot oil; add white string beans to fry. 2. Add small amount of water to fry until cooked; and season with salt.	Ingredients: Chicken wings 2/3 catty Potatoes 3 (cut into quarters) Steps: 1. Soak potatoes in oil and drain; marinate chicken wings and set aside. 2. Stir fry chicken wings for a while; add oyster sauce, dark soybean sauce, sugar and keep water boiling. 3. Simmer with potatoes until sauce has thickened.
Friday			
Beef Soup with Chinese Yam, Pearl Barley and Chinese Wolfberry	Sliced Pork Stir-fried with Cabbage	Stewed Chicken	Wood Ear Fungus Stir-fried with Shanghai Pakchoi
Ingredients: Beef (blanched) 10 taels Pearl barley 2 taels Chinese yam 2 taels Chinese wolfberry 1 tael Steps: 1. Boil water in a pot; add all ingredients in and keep boiling; simmer in a low heat for 2.5 hours. 2. Season with salt.	Ingredients: Cabbage (sliced) 2/3 catty Pork (sliced) 1/2 catty Steps: 1. Marinate pork and set aside. 2. Stir fry ginger in hot oil until fragrant; add pork and fry for a while. 3. Add cabbage to fry; pour small amount of water to fry until cooked; season with salt.	Ingredients: Whole chicken 1 Steps: 1. Stir fry ginger and garlic in hot oil; add chicken to fry for a while. 2. Add sesame oil and soy sauce to cook in a low heat until soup is thickened. 3. Add sugar and rice wine until soup is thickened.	Ingredients: Shanghai pakchoi 1 catty Wood ear fungus 12 taels (cut into small pieces) Steps: 1. Stir fry ginger and garlic in hot oil until fragrant; add Shanghai pakchoi to fry. 2. Add wood ear fungus to fry for a while; add small amount of superior stock; fry until cooked.
Saturday / Sunday			
Lean Pork Soup with Apple and White Fungus	Chicken Steamed with Shiitake Mushrooms and Red Dates	Pea Shoots Fried with Mushrooms	Sliced Beef Fillet Stir-fried with Sliced Radish
Ingredients: Pork (blanched) 5/6 catty Apple (cut into chunks) 1 White fungus 2 taels Steps: 1. Boil water; add ingredients; bring to the boil in a high heat then simmer in a low heat for 2 hours. 2. Season with salt then serve.	Ingredients: Whole chicken half (cut into pieces) Dried shiitake mushrooms 3 taels Red dates 2 taels Steps: 1. Marinate chicken and lay it on the plate. 2. Add shiitake mushrooms and red dates. 3. Steam until done.	Ingredients: Pea shoots 5/6 catty Mushrooms 1/6 catty Steps: 1. Stir fry chopped garlic in hot oil; add pea shoots to fry for a while. 2. Add mushrooms and fry together; sprinkle drops of wine. 3. Add small amount of superior stock and salt; boil until cooked.	Ingredients: Beef (shredded) 1/3 catty Radish (shredded) 2/3 catty Steps: 1. Marinate beef; stir fry red hot pepper slices in hot oil until fragrant; add beef to fry until cooked. 2. Stir fry radish in oil for a while; add superior stock to fry until cooked; mix beef in the wok with radish well.