

Monday			
<b>Rib Soup with Soy Bean Sprouts and Soybean curd</b>	<b>Sand Clams Stir-fried with Color Peppers</b>	<b>Double-cooked Pork with Cabbage</b>	<b>Dried Soft Fish Stir-fried with Celery</b>
<b>Ingredients:</b> Soybean curd 1 (cut into chunks) Soybean 1/3 catty Pork ribs 2/3 catty (cut into chunks) <b>Steps:</b> 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.	<b>Ingredients:</b> Sand clam 1 catty Green, yellow and red half of sweet peppers each (shredded) <b>Steps:</b> 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.	<b>Ingredients:</b> Cabbage (cut into chunks) 10 taels Streaky pork belly 12 taels <b>Steps:</b> 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.	<b>Ingredients:</b> Minced mud carp 1/4 catty Celery 2/3 catty (cut into sections) <b>Steps:</b> 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			
<b>Chicken Soup Stewed with Mushrooms</b>	<b>Pomfret Steamed with Preserved Mustard</b>	<b>Broccoli and Cauliflower Fried with Oyster Sauce</b>	<b>Chicken Fillet Fried with Sugar Snap Peas and Sliced Lotus Root</b>
<b>Ingredients:</b> Chicken (blanched) 1 Mushrooms 2 taels Chaxinggu 2 taels Shaggy mane 2 taels <b>Steps:</b> 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.	<b>Ingredients:</b> Pomfret 1 Preserve mustard appropriate amount <b>Steps:</b> 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.	<b>Ingredients:</b> Broccoli 1/2 catty Cauliflower 1/2 catty <b>Steps:</b> 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.	<b>Ingredients:</b> Sugar snap peas 2/5 catty Lotus root (sliced) 1/4 catty Chicken (sliced) 1/3 catty <b>Steps:</b> 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			
<b>Rockfish Soup with Small Pakchoi</b>	<b>Pork Steamed with Preserved Mustard</b>	<b>Mock Pork Fried with XO Sauce and Lotus Root</b>	<b>Fried Filefish</b>
<b>Ingredients:</b> Rockfish 1 catty Small pakchoi 4 taels <b>Steps:</b> 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.	<b>Ingredients:</b> Pork belly 12 taels Preserve mustard appropriate amount <b>Steps:</b> 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.	<b>Ingredients:</b> Mock pork 2 Lotus root 1/4 catty (cut into pieces) <b>Steps:</b> 1. Stir fry ginger and garlic in hot oil; add pork and lotus root to fry. 2. Add XO sauce to mix well.	<b>Ingredients:</b> Filefish 1 <b>Steps:</b> 1. Stir fry ginger slices in hot oil; fry filefish in a low heat in hot oil.

Thursday			
<b>Black-skinned Chicken Soup with Red Dates and Dried Longan Pulp</b>	<b>Shrimp Meat Stir-fried with Sugar snap peas</b>	<b>White String Beans Fried with Fermented Black Soybeans</b>	<b>Chicken Wings Stewed with Potatoes</b>
<b>Ingredients:</b> Black-skinned chicken 1 (blanched) Dried longan pulp 2 taels Red dates 2 taels <b>Steps:</b> 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.	<b>Ingredient:</b> Sugar snap peas 6 taels Shrimp meat (deveined) 6 taels <b>Steps:</b> 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.	<b>Ingredients:</b> White string beans 1/2 catty (cut into sections) Fermented black soybeans small amount <b>Steps:</b> 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.	<b>Ingredients:</b> Chicken wings 2/3 catty Potatoes 3 (cut into quarters) <b>Steps:</b> 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			
<b>Beef Soup with Chinese Yam, Pearl Barley and Chinese Wolfberry</b>	<b>Sliced Pork Stir-fried with Cabbage</b>	<b>Stewed Chicken</b>	<b>Wood Ear Fungus Stir-fried with Shanghai Pakchoi</b>
<b>Ingredients:</b> Beef (blanched) 10 taels Pearl barley 2 taels Chinese yam 2 taels Chinese wolfberry 1 tael <b>Steps:</b> 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.	<b>Ingredients:</b> Cabbage (sliced) 2/3 catty Pork (sliced) 1/2 catty <b>Steps:</b> 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.	<b>Ingredients:</b> Whole chicken 1 <b>Steps:</b> 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.	<b>Ingredients:</b> Shanghai pakchoi 1 catty Wood ear fungus 12 taels (cut into small pieces) <b>Steps:</b> 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			
<b>Lean Pork Soup with Apple and White Fungus</b>	<b>Chicken Steamed with Shiitake Mushrooms and Red Dates</b>	<b>Pea Shoots Fried with Mushrooms</b>	<b>Sliced Beef Fillet Stir-fried with Sliced Radish</b>
<b>Ingredients:</b> Pork (blanched) 5/6 catty Apple (cut into chunks) 1 White fungus 2 taels <b>Steps:</b> 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.	<b>Ingredients:</b> Whole chicken half (cut into pieces) Dried shiitake mushrooms 3 taels Red dates 2 taels <b>Steps:</b> 1. Marinate chicken and lay it on the plate. 2. Add shiitake mushrooms and red dates. 3. Steam until done.	<b>Ingredients:</b> Pea shoots 5/6 catty Mushrooms 1/6 catty <b>Steps:</b> 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.	<b>Ingredients:</b> Beef (shredded) 1/3 catty Radish (shredded) 2/3 catty <b>Steps:</b> 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.