

Monday			
Egg Drop Soup with Pig Liver	Fried Mackerel	Green Sweet Peppers Stuffed with Minced Shrimp	Meat Pie Steamed with Mashed Garlic and Noodlefish
Ingredients: Pig liver (sliced) 1/3 catty Eggs 2 Steps: 1. Boil some water with shredded ginger; add sliced pig liver and boil for 15 min. 2. Add eggs and boil for a while; add seasoning and serve.	Ingredients: Mackerel 2 Steps: 1. Marinate mackerel. 2. Fry until both sides turn golden. 3. Dish up and sprinkle spring onion.	Ingredients: Green sweet peppers 2 (cut into chunks) Ghost prawns 1/3 catty Steps: 1. Add water and boil with light soy sauce, oyster sauce and salt to form sauce. 2. Mince shrimps. 3. Stuff minced shrimp in green sweet peppers; steam in the pot for 5 min; pour sauce on it.	Ingredients: Noodlefish 3 tael Pork (minced) 6 tael Steps: 1. Marinate pork; add dried noodlefish. 2. Steam until cooked.
Tuesday			
Fish balls Soup with Shanghai Pakchoi	Striped Prawns in Beijing Sauce	Tientsin Pakchoi Boiled with Mushrooms	Roasted Pork Fried with Sponge Gourd
Ingredients: Shanghai pakchoi 1/2 catty Fish balls 1/6 catty Steps: 1. Boil superior stock; add Shanghai pakchoi and fish balls until done. 2. Add seasoning and serve.	Ingredients: Striped prawns 1/2 catty (deveined) Steps: 1. Marinate prawns with salt and pepper for a while; coat with cornstarch and fry until golden; dish up. 2. Stir fry chopped garlic and ginger in hot oil until fragrant; add prawns and thicken the soup (cornstarch water, sugar, brown sauce, tomato sauce; light soy sauce and broad bean paste); fry well and serve.	Ingredients: Tientsin pakchoi 2/5 catty Mushrooms 4 tael Steps: 1. Boil superior stock and add 2 slices of ginger; add Tientsin pakchoi and mushrooms and cook until done. 2. Add seasoning and serve.	Ingredients: Roasted pork 2/3 catty Sponge gourd 1 (cut into quarters) Steps: 1. Stir fry roasted pork in hot oil until fragrant; add sponge gourd to fry until cooked. 2. Add seasoning and serve.
Wednesday			
Dried Shrimp Soup with Pumpkin	Fried Tonguesole	Egg Cake Fried with Cabbage and Ham	Pork Slices Stir-fried with Shrimp Paste and Water Spinach
Ingredients: Pumpkin 2/3 catty Dried shrimps (soaked) 2 tael Steps: 1. Boil water; add ingredients and boil until done. 2. Add seasoning and serve	Ingredients: Tonguesole 1 Steps: 1. Marinate tonguesole. 2. Fry tonguesole until both sides turn golden.	Ingredients: Cabbage 1/2 catty Ham 3 tael Eggs 3 Steps: 1. Shred cabbage and ham; mix with eggs; add seasoning. 2. Heat up a wok with cooking oil and fry the egg until both sides turn golden.	Ingredients: Water spinach 1 catty Pork (sliced) 4 tael Shrimp paste 2 tablespoons Steps: 1. Marinate sliced pork. 2. Stir fry shrimp paste in hot oil until fragrant; add pork slices and fry for a while. 3. Add water spinach and fry until done; add seasoning and serve.
Thursday			
Chicken Claw Soup with Peanuts and Black Beans	Yellow Croaker Steamed with Preserved Mustard	Scallops Fried with Celery	Minced Beef Fried with Chinese Spinach
Ingredients: Chicken claws 2/5 catty (blanching) Black beans 2 tael Peanuts 2 tael Steps: 1. Soak black beans for 30 min; blanch chicken claws. 2. Add water, chicken claws, black beans and peanuts into a pot and bring to the boil. 3. Boil until chicken and beans have softened; season with salt and serve.	Ingredient: Yellow croaker 1 Preserved mustard appropriate amount Steps: 1. Put yellow croaker on a plate with spring onion sections laid underneath; garnish the fish with shredded ginger and preserved mustard. 2. Steam yellow croaker over a high heat until done; fry shredded ginger in hot oil and pour it on the fish.	Ingredients: Scallops (diced) 8 dices Celery (cut into sections) 2 Steps: 1. Stir fry ginger and garlic in hot oil until fragrant; add scallops and celery and fry until done. 2. Add seasoning and serve.	Ingredients: Beef (minced) 1/2 catty Chinese spinach 1 catty Steps: 1. Marinate beef; stir fry beef until done. 2. Stir fry chopped garlic in hot oil until fragrant; add Chinese spinach to fry; add seasoning. 3. Add stir-fried beef and serve.

Friday			
Pork Slice Soup with Potatoes	Sliced Beef Steamed with Dried Radish	Pork Ribs Braised with Shiitake Mushrooms and Soybean Curd	Mussels Fried with Fermented Black Soybeans, Pepper and String Beans
Ingredients: Pork (sliced) 6 tael Potatoes 4 tael (cut into quarters) Steps: 1. Boil water and add all ingredients and bring to the boil. 2. Simmer pork and potatoes until done; season with salt and serve.	Ingredients: Beef (sliced) 2/3 catty Dried radish 2 tael Steps: 1. Slice beef and marinate. 2. Lay dried radish on beef; steam until done and serve.	Ingredients: Pork ribs 5/6 catty (cut into pieces) Soybean curd 2 pcs Shiitake mushrooms 4 (shredded) Steps: 1. Stir-fry spicy broad bean paste in hot oil until fragrant; add soybean curd and shiitake mushrooms and cook until done; season with salt; dish up and set aside. 2. Marinate pork ribs; stir fry shredded red hot pepper in hot oil until fragrant; add pork ribs and fry; put on top of the soybean curd and serve.	Ingredients: Mussels 6 tael Green string beans 12 tael Fermented black soybeans small amount Red hot pepper small amount (shredded) Steps: 1. Cut green string beans into sections and blanch. 2. Stir fry fermented black soybeans and shredded red hot pepper in hot oil until fragrant; add green string beans and mussels to fry until done. 3. Add seasoning and serve.
Saturday / Sunday			
Pig Knuckle Soup with Bitter Cucumber	Steamed Pomfret in Traditional Style	Beef Steak Fried with Mashed Garlic	Chicken Fillet Fried with Mushrooms
Ingredients: Pig knuckle 2 (cut into chunks) Bitter cucumber 1/2 catty (cut into strips) Steps: 1. Blanch pig knuckle. 2. Heat up the wok with ginger and spring onion; add pig knuckle and salt and fry for a while; add some water and bring to the boil. 3. Add bitter cucumber and boil for a while after pig knuckles are done; season with salt and serve.	Ingredients: Pomfret 1 Pork (shredded) small amount Dried shiitake mushrooms (shredded) small amount Dried tangerine peels (shredded) Steps: 1. Lay spring onion sections underneath the fish; lay shredded pork, shiitake mushrooms and dried tangerine peel on top of the fish. 2. Steam over a high heat until done; pour cooked oil and serve.	Ingredients: Beef steak 2/3 catty Steps: 1. Marinate beef steak; stir fry beef steak with cooking oil until done. 2. Stir fry chopped garlic in hot oil until fragrant; add light soy sauce and sugar to form sauce; pour it onto the beef steak and serve.	Ingredients: Chicken (shredded) 1/4 catty Enokitake mushrooms 4 tael Straw mushrooms 4 tael Steps: 1. Marinate chicken; set aside. 2. Stir fry chopped garlic in hot oil until fragrant; add chicken and fry for a while; add mushrooms to fry together. 3. Season with oyster sauce and sugar; serve.