

Monday			
Chicken Soup with Mushrooms	Shrimps Steamed with Fried Chopped Garlic	Shredded Pork Stir-fried with Chinese Spinach	Freshwater Grouper Steamed with Ginger and Spring Onion
Ingredients: Whole chicken (blanched) 1 Dried shiitake mushrooms (soaked) (cut into halves) 3 taels Chinese wolfberry 1 tael Steps: 1. Blanch chicken and stew for 1 min. 2. Pour some water; add chicken chunks, shiitake mushrooms, sliced ginger and Chinese wolfberry. 3. Boil for 3 hours; sprinkle chopped spring onion; season with salt.	Ingredients: Ghost prawns 2/3 catty Steps: 1. Stir-fry chopped garlic over a low heat for a while; add salt and mix well. 2. Arrange shrimps on a plate; place chopped garlic on top of the shrimps. 3. Steam for 4 min; add spring onion to serve.	Ingredients: Chinese spinach 1 catty Pork (shredded) 1/4 catty Steps: 1. Stir-fry mashed garlic in hot oil until fragrant; add Chinese spinach and stir-fry until soft; add seasoning and serve. 2. Marinate shredded pork well; stir-fry shredded pork in oil until cooked; lay them on top of Chinese spinach and serve.	Ingredients: Freshwater grouper 1 Steps: 1. Place spring onion sections underneath fish and ginger; shredded spring onion on top of the fish. 2. Steam until cooked. 3. Sprinkle cooked oil and soy sauce to serve.
Tuesday			
Soup with White Fungus, Sichuan Fritillary Bulb and Conch	Chicken Fried with Black and White Fungus	Eggplants Stir-fried with Three Kinds of Dices	Pork Ribs Steamed with Rice Rolls
Ingredients: Conches 2 White fungus (cut into small pieces) 2 taels Sichuan fritillary bulb 2 taels Pork (blanched) 6 taels Steps: 1. Boil water; add all ingredients and bring to the boil, then turn to a low heat and stew for 2.5 hours. 2. Season with salt to serve.	Ingredients: Chicken (cut into pieces) 1/2 Black fungus 2 taels White fungus 2 taels Steps: 1. Marinate chicken; stir-fry ginger and spring onion in hot oil until fragrant, add chicken pieces and stir-fry for a while. 2. Add oyster sauce, soy sauce, sugar, oyster sauce and water and bring to the boil. 3. Add black fungus and white fungus; cook until the sauce slightly thickens; sprinkle wine to serve.	Ingredients: Eggplants (diced) 1/2 catty Green sweet pepper (diced) 1/2 Ham (diced) 2 taels Onion (diced) 2 taels Steps: 1. Coat eggplants with cornstarch; stir-fry until done. 2. Stir-fry onion, ginger and garlic in hot oil until fragrant; add eggplants, green sweet peppers, ham and onions and stir-fry. 3. Add seasoning; thicken the soup and serve.	Ingredients: Pork ribs (cut into pieces) 2/3 catty Rice rolls 1/3 catty Steps: 1. Marinate pork ribs; place them on the top of rice rolls. 2. Add shredded ginger, steam until done to serve.
Wednesday			
Pork Ribs Soup with Bitter Cucumber	Pork Ribs Stir-fried with Garlic Sprouts	Mud Carp Stir-fried with Soybean Curd	Braised Lotus Root Slices
Ingredients: Pork ribs (blanched) 2/3 catty Bitter cucumber (cut into chunks) 2/5 catty Steps: 1. Boil water, add pork ribs and stew for 30 min. 2. Add bitter cucumber and stew. 3. Season with salt to serve.	Ingredients: Pork ribs 1/3 catty Garlic sprouts 1/2 catty Steps: 1. Marinate pork ribs well; blanch garlic shoots. 2. Stir-fry ginger and garlic in hot oil until fragrant, add pork ribs and stir shortly. 3. Add garlic shoots and stir until done, add seasoning to serve.	Ingredients: Minced mud carp 1/3 tael Soybean curd 2 pcs Steps: 1. Season fish flesh, pan-fry until both sides become golden, then cut into strips and set aside. 2. Stir-fry spicy bean paste in hot oil until fragrant, add soybean curd and stir-fry until done, place fish flesh in wok and stir-fry well. 3. Add seasoning to serve.	Ingredients: Lotus root (sliced) 2/3 catty Kelp (cut into sections) 5 pcs Steps: 1. Heat up some oil in wok and add superior stock, add lotus root and ginger slices. 2. Stew over a high heat and bring to the boil, then turn to a medium heat and stew for 30 min. 3. Add kelp and seasoning, stew until the sauce thickens.
Thursday			
Fish Tail Soup with Bitter Cucumber and Soybean	Sliced Beef Steamed with Preserved Szechuan Pickles	Eggs Stir-fried with Green String Beans	Chicken Fillets Stir-fried with Pumpkin
Ingredients: Bitter cucumber 1/2 catty Big head fishtail 1 Soybean 2 taels Steps: 1. Fry fishtail with ginger slices briefly. 2. Add water and bring to the boil; put in bitter cucumber and soybean and stew. 3. Add seasoning and serve.	Ingredient: Beef (sliced) 1/3 catty Preserved Szechuan pickles appropriate amount Steps: 1. Marinate the beef with salt, add preserved Szechuan pickles. 2. Steam until cooked.	Ingredients: Green string beans 2/3 catty Eggs 3 Steps: 1. Dice green string beans; whisk egg with salt or light soy sauce. 2. Stir-fry green string beans in oil until done, add whisked eggs and stir-fry shortly.	Ingredients: Chicken (sliced) 1/4 catty Pumpkin 2/3 catty Red hot pepper (shredded) appropriate amount Steps: 1. Boil the pumpkin in superior stock until done. 2. Marinate chicken, stir-fry ginger, shredded red hot pepper in hot oil until fragrant, add chicken and stir-fry until cooked. 3. Put them on the top of the pumpkin.

Friday			
Pork Ribs Soup with Dried Scallops and Hairy Gourd	Chicken Wings Stir-fried with Spicy Broad Bean Paste	Pork Slices Stir-fried with Bean Sprouts and Chinese Chives	Beef Fillets Stir-fried with Mushrooms and Soybean Curd
Ingredients: Hairy gourd 1 (cut into pieces) Pork ribs (blanched) 1/2 catty Dried scallops 2 (torn apart) Steps: 1. Boil water; add all ingredients and bring to the boil; turn to a low heat and stew for 30 min. 2. Season with salt and serve.	Ingredients: Chicken wings 2/3 catty Broad bean paste appropriate amount Steps: 1. Marinate chicken wings; fry the chicken wings in oil until golden. 2. Add spicy broad bean paste and stir-fry then serve.	Ingredients: Pork (minced) 1/3 catty Chinese chives 1/4 catty (cut into sections) Bean sprouts 1/4 catty Steps: 1. Marinate pork slices well; stir-fry the pork slices briefly. 2. Add Chinese chives and bean sprouts and stir-fry. 3. Add seasoning to serve.	Ingredients: Beef (shredded) 1/4 catty Soybean curd 2 pcs Dried shiitake 3 taels mushrooms (shredded) Steps: 1. Stir-fry spicy broad bean paste in hot oil until fragrant; add beef fillets and fry until 90 percent done. 2. Add soybean curd and shiitake mushrooms and stir-fry well. 3. Add seasoning to serve.
Saturday / Sunday			
Oxtail Soup with Carrots, Onions and Potatoes	Shelled Shrimps Fried with Spinach	Sea Cucumber Simmered with Narringin	Stir-fried Shanghai Pakchoi
Ingredients: Oxtail 1 (blanched and cut into sections) Carrots (diced) 1/2 catty Potatoes (diced) 1/4 catty Onion (diced) 1 Steps: 1. Boil water; add all ingredients and bring to the boil; reduce to a low heat and stew for 2 hours. 2. Season with salt to serve.	Ingredients: Striped prawns 1/3 catty (deveined) Spinach 1/2 catty Steps: 1. Stir-fry shrimps until 90 percent done and take them out; blanch spinach in boiling water until cooked and set aside. 2. Heat up some oil; add spinach and deveined shrimps. 3. Add salt and stir-fry until done to serve.	Ingredients: Sea cucumber 1 (cut into pieces and blanched) Narringin 8 taels Steps: 1. Stir-fry sweet garlic bulbs, scallion, garlic sprouts and ginger until golden; add rice wine and superior stock and bring to the boil; keep stewing the soup. 2. Put in sea cucumber and narringin; scoop them out after stewing and dish up. 3. Thicken the sea cucumber and narringin with mixture of cornstarch and water.	Ingredients: Shanghai pakchoi 2/3 catty Steps: 1. Stir-fry chopped ginger in hot oil until fragrant; add Shanghai pakchoi and stir-fry until cooked. 2. Add salt, oyster sauce and stir-fry well.