

Monday			
<b>Soup with Straw Mushrooms and Tientsin Pakchoi</b>	<b>Tonguesole Preserved Cabbage</b>	<b>Steamed with Tianjin White</b>	<b>Pork Stir-fried with Taro</b>
<b>Ingredients:</b> Tientsin pakchoi 1/3 catty Straw mushrooms 1/4 catty	<b>Ingredients:</b> Tonguesole 1 Preserved Tianjin appropriate amount white cabbage	<b>Ingredients:</b> Pork (cut into chunks) 10 taels Taro (cut into chunks) 8 taels	<b>Ingredients:</b> Squid (shredded) 2/3 catty Cucumber (shredded) 1/4 catty
<b>Steps:</b> 1. Boil superior stock; add ginger slices and all ingredients. 2. Boil for 15 min; season with salt and serve.	<b>Steps:</b> 1. Lay spring onion stems underneath fish; lay Tianjin white cabbage on top of the fish. 2. Steam the fish over a high heat until done; pour cooked oil and soy sauce on top and serve.	<b>Steps:</b> 1. Deep fry taro until golden. 2. Stir-fry garlic bulb in hot oil until fragrant; put in pork and taro and stir-fry; add soy sauce and stock; cook until the sauce thickens 3. Put in asparagus, diced carrots and corn kernels and cook until done and soft.	<b>Steps:</b> 1. Heat some oil; stir-fry squid shreds for a while and take them out. 2. Stir-fry spring onion and ginger in hot oil until fragrant; add cucumber and squid and stir-fry. 3. Season and serve.
Tuesday			
<b>Crab Soup with Corn and Soybean Curd</b>	<b>Sautéed Shrimps</b>	<b>Beef Stir-fried with Apples</b>	<b>Spicy Chicken Stir-fried with Peppers</b>
<b>Ingredients:</b> Shrimps (deveined) 1/4 catty Imitation crab meat 1/4 catty Corn kernels 3 taels Soybean curd 1	<b>Ingredients:</b> Ghost prawns 1/2 catty (deveined)	<b>Ingredients:</b> Beef (sliced) 1/4 catty Apples (cut into strips) 2	<b>Ingredients:</b> Chicken (cut into pieces) 1/2 Red sweet peppers 4 taels (cut into quarters) Green sweet peppers 4 taels (cut into quarters)
<b>Steps:</b> 1. Put in superior stock and bring to the boil; add all ingredients and boil for 15 min. 2. Season with salt and serve.	<b>Steps:</b> 1. Marinate shelled shrimps with salt and ground white pepper for a while. 2. Stir-fry the shelled shrimps in hot oil until done; add diced spring onion and serve.	<b>Steps:</b> 1. Marinate beef well; stir-fry the beef in hot oil until 70% done. 2. Add apple strips and stir-fry until done.	<b>Steps:</b> 1. Marinate the chicken; stir-fry the chicken in oil shortly. 2. Add the green sweet peppers and red sweet peppers and stir-fry. 3. Add seasoning and serve.
Wednesday			
<b>Wax Gourd Soup with Dried Seaweed</b>	<b>Clams Steamed with Fermented Black Beans</b>	<b>Shredded Chicken Cold Mixed Celery</b>	<b>Pork Ribs Simmered with Carrots and Potatoes</b>
<b>Ingredients:</b> Wax gourd (sliced) 1/2 catty Dried seaweed appropriate amount	<b>Ingredients:</b> Clams 1/2 catty Fermented black beans 2 teaspoons	<b>Ingredients:</b> Chicken (shredded) 1/4 catty Celery (shredded) 1/3 catty	<b>Ingredients:</b> Carrots 1/3 catty (cut into chunks) Pork ribs 1/2 catty (cut into chunks) Potatoes 1/3 catty (cut into chunks)
<b>Steps:</b> 1. Boil superior stock; add wax gourd and stew until cooked. 2. Add dried seaweed and bring to the boil briefly; add seasoning and serve.	<b>Steps:</b> 1. Blanch clams in boiling water until done. 2. Spread seasoning on the clams; steam over a high heat for 6 min. 3. Sprinkle diced red hot pepper and spring onion and serve.	<b>Steps:</b> 1. Stew chicken until done; skin and shred the chicken; shred celery and drain water. 2. Add salt, sugar, chili oil, vinegar and light soy sauce and mix well to serve.	<b>Steps:</b> 1. Marinate pork ribs well; stir-fry ginger and garlic in hot oil until fragrant; add pork ribs and stir-fry for a while. 2. Add oyster sauce, soy sauce, sugar and water and bring to the boil. 3. Add carrots and potatoes and stir-fry until the sauce thickens; add seasoning and serve.
Thursday			
<b>Hairy Gourd Soup with Dried Scallops and Lily Bulbs</b>	<b>Roasted Pork Stewed with Wax Gourd and Mungbean Vermicelli</b>	<b>Steamed Three Kinds of Eggs</b>	<b>Roasted Eggplant</b>
<b>Ingredients:</b> Hairy gourd 1/2 catty (cut into pieces) Lily bulbs 2 taels Dried scallops 2 taels Candied dates 2	<b>Ingredient:</b> Roasted pork 2/3 catty Wax gourd (sliced) 1/3 catty Mungbean vermicelli 1 bundle	<b>Ingredients:</b> Eggs 3 Lime-preserved egg 1 Salted duck egg 1	<b>Ingredients:</b> Eggplant 1
<b>Steps:</b> 1. Boil water; add all ingredients and bring to the boil; turn to a low heat and simmer for 1 hour. 2. Season with salt and serve.	<b>Steps:</b> 1. Stir-fry roasted pork in hot oil until fragrant; add superior stock and wax gourd and stew until cooked. 2. Add mungbean vermicelli and boil for a while; add seasoning and serve.	<b>Steps:</b> 1. Boil salted duck egg and dice; whisk eggs and mix well. 2. Add water in eggs and mix the eggs, lime-preserved egg and salted duck egg. 3. Steam until done and serve.	<b>Steps:</b> 1. Pan-fry eggplant in hot oil. 2. Cut the eggplant with a small knife when its surface wrinkles. 3. Stuff chopped spring onion, chopped Chinese parsley and seasoning into the eggplant; roast until it gets the flavor.

Friday			
<b>Pork Shin Soup with Chinese Yam and Chestnuts</b>	<b>Eggs Stir-fried with Dried Radish and Minced Pork</b>	<b>Chicken Stir-fried with Tomatoes</b>	<b>Roasted Pork Stewed with Hairy Gourd and Mungbean Vermicelli</b>
<b>Ingredients:</b> Chinese yam 2 taels Chestnuts 4 taels Pork shin (blanched) 12 taels  <b>Steps:</b> 1. Boil water, add all ingredients and bring to the boil; turn to a low heat and stew for 2 hours. 2. Season with salt and serve.	<b>Ingredients:</b> Pork (minced) 1/5 catty Dried radish appropriate amount Eggs 4  <b>Steps:</b> 1. Marinate pork; mince dried radish; whisk eggs and mix well. 2. Stir-fry the pork and dried radish in oil until done. 3. Add the eggs and stir-fry briefly to serve.	<b>Ingredients:</b> Chicken 4 taels (cut into chunks) Tomatoes 1/6 catty (cut into chunks) Onion (sliced) 2 taels  <b>Steps:</b> 1. Stir-fry tomato paste in hot oil. 2. Add chicken dices, wine and pepper and stir-fry for a while. 3. Add onion, red sweet pepper, tomatoes and salt; cook for 10 min and serve.	<b>Ingredients:</b> Roasted pork 1/3 catty Hairy gourd 1/4 catty (cut into pieces) Mungbean vermicelli 1 bundle  <b>Steps:</b> 1. Stir-fry roasted pork in hot oil until fragrant; add superior stock and hairy gourd and stew until cooked. 2. Add mungbean vermicelli and boil for a while; add seasoning and serve.
Saturday / Sunday			
<b>Chicken Soup with Red Dates</b>	<b>Fresh Squid Stir-fried with Shrimp Paste and Water Spinach</b>	<b>Shrimps Stir-fried with Sichuan peppercorns</b>	<b>Pork Slices Stir-fried with Bitter Cucumber</b>
<b>Ingredients:</b> Chicken 1 (blanched and cut into chunks) Red dates appropriate amount  <b>Steps:</b> 1. Blanch chicken. 2. Boil water; add chicken, red dates and ginger slices; stew over a high heat and bring to the boil. 3. Turn to a low heat and stew for 2 hours; season with salt and serve.	<b>Ingredients:</b> Squid 1/2 catty (cut into pieces) Water spinach 2/3 catty (cut into sections) Shrimp paste 2 tablespoons  <b>Steps:</b> 1. Blanch squid. 2. Stir fry ginger, garlic and shrimp paste in hot oil; sauté fresh squid. 3. Put in water spinach and stir-fry; add seasoning and serve.	<b>Ingredients:</b> Shrimps (deveined) 2/3 catty Taro 4 taels  <b>Steps:</b> 1. Fry taro shreds until crispy. 2. Stir-fry shrimps in hot oil. 3. Stir-fry chopped spring onion and Sichuan peppercorns in hot oil; place the shrimps in wok; sprinkle some wine; add seasoning and stir-fry; put them on top of the taro shreds and serve.	<b>Ingredients:</b> Pork (sliced) 1/4 catty Bitter cucumber (sliced) 1/2 catty  <b>Steps:</b> 1. Marinate bitter cucumber with salt for a while. 2. Marinate pork slices and stir-fry them in oil for a while. 3. Put in bitter cucumber and stir-fry; add seasoning and serve.