

Monday			
<b>Snakehead Soup with Kudzu</b>	<b>Steamed Freshwater Grouper</b>	<b>Wax Gourd Fried with Chaxinggu and Mushrooms</b>	<b>Shelled Shrimps Stir-fried with Pea Shoots</b>
<b>Ingredients:</b> Kudzu (sliced) 2/3 catty Snakehead 1  <b>Steps:</b> 1. Stir-fry ginger slices in hot oil until fragrant; pan-fry fish until both sides become slightly golden; add water and bring to the boil. 2. Add kudzu after boiling; stew for 2 hours; add salt and serve.	<b>Ingredients:</b> Freshwater grouper 1  <b>Steps:</b> 1. Place fish on a plate; lay spring onion knots and ginger slices underneath the fish; lay ginger slices on top of the fish. 2. Steam the fish over a high heat until done; stir-fry ginger slices and light soy sauce in hot oil and pour onto the fish.	<b>Ingredients:</b> Wax gourd 1/3 catty Chaxinggu 1/6 catty Mushrooms 1/6 catty  <b>Steps:</b> 1. Blanch wax gourd in boiling water until done; stir-fry it thoroughly; add seasoning. 2. Fry ginger and spring onion in hot oil until fragrant; add Chaxinggu and mushrooms and stir-fry; add seasoning and stew until it gets the flavor. 3. Dish up and pour them onto the wax gourd.	<b>Ingredients:</b> Pea shoots 1/2 catty Shrimps 1/3 catty  <b>Steps:</b> 1. Stir-fry ginger slices in hot oil until fragrant; add shelled shrimps and pea shoots and stir-fry. 2. Add light soy sauce, sugar and water; stir-fry well and serve.
Tuesday			
<b>Pork Rib Soup with Corn</b>	<b>Eggs Stir-fried with Three kinds of Shreds</b>	<b>Beef Fillets Stir-fried with Mango</b>	<b>Roasted Pork Stir-fried with Mini Tientsin Pakchoi</b>
<b>Ingredients:</b> Pork ribs (blanched) 2/3 catty Carrots 1/4 catty (cut into sections) Corn (cut into sections) 1 Candied dates 2  <b>Steps:</b> 1. Boil water; add all ingredients and bring to the boil; turn to a low heat. 2. Stew for 2 hours; add salt.	<b>Ingredients:</b> Eggs 3 Carrots (shredded) 1/3 catty Pine nuts 2 taels Pork (shredded) 2 taels Celery 2 taels  <b>Steps:</b> 1. Whisk and mix eggs; fry into eggroll skins; cut into strips. 2. Stir-fry ginger and garlic in hot oil until fragrant; add carrot shreds and pork shreds and stir-fry. 3. Add seasoning; add eggroll skins and celery and stir-fry. 4. Spread the pine nuts and serve.	<b>Ingredients:</b> Beef fillets (sliced) 1/3 catty Mango 1 Sweet peppers 2  <b>Steps:</b> 1. Stir-fry ginger shreds in hot oil until fragrant; add beef fillets and sweet pepper and stir-fry thoroughly. 2. Add seasoning and stir-fry until done; add mango and mix well and serve.	<b>Ingredients:</b> Mini Tientsin pakchoi 1 catty Roasted pork 1/2 catty  <b>Steps:</b> 1. Stir-fry roasted pork in hot oil until fragrant; add ginger and garlic and stir-fry briefly. 2. Add mini Tientsin pakchoi; add seasoning and stew until done.
Wednesday			
<b>Seafood Soup with Soybean Curd</b>	<b>Squid Roll Steamed with Light Soy Sauce</b>	<b>Three Kinds of Mushrooms Stir-fried with Oyster Sauce</b>	<b>Duck Breasts Stewed with Orange</b>
<b>Ingredients:</b> Soybean curd 2 pcs Shrimps 4 taels Crab stick 3 Yellow chives 1/4 tael  <b>Steps:</b> 1. Blanch seafood and soybean curd and set aside. 2. Stir-fry ginger slices in hot oil until fragrant; sprinkle wine; add superior stock and bring to the boil; add soybean curd, yellow chives and seafood and bring to the boil. 3. Add egg white and bring to the boil; thicken the soup, add chopped spring onion; add seasoning and serve.	<b>Ingredients:</b> Squid tubes 1/3 catty Light soy sauce 2 spoons  <b>Steps:</b> 1. Marinate squid with light soy sauce; steam over a high heat until cooked; take out and cut them into rings. 2. Cook light soy sauce, sugar and salt sauce and bring to the boil; thicken the sauce and pour them onto the squid rings.	<b>Ingredients:</b> Fresh shiitake 1/4 catty mushrooms Abalone mushrooms 1/4 catty Straw mushrooms 1/4 catty  <b>Steps:</b> 1. Stir-fry ginger, spring onion and garlic in hot oil until fragrant; add fresh shiitake mushrooms and stir-fry briefly. 2. Put oyster sauce, light soy sauce and sugar; add straw mushrooms and abalone mushrooms and stew. 3. Thicken the soup and serve.	<b>Ingredients:</b> Duck breasts 1/3 catty Orange 1  <b>Steps:</b> 1. Mix duck breast with marinade well; fry them until golden. 2. Add orange juice, orange peel, diced orange, water and salt; stew over a low heat and bring to the boil. 3. Thicken the soup; add pork ribs; mix them with the sauce well and serve.
Thursday			
<b>Pork Bone Soup with Fish Maw and Dried Scallops</b>	<b>Diced Beef Stir-fried with Cucumber</b>	<b>Fresh Shrimps Stewed with Wax Gourd</b>	<b>Cold Mixed Jelly Fish</b>
<b>Ingredients:</b> Pork bone 1/2 catty Dried scallops 5 Dried fish maws 2 Chinese yam 2 taels  <b>Steps:</b> 1. Boil water; add all ingredients and bring to the boil; turn to a low heat. 2. Stew for 2 hours; add salt.	<b>Ingredient:</b> Beef (diced) 1/3 catty Cucumber 1/3 catty  <b>Steps:</b> 1. Stir-fry diced beef in hot oil; add broad bean paste and stir-fry. 2. Add cucumber and stir-fry; add seasoning and stew for a while. 3. Thicken the soup and dish up.	<b>Ingredients:</b> Shrimps 1/3 catty Wax gourd 1/2 catty Egg 1 (mix egg white well)  <b>Steps:</b> 1. Marinate shrimps well; mash wax gourd; add ginger slices and steam until cooked. 2. Heat up oil in wok; add mashed wax gourd; add shelled shrimps; thicken the soup; add egg white. 3. Add seasoning; cook until the sauce thickens.	<b>Ingredients:</b> Jelly fish 1/3 catty  <b>Steps:</b> 1. Shred jelly fish; blanch; drain; arrange on a plate. 2. Add superior stock, light soy sauce, vinegar and sesame oil and bring to the boil; pour them onto the jelly fish.

Friday			
<b>Vinegar-pepper Soup</b>	<b>Fried Asparagus</b>	<b>Stewed Beef Fillets</b>	<b>Salted Duck Egg Stir-fried with Small Pakchoi</b>
<b>Ingredients:</b> Pork (shredded) 1/3 catty Dried shiitake 2 taels mushrooms (shredded) Wood ear fungus 2 taels (shredded) Pork blood 2 taels Shelled shrimps 2 taels Soybean curd 2 taels <b>Steps:</b> 1. Stir-fry pork shreds in hot oil until fragrant; add wood ear fungus shreds and dried shiitake mushroom shreds and stir-fry; add water and bring to the boil. 2. Add pig blood, shelled shrimps and soybean curd and stew; add balsamic vinegar, chili oil, pepper and seasoning and bring to the boil. 3. Thicken the soup; add whisked egg; spread diced spring onion and Chinese parsley.	<b>Ingredients:</b> Asparagus 1/3 catty <b>Steps:</b> 1. Stir-fry chopped garlic in hot oil until fragrant; add asparagus and stir-fry quickly. 2. Add seasoning and serve.	<b>Ingredients:</b> Beef fillets (sliced) 1/3 catty European lettuce appropriate amount <b>Steps:</b> 1. Marinate the beef fillets well; fry with hot oil until two sides become brown. 2. Sprinkle some herbs on the beef fillets; bake them in the oven for 5 min; put them back into the wok. 3. Add red wine and butter and fry briefly; garnish with European lettuce.	<b>Ingredients:</b> Small pakchoi 2/3 catty Salted duck egg 1 <b>Steps:</b> 1. Poach salted duck egg; dice it. 2. Stir-fry ginger and garlic in hot oil until fragrant; add small pakchoi and stir-fry; add diced salted duck egg and sauté briefly. 3. Add seasoning and serve.
Saturday / Sunday			
<b>Black-skinned Chicken Soup with Chinese Yam and Conch</b>	<b>Steamed Eggs with Minced Pork</b>	<b>Fried Clams with Chinese Cabbage</b>	<b>Steamed Eggplant</b>
<b>Ingredients:</b> Black-skinned chicken 1 Conches 1/4 catty Chinese yam 2 taels Chinese wolfberries appropriate amount <b>Steps:</b> 1. Boil water; add all ingredients and bring to the boil; turn to a low heat. 2. Stew for 2 hours; add salt.	<b>Ingredients:</b> Pork (minced) 1/3 catty Eggs 3 <b>Steps:</b> 1. Flavor minced pork. 2. Add water and small amount of salt in eggs and whisk well; add the minced pork and mix thoroughly. 3. Steam for about 8 min until done.	<b>Ingredients:</b> Chinese cabbage 1/2 catty Clams 1/3 catty <b>Steps:</b> 1. Fry ginger and garlic in hot oil until fragrant; add clams and stir-fry; add seasoning. 2. Add Chinese cabbage and mix thoroughly; add seasoning and serve.	<b>Ingredients:</b> Eggplant 1/3 catty (cut into strips) Chili pepper appropriate amount <b>Steps:</b> 1. Place eggplant strips on a plate; steam for 7 min; take them out. 2. Stir-fry chili pepper in hot oil until fragrant; add seasoning and bring to the boil; pour them onto the eggplant.