

Monday			
Fish Maw Soup with Lily Bulbs and Chinese Yam	Horsehead Preserved Cabbage	Steamed Tianjian with White	Shrimps Stir-fried with Corn and Green Soybeans
Ingredients: Fish maw (soaked) 1/2 catty Lily bulbs 4 taels Chinese yam 4 taels Lean pork appropriate amount Steps: 1. Boil some water; add all ingredients and bring to the boil; reduce to a low heat. 2. Simmer at a low heat for 2 hours; season with salt.	Ingredients: Horsehead 1 Steps: 1. Put the horsehead on a plate with spring onion stems; lay sliced ginger and shredded ginger beneath; lay preserved Tianjian white cabbage on top. 2. Steam in a high heat until fish is cooked; stir-fry some shredded ginger and light soy sauce in hot oil and pour onto the fish.	Ingredients: Shrimps (deveined) 5/6 catty Corn kernels 4/5 catty Green soybeans 4/5 catty Carrot (diced) half Steps: 1. Stir-fry some shredded ginger and chopped garlic in hot oil until fragrant; add shrimps, green soybeans, and corn kernels and stir-fry mixture; sprinkle wine. 2. Add seasoning and water and braise for a while; add diced carrot and cook mixture until done. 3. Thicken with mixture of cornstarch and water.	Ingredients: Beef 1/3 catty Salted duck egg 1 Steps: 1. Mince and marinate the beef; mix it with the egg white of salted duck egg. 2. Spread the minced beef on a plate with the egg yolk in the middle; steam over a high heat until done.
Tuesday			
Fish Tail Soup with Soybean Sprouts	Marinated Soybean Curd	Beef Stir-fried with Water Spinach	Squid Stir-fried with White String Beans
Ingredients: Big head fishtail 4/5 catty Soybean sprouts 2/5 catty Steps: 1. Stir-fry some shredded ginger in hot oil until fragrant; fry fishtails until lightly browned; add water and bring to the boil. 2. Add soybean sprouts and bring to the boil; season with salt.	Ingredients: Soybean curd 3 pcs Steps: 1. Boil some water; add brine seasoning and ginger; simmer in a low heat for 1 hour; remove floating bubbles; add seasoning such as light soy sauce and dark soy sauce and bring to the boil. 2. Add soybean curd, cook and soak over a medium-low heat for 10 min; turn off the heat and soak further 15 min until flavor is fully absorbed.	Ingredients: Beef 2/3 catty Water spinach 1/2 catty Steps: 1. Marinate the beef and set aside; stir-fry some minced ginger in hot oil until fragrant; add beef and water spinach and stir-fry until beef is done. 2. Add oyster sauce and sugar; thicken with mixture of cornstarch and water.	Ingredients: Squid 1/3 catty White string beans 1/2 catty Steps: 1. Stir-fry some shredded ginger and chopped garlic in hot oil until fragrant; add squid and stir-fry; sprinkle wine; add some water. 2. Add white string beans and stir-fry; add seasoning and cook until done.
Wednesday			
Songsao Fish Soup	Pig Liver Stir-fried with Sweet Peppers	Sand Clams Stir-fried with Mushrooms	Green Hot Pepper Stir-fried with Mashed Garlic
Ingredients: Egg white 1 Freshwater grouper 1/3 catty Bamboo shoot 2 taels Dried shiitake 2 taels mushrooms (shredded) Steps: 1. Steam freshwater grouper until done; bone and skin the fish. 2. Sprinkle chopped ginger; add chicken soup, shredded bamboo shoot, shredded shiitake mushrooms and fish and bring to the boil; add seasoning; add cornstarch and water. 3. Add shredded ginger, Chinese parsley, Zhenjiang vinegar and mix well; add egg flakes and shredded Chinese ham.	Ingredients: Pig liver 2/3 catty Green sweet pepper half Red sweet pepper 1/4 Yellow sweet pepper 1/4 Steps: 1. Marinate pig liver; soak in oil and set aside. 2. Fry some shredded ginger, chopped garlic and diced onion in hot oil until fragrant; add all sweet peppers and stir-fry quickly. 3. Add pig liver and stir-fry well; add seasoning; thicken with mixture of cornstarch and water.	Ingredients: Sand clams 2/3 catty Enokitake mushrooms 1/4 tael Straw mushrooms 6 Fresh shiitake 4 mushrooms Steps: 1. Stir-fry some shredded ginger, chopped garlic in hot oil; add sand clam and stir-fry briefly; add mushrooms and stir-fry. 2. Add seasoning then serve.	Ingredients: Green hot pepper 1/2 catty Chopped garlic 4 teaspoons Steps: 1. Stir-fry some shredded ginger and chopped garlic in hot oil; add green hot pepper and stir-fry quickly. 2. Add seasoning and serve.

Thursday			
Pork Rib Soup with Chayote and Black-eyed Peas	Grouper Belly Stir-fried with Bitter Cucumber	Ants Climbing Trees (Mungbean Vermicelli with Spicy Minced Pork)	Egg Bean Curd with Enokitake Mushrooms
Ingredients: Pork rib 1/3 catty Chayote 1/2 catty Black-eyed peas 1/3 catty Steps: 1. Boil some water; add all ingredients and bring to the boil; reduce to a low heat. 2. Simmer for 2 hours; season with salt.	Ingredient: Bitter cucumber 1/3 catty Grouper belly 1/2 catty Steps: 1. Marinate sliced grouper belly and soak in cooking oil and set aside; blanch bitter cucumber in boiling water and set aside. 2. Stir-fry some shredded ginger in hot oil; add bitter cucumber and stir-fry briefly; add sliced grouper belly and stir-fry. 3. Add light soy sauce, sugar and salt.	Ingredients: Pork (minced) 1/6 catty Mungbean vermicelli 1/6 catty Steps: 1. Fry minced pork in hot oil; add spring onion stems, shredded ginger and spicy broad bean paste and stir-fry. 2. Add mungbean vermicelli and seasoning; bring to the boil.	Ingredients: Enokitake mushrooms 1/3 catty Egg bean curd 2 pcs Steps: 1. Fry some shredded ginger and chopped garlic in hot oil until fragrant; add enokitake mushrooms and stir-fry; sprinkle wine. 2. Add egg bean curd; add superior stock and seasoning; cook until flavor is fully absorbed.
Friday			
Pork Soup with Rice Beans and Apricot Kernels	Soybean Curd and Minced Pork	Pork Ribs Stir-fried with Fermented Black Soybeans and Bitter Cucumber	Scrambled Eggs with Mushrooms and Onion
Ingredients: Pork 1/3 catty Rice beans 1 tael Apricot kernels appropriate amount Steps: 1. Boil some water; add all ingredients and bring to the boil; reduce to a low heat. 2. Simmer for 2 hours; season with salt.	Ingredients: Pork 1/5 catty Soybean curd 1 pc Steps: 1. Steam soybean curd in a high heat until done. 2. Marinate minced pork; stir-fry marinated pork until done; lay minced pork on soybean curd. 3. Fry some shredded ginger and chopped garlic in hot oil; add seasoning and bring to the boil; pour the sauce on the minced pork and soybean curd.	Ingredients: Pork ribs 1/3 catty Bitter cucumber 1/3 catty Fermented black soybeans appropriate amount Steps: 1. Marinate pork ribs and soak in cooking oil and set aside; blanch bitter cucumber in boiling water and set aside. 2. Stir-fry chopped garlic and fermented black soybeans in hot oil; add bitter cucumber; add chicken soup and seasoning and stir-fry. 3. Add pork ribs and stir-fry; thicken with mixture of cornstarch and water.	Ingredients: Mushrooms (sliced) 4 taels Onion (diced) half Eggs 4 Steps: 1. Fry some shredded ginger and chopped garlic in hot oil until fragrant; add chopped onion and sliced mushrooms and stir-fry; add seasoning. 2. Add whisked egg and stir-fry quickly until done; season with salt.
Saturday / Sunday			
Papaya Stewed with Apricot Kernels	Steamed Egg with Chinese Ham	Shredded Chicken Stir-fried with Bean Sprouts	Seafood Stir-fried with Broccoli and Fresh Fungus
Ingredients: Papaya 1 Apricot kernels 4 taels Candied dates appropriate amount Steps: 1. Boil some water; add all ingredients and bring to the boil; reduce the heat. 2. Simmer for 2 hours; season with salt.	Ingredients: Eggs 3 Chinese ham 4 taels Steps: 1. Whisk egg, and mix well with water and small amount of salt; add shredded Chinese ham and mix well. 2. Steam for about 8 min.	Ingredients: Chicken breast 3/5 catty (shredded) Bean sprouts 1/6 catty Steps: 1. Fry some shredded ginger and chopped garlic in hot oil until fragrant; add bean sprouts and stir-fry until done; add shredded chicken and stir-fry. 2. Add seasoning; thicken with mixture of cornstarch and water.	Ingredients: Shrimps 4 taels Small cuttlefish 4 taels Sand clams 4 taels Broccoli 1/2 catty Steps: 1. Blanch broccoli, shrimps, sand clams, and small cuttlefish; marinate seafood and set aside. 2. Fry some shredded ginger and chopped garlic in hot oil; add fresh fungus, seafood and broccoli and stir-fry; sprinkle wine. 3. Add sliced carrot, spring onion and seasoning and stir-fry well.