

Monday			
Beef Shin Soup with Corn and Wax Gourd	Sichuan Chili Soybean Curd	Steamed Minced Beef with Potatoes	Fresh Squid Stir-fried with Sweet Peppers
Ingredients: Wax gourd (sliced) 2/3 catty Beef shin (blanched) 1/3 catty Corn (cut into sections) 2 Candied dates 2 pcs	Ingredients: Minced pork 2/5 catty Soybean curds 2 (cut into small cubes)	Ingredients: Potatoes 3 Beef (minced) 1/4 catty	Ingredients: Squid 1/2 catty (cut into pieces and blanched) Red sweet peppers 1 (cut into quarters) Green sweet peppers 1 (cut into quarters)
Steps: 1. Boil a pot of water; add all ingredients and bring to a boil then turn to low heat and simmer. 2. Continue to cook for 2 hours; season with salt.	Steps: 1. Fry some chopped spring onions, ginger, garlic, shredded red hot pepper, fermented black soybean, and broad bean paste in hot oil. 2. Add minced pork and soybean curds to stir-fry. 3. Add superior stock and seasoning; thicken the soup; add spring onions.	Steps: 1. Marinate beef; add diced potatoes. 2. Steam until cooked. 3. Garnish with chopped spring onions and serve.	Steps: 1. Fry ginger, garlic, shredded hot peppers in hot oil; add fresh squid; sprinkle a few drops of rice wine; pour water to boil until cooked. 2. Add versicolor sweet peppers; stir fry well; add superior stock, sugar and pepper and serve.
Tuesday			
Pork Shin Soup with Fresh and Dried Chinese White Cabbage and Candied date	Sautéed Fried Pomfret	Shanghai Pakchoi in Sauce	Pork Slices Stir-fried with Sweet Peppers and Fermented Black Soybeans
Ingredients: Pakchoi 1/2 catty Dried Chinese white cabbages (soaked) 1 tael Lean pork (blanched) 1/3 catty Candied dates 2 pcs	Ingredients: Pomfret 1	Ingredients: Shanghai pakchoi 2/3 catty (sections)	Ingredients: Pork (sliced) 2/3 catty Red sweet pepper 1 (cut into pieces) Green sweet pepper 1 (cut into pieces)
Steps: 1. Boil a pot of water; add all ingredients and bring to a boil then turn to low heat and simmer. 2. Continue to cook for 2 hours; season with salt.	Steps: 1. Marinate pomfret. 2. Fry shredded ginger; add fish; turn to a high heat at first; turn to a medium or low heat; fry both sides of the pomfret until golden. 3. Pour light soy sauce then serve.	Steps: 1. Fry ginger and garlic in hot oil; add Shanghai pakchoi to stir fry. 2. Add sweet bean sauce and broad bean paste; add appropriate amount of water; add sugar and soy sauce; stir fry well and serve.	Steps: 1. Fry red sweet peppers and green sweet peppers, spring onions, ginger, garlic and fermented black soybeans in hot oil. 2. Add sliced pork; add salt, sugar and water; stir fry until the meat extract comes out.
Wednesday			
Octopus Soup with Lotus Roots and Mung Beans	Roasted Pork Stir-fried with Bitter Cucumber	Softened Chicken Fried with Lemon Juice	Shredded Potatoes Stir-fried with Bean Sprouts
Ingredients: Lotus root 1 catty (cut into chunks) Mung beans 2 taels Dried octopus (soaked) 2 taels Lean pork (blanched) 8 taels	Ingredients: Roasted pork 2/3 catty (cut into pieces) Bitter cucumber 1/2 catty (sliced and blanched)	Ingredients: Whole chicken half Lemon 1	Ingredients: Potatoes (shredded) 1/3 catty Bean sprouts 1/4 catty Red hot pepper 1 tablespoon (shredded)
Steps: 1. Boil a pot of water; add all ingredients and bring to a boil then turn to low heat and simmer. 2. Continue to cook for 2 hours; season with salt.	Steps: 1. Fry roasted pork in hot oil; dish up and set aside. 2. Fry shredded ginger; stir fry bitter cucumber; sprinkle a few drops of rice wine, add small amount of water; season with salt and sugar. 3. Add roasted pork in the wok; mix well; arrange on a plate.	Steps: 1. Marinate chicken with lemon juice, spring onions, ginger, light soy sauce, rice wine and sugar. 2. Deep fry marinated chicken until fully done and golden. 3. Cut chicken into pieces; put them on sliced lemons.	Steps: 1. Soak shredded potatoes in cold water for several minutes; drain shredded potatoes. 2. Fry chopped spring onions; add shredded potatoes, shredded red hot pepper and bean sprouts; stir fry well. 3. Season and mix well and serve.

Thursday			
Pork Rib Soup with Apple and Pear	Fried Minced Pork with Lotus Roots	Pork Rib Stir-fried with Strawberries	Shrimps Stir-fried with Abalone Mushrooms and Broccoli
Ingredients: Pork ribs (blanched) 2/3 catty Apple 1 (cut into chunks) Pear (cut into chunks) 1 Red dates appropriate amount	Ingredient: Lotus roots (shredded) 8 taels Pork (minced) 4 taels	Ingredients: Pork ribs 1/3 catty (cut into chunks) Strawberries 4	Ingredients: Abalone 1/4 catty mushrooms (blanched) Broccoli (blanched) 2/5 catty Shelled shrimps 1/4 catty Red hot pepper 1 tablespoon (shredded)
Steps: 1. Boil a pot of water; add all ingredients and bring to a boil then turn to low heat and simmer. 2. Continue to cook for 2 hours; season with salt.	Steps: 1. Marinate minced pork; mix well with lotus roots. 2. Heat up the oil; add minced pork; fry over low heat.	Steps: 1. Marinate pork ribs; coat with caltrop starch; deep fry until golden; dish up. 2. Fry chopped garlic; add tomato sauce, sugar and chopped strawberries; bring to the boil. 3. Add pork rib and mix well when arranging the plate.	Steps: 1. Marinate shrimps, stir fry in hot oil and set aside. 2. Fry mashed garlic, ginger and shredded pepper in hot oil; stir fry well. 3. Add broccoli and shelled shrimps; stir fry quickly; sprinkle a few drops of rice wine; thicken the sauce and serve.
Friday			
Chicken Soup with Chinese Yam and Chinese Wolfberry	Steamed Japanese Eel with Fermented Black Soybean Sauce	Wild Mushrooms Stir-fried with Chopped Garlic	Sautéed Fish Fillet Stir-fried with Mango and Asparagus
Ingredients: Whole chicken 2/3 catty Chinese yam 2 taels Chinese wolfberry 5 maces Red dates 10 pcs	Ingredients: Japanese eel 1 (cut into pieces) Fermented black soybean appropriate amount	Ingredients: Shaggy mane 1/3 catty Chaxinggu 1/6 catty Small oyster mushroom 1/6 catty	Ingredients: Fish fillet 1/2 catty Asparagus 1/3 catty Mangoes 2
Steps: 1. Boil a pot of water; add all ingredients and bring to a boil then turn to low heat and simmer. 2. Continue to cook for 2 hours; season with salt.	Steps: 1. Soak blanched Japanese eel in frozen water briefly; cut into pieces. 2. Soak salted mustard greens briefly; mix well with fermented black soybean sauce; bring to the boil; sprinkle a few drops of rice wine; add seasoning and stir fry briefly; place on the bottom of the plate. 3. Lay the Japanese eel on the top of the mixture; pour fermented black soybean sauce; steam for 10 min over a high heat.	Steps: 1. Fry butter, chopped spring onions, sliced garlic and black pepper. 2. Add all mushrooms and stir fry until soft; sprinkle a few drops of rice wine; season with salt and sugar; mix well until the extract come out.	Steps: 1. Blanch asparagus until done with salted water; marinate fish fillet and set aside. 2. Fry ginger, garlic, spring onions in hot oil; add asparagus and seasoning. 3. Add fish fillet and mango strips; stir fry briefly and serve.
Saturday / Sunday			
Duck Soup with Nourish Cool	Diced Chicken Stir-fried with Chili Peppers	Shredded Beef Stir-fried with Garlic roots	Steamed Tonguesole
Ingredients: Whole duck 1 catty Mung bean/Chinese 1 tael yam/Lotus seed/Pearl separately barley/Lily bulbs	Ingredients: Whole chicken (diced) 5/6 catty Dried chili peppers 10 (cut into sections)	Ingredients: Beef (shredded) 1/2 catty Wood ear fungus 10 florets (shredded) Garlic shoots 1/2 catty Red hot pepper appropriate amount (shredded)	Ingredients: Tonguesole 1
Steps: 1. Boil a pot of water; add all ingredients and bring to a boil; then turn to a low heat and simmer. 2. Continue to cook for 2 hours; season with salt.	Steps: 1. Marinate the chicken; deep fry briefly in the wok; fish out. 2. Fry dried hot chili pepper in hot oil; add broad bean paste, ginger, spring onions, dried chili pepper; stir well. 3. Put diced chicken back into the wok; sprinkle a few drops of rice wine; add seasonings; thicken soup.	Steps: 1. Fry spring onions, garlic; add beef, garlic shoots; stir well. 2. Season; stir-fry until done.	Steps: 1. Put the fish on the plate; lay sliced ginger and diced spring onions underneath the fish; add shredded ginger on the top of the fish. 2. Steam the fish over a high heat until it is done; fry some shredded ginger in hot oil; pour the hot oil and shredded ginger mixture onto the fish.