

Monday			
Bamboo Shoot Soup with Dried Shrimps	Wax Gourd Braised with Straw Mushrooms	Pork Chop in Tomato Sauce	Pig Livers Stir-fried with Radishes
Ingredients: Dried shrimps 1 tael Bamboo shoots 1/6 catty (sliced) Preserved mustard greens appropriate amount Steps: 1. Put superior stock, dried shrimps and bamboo shoots in a wok; add preserved mustard greens when the soup is boiled. 2. Add appropriate amount of salt and serve.	Ingredients: Wax gourd 1 catty (cut into chunks) Straw mushrooms 1/2 catty Steps: 1. Fry wax gourd chunks in hot oil; add soaked and minced dried scallop and superior stock, cook for 20 min; set aside. 2. Fry ginger slices in hot oil; add straw mushrooms; sprinkle a few drops of rice wine; season and cook until done. 3. Put dried scallop and wax gourd back in the wok; stir-fry well and serve.	Ingredients: Pork chop 1/2 catty Onion (shredded) 2 taels Tomatoes 2 Steps: 1. Gently crush pork chop and marinate; pan-fry pork chop until both sides become brown. 2. Fry garlic in hot oil; stir-fry tomatoes and shredded onion; sprinkle a few drops of rice wine; pour tomato sauce and season. 3. Put the pork chop back in the wok and mix well; stir-fry until sauce is absorbed.	Ingredients: Pig livers (sliced) 1/3 catty Radishes (sliced) 2/5 catty Steps: 1. Heat up the wok with cooking oil; stir-fry sliced radishes until 80% done; dish up. 2. Fry pig livers in hot oil; stir-fry quickly. 3. Put sliced radishes back in the wok and stir-fry all; add spring onion; season and serve.
Tuesday			
Egg Drop Soup with Tomatoes	Steamed Pork Ribs with Pumpkin in Fermented Black Soybean Sauce	Sautéed Fried Chicken Wings	Bamboo Shoots and Fresh Shiitake Mushrooms Stir-fried with Chopped Garlic
Ingredients: Tomatoes (cut into chunks) 3 Eggs 2 Steps: 1. Heat up the wok with cooking oil and shredded ginger; pour some water and bring to the boil; add tomatoes and bring to the boil; season with salt. 2. Pour whisked egg into the wok; sprinkle spring onion and Szechuan pepper.	Ingredients: Pumpkin (sliced) 1 Pork ribs 6 pcs Fermented black soybean small amount Steps: 1. Mix pork ribs with fermented black soybean, light soy sauce, salt, spring onion and ginger well; marinate for 30 min. 2. Lay pork ribs on the pumpkin; steam until pork ribs become juicy and cooked; sprinkle Chinese parsley and serve.	Ingredients: Chicken wings 2/3 catty Steps: 1. Marinate chicken wings; pour hot oil and fry until both sides become brown. 2. Coat chicken wings with honey water; pan-fry briefly until fragrant and serve.	Ingredients: Bamboo shoot 2/5 catty (cut into pieces and blanched) Fresh shiitake 6 pcs mushroom (soaked) Steps: 1. Fry spring onion sections and shiitake mushrooms in hot oil; sprinkle a few drops of rice wine and stir-fry. 2. Add bamboo shoot; pour superior stock and season; bring to the boil. 3. Thicken the soup and serve.
Wednesday			
Spinach Soup with Lotus Seeds and White Fungus	Lily Bulbs Stir-fried with Asparagus	Sweet and Sour Pork	Golden Horsehead Bream Boiled with Tomatoes
Ingredients: Spinach 1/2 catty Lotus seeds 20 pcs White fungus 1 & 1/2 taels (cut into pieces) Steps: 1. Heat up the wok with cooking oil and shredded ginger; add stock and bring to the boil; add lotus seeds and cook for 5 min. 2. Add spinach and white fungus and bring to the boil; season with salt and serve.	Ingredients: Asparagus 1/3 catty (cut into sections) Lily bulbs 1/3 catty (peel into pieces) Carrots (sliced) 1 tablespoon Steps: 1. Stir-fry asparagus until half done; add lily bulbs and sliced carrots; mix and stir-fry. 2. Pour in superior stock; season and cook for a short time. 3. Thicken the soup; sprinkle the fried chopped garlic and serve.	Ingredients: Pork ribs 1/3 catty (cut into pieces) Pineapples 4 taels Green sweet pepper 1 Red sweet pepper 1 Steps: 1. Gently chop pork tenderloin; marinate well; pour in whisked egg; coat pork tenderloin with cornstarch to deep fry until firm and done. 2. Fry chopped garlic in hot oil; pour tomato sauce, Zhenjiang black vinegar, sugar and salt to cook; add green and red sweet peppers and sliced pineapple; stir-fry together. 3. Put pork ribs back in the wok and mix well; add spring onion sections and serve.	Ingredients: Golden horsehead bream 1 Tomatoes 2 Steps: 1. Fry sliced ginger and spring onion sections in hot oil; pan-fry both sides of the fish until fragrant; take out and set aside. 2. Fry tomatoes in hot oil; pour in superior stock and bring to the boil; put the fish back in the wok; cook briefly and serve.

Thursday			
Clam Soup with Bean Sprout	Steamed Minced Pork with Salted Duck Egg	Chicken Roasted with Salt	Mushrooms and Straw Mushrooms Stir-fried with Oyster Sauce
Ingredients: Bean sprout 1 catty Sand clams 2/3 catty Steps: 1. Stir bean sprout briefly until soft; put clams in water to spit sand. 2. Fry sliced ginger in hot oil; add clam meat and stir for a moment; pour appropriate amount of water to cook. 3. Add bean sprouts; cook briefly and season.	Ingredient: Pork (chopped finely) 2/3 catty Salted duck egg 1 Steps: 1. Chop pork finely; pour salted duck egg white and seasoning; mix well. 2. Lay the meat pie on the plate; put salted duck egg yolk in the middle of the pie; steam in a container for 10 min. 3. Sprinkle chopped spring onion and pour cooking oil and serve.	Ingredients: Whole chicken 1 Steps: 1. Wrap chicken with butter paper; lay tinfoil in the clay pot. 2. Heat up the wok; add coarse salt and stir until brown; lay 1/3 of coarse salt on the bottom of the wok. 3. Put chicken in the wok; lay the remaining coarse salt on the top; cover the lid and roast over low heat until done.	Ingredients: Mushrooms 1/2 catty Straw mushrooms 1/2 catty Steps: 1. Fry ginger and garlic in hot oil; add straw mushrooms and mushrooms and stir-fry. 2. Sprinkle a few drops of rice wine; pour oyster sauce; season and cook until sauce is absorbed. 3. Sprinkle chopped spring onions and serve.
Friday			
Soybean Curd Soup with Corn and Straw Mushrooms	Steamed Tonguesole	Mussels Boiled in Sake	Straw Mushrooms Coated with Egg White and Imitation Crab Meat
Ingredients: Soybean curd 1/2 catty Straw mushrooms 1/3 catty Corn 2 Steps: 1. Heat up the wok with cooking oil and shredded ginger; add straw mushrooms and stir briefly; sprinkle a few drops of rice wine. 2. Pour stock and bring to the boil; add corn kernels and soybean curd and cook together. 3. Pour whisked egg; thicken the soup and serve.	Ingredients: Tonguesole 1 Steps: 1. Put the fish on a plate; lay sliced ginger and spring onion stem underneath the fish; add shredded ginger on 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 and light soy sauce onto the fish and serve.	Ingredients: Mussels 15 Onion (shredded) half Red onion (shredded) half Steps: 1. Fry chopped garlic, onion, red onion and shredded red hot peppers; add mussels and cook all together. 2. Pour superior stock and sake; mix well; cook until the sauce is absorbed. 3. Season with salt; sprinkle herbs and serve.	Ingredients: Straw mushrooms 1/2 catty Imitation crab meat 5 Egg white 1 Steps: 1. Fry ginger and garlic in hot oil; add straw mushrooms and stir briefly; sprinkle a few drops of wine; season with salt and cook to absorb the sauce; dish up. 2. Heat up a wok; pour superior stock, sugar, salt, imitation crab meat and egg white; bring to the boil; thicken the soup. 3. Pour the mixture on straw mushrooms.
Saturday / Sunday			
Pork Rib Soup with Mung Beans and Dried Tangerine Peel	Steamed Sweetlip with Preserved Tianjin White Cabbages	Shanghai Pakchoi Coated with Shiitake Mushrooms	Fried Assorted Mushrooms with Oyster Sauce
Ingredients: Pork ribs 1/2 catty Mung beans 1/2 catty Dried tangerine peel 1/2 tael Steps: 1. Boil a pot of water; add all ingredients and bring to the boil then turn to a low heat and simmer. 2. Continue to cook for 2 hours; season with salt.	Ingredients: Sweetlip 1 & 1/2 taels Preserved Tianjin small amount white cabbages Steps: 1. Put the fish on a plate; lay sliced ginger and spring onion stem underneath the fish; add shredded ginger and preserved Tianjin white cabbages on top of the fish. 2. Steam over a high heat until the fish is done; fry shredded ginger in hot oil and pour the mixture onto the fish.	Ingredients: Shanghai pakchoi 1/3 catty Dried shiitake 10 pcs mushrooms Steps: 1. Put Shanghai pakchoi in boiling water; take out when the color of Shanghai pakchoi changes. 2. Fry spring onion and ginger in hot oil, pour stock; add shiitake mushrooms and salt; bring to the boil; put Shanghai pakchoi back in the wok. 3. Stew for 2-3 min; pour sesame oil and serve.	Ingredients: Straw mushrooms 2 taels Shaggy manes 2 taels Small oyster mushrooms 2 taels Steps: 1. Fry ginger, straw mushrooms, shaggy manes, small oyster mushrooms in hot oil; sprinkle a few drops of rice wine. 2. In the end, add oyster sauce, sugar and ground white pepper; serve.