

Monday			
Sand Clam Soup with Small Pakchoi	Soybean Curd Fried with Beef	Shredded Fish Stir-fried with String Beans	Braised European Lettuce with Shiitake Mushrooms
Ingredients: Sand clams 1/2 catty Small pakchoi appropriate amount Steps: 1. Heat up the wok with cooking oil and shredded ginger; add sand clams and stir-fry until shells open; add appropriate amount of water and bring to the boil. 2. Add small pakchoi and bring to the boil; season with salt and serve.	Ingredients: Beef 1/3 catty Soybean curd 2 pcs Steps: 1. Coat soybean curd with caltrop starch; fry until soybean curd turns golden; arrange on a plate. 2. Stir-fry shredded beef until done; season and thicken the soup; pour the mixture on the soybean curd.	Ingredients: Minced mud carp 1/4 catty String beans 1/2 catty Steps: 1. Mix pepper in the minced mud carp; pan-fry to fish pies and cut them into strips. 2. Fry ginger in hot oil then add and stir-fry string beans; sprinkle drops of rice wine. 3. Return mud carp strips to the wok; pour oyster sauce, sugar, dark soy sauce and spring onion and serve.	Ingredients: European lettuce 1/2 catty Dried shiitake 8 pcs mushrooms (soaked) Steps: 1. Blanch European lettuce in boiling water until done. 2. Heat up the oil; stir-fry shiitake mushrooms briefly; add seasoning and cook until the sauce is absorbed. 3. Add European lettuce and cook briefly; season and serve.
Tuesday			
Beef Soup with Sponge Gourd	Steamed Chicken with Dried Lily Buds and Black Fungus	Mud Carp Fried and Stuffed with Eggplants, Green Hot Pepper and Deep Fried Tofu Puff	Steamed Egg with Shiitake Mushrooms
Ingredients: Sponge gourd 1/2 catty Beef 1/3 catty Steps: 1. Fry shredded ginger; add beef and stir-fry briefly; pour some water and boil the soup. 2. Add sponge gourd when the soup is boiled; bring to the boil again. 3. Season with salt and serve.	Ingredients: Whole chicken 2/3 catty (cut into pieces) Dried lily buds 1/2 tael Black fungus 1/2 tael (cut into chunks) Steps: 1. Marinate chicken pieces and mix well with dried lily buds and black fungus; season. 2. Steam until done over a high heat; sprinkle chopped spring onion.	Ingredients: Minced mud carp 1/2 catty Eggplants 1/4 catty Green hot peppers 1/4 catty Deep fried tofu puff 1/4 catty Steps: 1. Coat green hot peppers, eggplants and deep fried tofu puff with cornstarch; stuff them with minced mud carp. 2. Heat up the oil; fry in the oil until the fish turns golden. 3. Flip it and fry until done; serve.	Ingredients: Fresh shiitake mushrooms 1/2 tael Eggs 4 Steps: 1. Whisk eggs; pour in water, the amount of which is twice of that of whisked egg. 2. Add shiitake mushrooms and stir-fry well; season with salt and pepper. 3. Pour into a plate; steam for 15 min and serve.
Wednesday			
Pork Bone Soup with Carrots and Green Radishes	Lime-preserved Eggs Stir-fried with Hot Peppers	Pork Ribs in Orange Sauce	Chinese Lettuce in Oyster Sauce
Ingredients: Pork bones 1 catty Green radishes 1/2 catty Carrots 1/2 catty Steps: 1. Boil a pot of water; add all ingredients and bring to the boil then reduce to a low heat. 2. Simmer for 2 hours; season with salt.	Ingredients: Green hot peppers 1/4 catty Lime-preserved egg 3 Steps: 1. Cut lime-preserved eggs into cloves. 2. Shred green hot peppers finely and stir-fry briefly; season with salt. 3. Make seasoning sauce with light soy sauce, vinegar, capsicol and sesame oil; dip the sauce when eating.	Ingredients: Pork ribs 1/2 catty (cut into chunks) Orange 1 Orange juice 1 tablespoon Steps: 1. Marinate pork ribs with marinade and mix well; fry until both sides turn golden. 2. Add orange juice, orange peel; diced peeled orange, water and salt; cook over low heat and bring to the boil. 3. Thicken the soup; add pork ribs; mix the sauce well and serve.	Ingredients: Chinese lettuce 1 catty Steps: 1. Put Chinese lettuce in boiling water until done. 2. Fry chopped garlic in hot oil until fragrant; pour oyster sauce and stir-fry well; sprinkle drops of rice wine. 3. Season with salt and sugar; pour the mixture on Chinese lettuce.
Thursday			
Salted Duck Egg Soup with Hairy Gourd	Stewed Chicken in Huadiao Wine	Fish Slices with Tomatoes	Sautéed Tientsin Pakchoi
Ingredients: Hairy gourd 1/2 catty Salted duck egg 1	Ingredient: Chicken wings 2/3 catty Huadiao wine 1/2 cup	Ingredients: Grass carp (sliced) 2/3 catty Tomato (sliced) 1	Ingredients: Tientsin pakchoi 2/5 catty Dried red hot peppers small amount

Steps: 1. Fry shredded ginger in hot oil; pour some water and bring to the boil; add hairy gourd and salted duck egg and cook all. 2. Season with salt and serve.	Steps: 1. Marinate chicken wings and steam with spring onion and ginger slices until done; soak in freezing water; take out. 2. Bring fish sauce, Huadiao wine, star anise, Sichuan peppercorn, salt and water to the boil over a medium heat. 3. Cool the mixture and pour on the chicken wings; refrigerate for 12 hours then it is ready to serve.	Steps: 1. Marinate grass carp; coated with egg white and caltrop starch; deep fry until done and set aside. 2. Stir-fry garlic granule and ketchup until fragrant; add stock and seasonings; bring to the boil. 3. Add tomatoes and sliced fish; mix well; thicken the soup; sprinkle chopped spring onion.	Steps: 1. Heat up the oil; add Sichuan peppercorns and stir-fry until fragrant; take out. 2. Pour dried red hot peppers, salt, and Tientsin pakchoi; stir-fry until Tientsin pakchoi turns slightly soft and serve.
Friday			
Bigeye Soup with Tomatoes	Eggplants Stuffed with Minced Fish	Chicken Fillet Stir-fried with Celery	Braised Shredded Beef with Soybean Curd and Mushrooms
Ingredients: Bigeye 1 Tomatoes 2	Ingredients: Eggplants 3 Minced mud carp 1/4 catty	Ingredients: Chicken fillet 1/2 catty Celery 2/5 catty (cut into sections) Carrots (shredded) 1 tablespoon	Ingredients: Beef (shredded) 1/3 catty Soybean curd 2 pcs Enoki mushrooms 1/3 catty Fresh shiitake 1/3 catty mushrooms
Steps: 1. Fry shredded ginger in hot oil until fragrant; fry the fish until both sides turn light brown; pour some water and bring to the boil. 2. Add tomatoes to cook when boiling; season with salt and serve.	Steps: 1. Scoop out the middle of eggplants; set aside. 2. Stuff fish in eggplants and fix with bamboo sticks; deep fry until golden brown and take out. 3. Stir-fry Chinese parsley, dried spring onion, garlic until fragrant; pour some water and season with oyster sauce; thicken the soup; pour the mixture on the eggplants.	Steps: 1. Fry chicken fillet in hot oil until fragrant; add shredded carrots and celery and stir-fry until done. 2. Add light soy sauce, sugar and water and serve.	Steps: 1. Fry shredded beef in hot oil until fragrant; add soybean curd, enoki mushrooms and fresh shiitake mushrooms and stir-fry all. 2. Add seasoning; cook until done and serve.
Saturday / Sunday			
Soup with Wax Gourd and Chicken	Braised Beef Flank with Red Wine	Steamed Grass Carp Belly with Preserved Turnip	Chinese Flowering Cabbages in Oyster Sauce
Ingredients: Whole chicken 2/5 catty Wax gourd 2/5 catty	Ingredients: Beef flank (blanched) 1 catty Red wine 1 cup Carrots 1/2 catty (cut into chunks) Onion 1 (cut into pieces)	Ingredients: Grass carp belly 1 catty Preserved turnip 1 (shredded)	Ingredients: Chinese flowering cabbages 1 catty
Steps: 1. Boil a pot of water; add all ingredients and bring to the boil then reduce to a simmer. 2. Continue to cook for 2 hours; season with salt.	Steps: 1. Fry beef flank in hot oil; add onion and chopped garlic. 2. Mix well; pour red wine and seasoning; simmer for 2 hours over low heat. 3. Add carrots; continue to simmer for 30 min and serve.	Steps: 1. Coat salt well inside and outside the fish belly; arrange on a plate; lay on shredded ginger and shredded preserved turnip. 2. Steam over a high heat for 12 min; take out; remove the sauce. 3. Pour light soy sauce on the fish belly; lay shredded spring onion and shredded red hot peppers and serve.	Steps: 1. Put Chinese flowering cabbages in the boiling water and cook until done. 2. Fry chopped garlic in hot oil until fragrant; add oyster oil and stir-fry well; sprinkle drops of rice wine; season with salt and sugar; pour the mixture on the Chinese flowering cabbages.