

Monday			
Rockfish Soup with Mungbean Vermicelli	Sliced Chicken Stewed with Beans in Tomato Sauce	Water Spinach Stir-fried with Shredded Red Hot Pepper and Fermented Bean Curd	Stewed Pork Balls
Ingredients: Rockfish 1 Mungbean vermicelli 1/6 catty Steps: 1. Stir-fry some shredded ginger in hot oil until fragrant; fry the fish until both sides are light brown; add suitable amount of water and bring to the boil. 2. Add mungbean vermicelli and bring to the boil; season with salt.	Ingredients: Chicken breast (sliced) 1/3 catty Beans in tomato sauce 1/3 Steps: 1. Stir-fry some shredded ginger in hot oil until fragrant; fry sliced chicken until done; add seasoning. 2. Add beans in tomato sauce and stew for a short while to serve.	Ingredients: Water spinach 1/2 catty Fermented bean curd 2 pcs Red hot pepper small amount (shredded) Steps: 1. Stir-fry shredded pepper, fermented bean curd, and chopped garlic in hot oil until fragrant; add water spinach and stir-fry until done. 2. Add seasoning to serve.	Ingredients: Minced pork 1/3 catty White fungus 4 taels Shanghai pakchoi 1/3 catty Water chestnuts (diced) 2 taels Dried shiitake mushrooms (diced) 2 taels Steps: 1. Marinate minced pork and mix well with diced water chestnuts and diced shiitake mushrooms; shape mixture into balls. 2. Add chicken soup and bring to the boil; add the pork balls and soak it over a low heat until done; parboil Shanghai pakchoi and white fungus in boiling water briefly to garnish. 3. Coat the pork balls and vegetable with mixture of cornstarch and superior stock.
Tuesday			
Soup of Leaf Mustard and Chinese Ham	Eggplant Braised with Minced Pork	Sliced Pork Braised with Zucchini	Sponge Gourd Steamed with Mashed Garlic and Dried Prawn
Ingredients: Chinese ham 1/4 catty Leaf mustard 1 Steps: 1. Stir-fry some dried shallot in hot oil until fragrant; add water and bring to the boil. 2. Add ham and steam for a while; add leaf mustard and bring to the boil. 3. Add salt and bring to boil then serve.	Ingredients: Minced pork 1/4 catty Salted fish appropriate amount Eggplants 1/3 catty Steps: 1. Marinate minced pork, deep-fry until done and set aside. 2. Stir-fry some shredded ginger, chopped garlic and white parts of spring onion in hot oil until fragrant; add minced pork and diced salted fish and stir-fry; add broad bean paste; sprinkle wine. 3. Add superior stock and braise for a while; add eggplant stripes; add seasoning such as oyster sauce and vinegar.	Ingredients: Pork (sliced) 1/4 catty Zucchini (sliced) 1 Steps: 1. Fry pork for a while; add zucchini and stir-fry until done. 2. Season with salt and sugar and braise for a short while.	Ingredients: Sponge gourd 1/3 catty Dried prawn 1/6 catty Steps: 1. Slice sponge gourd and place them on a plate. 2. Add dried prawn and mashed garlic on top; add seasoning. 3. Steam over a high heat until done.
Wednesday			
Beef Soup with Tomatoes and Potatoes	Pork Cheek in Thai Style	Pig Blood Stewed with Chinese Chives	Dried Fish Floss Stir-fried with Eggplant
Ingredients: Tomatoes 1/2 catty Potatoes 1-2 Celery appropriate amount Beef 1/4 catty Steps: 1. Boil water in a pot; add beef, white pepper and ginger and stew for 45 min. 2. Add tomatoes and potatoes and simmer for a further 45 min; season with salt and sugar.	Ingredients: Pork cheek 1/4 catty Lemon grass small amount Red hot pepper small amount Lemon leaves small amount Steps: 1. Marinate pork cheek with red hot pepper, chopped garlic, lemon grass, vanilla lime juice, fish sauce, wine and sugar. 2. Heat up the wok with cooking oil; fry pork cheek over a low heat until done.	Ingredients: Chinese chives 1/2 catty Pig blood 1/5 catty Steps: 1. Stir-fry some shredded ginger and chopped garlic in hot oil until fragrant; add pig blood and deep-fry. 2. Add chicken soup and seasoning and bring to the boil; add Chinese chives and stir-fry well. 3. Stew until done; thicken it with mixture of cornstarch and water.	Ingredients: Minced mud carp 1/4 catty Eggplants 2 Steps: 1. Add pepper into minced mud carp; fry minced mud carp into fish pie; cut into strips and set aside. 2. Stir-fry some shredded ginger in hot oil until fragrant; add eggplants and stir-fry; add water and stew until done. 3. Put minced mud carp stripes back; add oyster sauce, sugar, dark soy sauce, and spring onion.

Thursday			
Lean Pork Soup with Bitter Cucumber	Mangrove Red Snapper Steamed with Black Salted Turnip	Pig Stomach Stir-fried with Yellow Chives	Vegetarian's Delight
Ingredients: Bitter cucumbers 1/3 catty Lean pork 1/4 catty Steps: 1. Boil water in a pot; add bitter cucumber, lean pork and ginger slices; cover the pot and bring to the boil over a high heat. 2. Reduce to a low heat and simmer for 2 hours; season with salt.	Ingredient: Man grove red snapper 1 small amount Black salted turnip Steps: 1. Put the mangrove red snapper on a plate; lay spring onion stems and ginger slices beneath the fish; lay shredded ginger and black salted turnip above the fish. 2. Steam over a high heat until done; pour fried shredded ginger and light soy sauce onto the fish.	Ingredients: Pig stomach (shredded) 1 catty Yellow chives 1/3 catty (cut into sections) Red hot pepper 2 (shredded) Steps: 1. Rinse and marinate the pig stomach; parboil the pig stomach in boiling water until done. 2. Stir-fry some shredded ginger and chopped garlic in hot oil until fragrant; add pig stomach and deep-fry; add yellow chives and shredded red hot pepper and stir-fry. 3. Sprinkle wine; thicken with mixture of cornstarch and water; stir-fry until the sauce is thickened.	Ingredients: Cucumber 1 Deep fried soybean sticks 4 taels Straw mushrooms 4 taels Bamboo fungi 4 taels Steps: 1. Stir-fry some shredded ginger and chopped garlic in hot oil until fragrant; add straw mushrooms; sprinkle wine. 2. Add cucumber, soybean sticks and bamboo fungi and stir-fry; add seasoning and suitable amount of water and bring to the boil.
Friday			
Chicken Soup with Coconut	Hot and Spicy Beef Shin	Sliced Pork Braised with Sponge gourd	Water Spinach Stir-fried with Chopped Garlic
Ingredients: Whole chicken 1 Coconut 1 Pork bones 4 taels Steps: 1. Boil some water; add all ingredients and bring to the boil; reduce to a low heat. 2. Simmer with a low heat for 2 hours; season with salt.	Ingredients: Beef shin 1/2 catty Steps: 1. Boil some water; bring ginger, star anise, dried tangerine peel, rock sugar, rose wine, salt, dark soy sauce, and light soy sauce to the boil. 2. Braise beef over a low heat for 3 hours; take it out from the pot and slice it when it is cooled. 3. Add Sichuan pepper, chili oil, vinegar, salt, sugar and light soy sauce and bring to the boil over a medium heat; pour mixture onto the beef when it is cooled.	Ingredients: Pork 1/2 catty Sponge gourd 1/2 catty Steps: 1. Stir-fry some shredded ginger and chopped garlic in hot oil until fragrant; add pork slices and fry; add seasoning and water and brew. 2. Add sponge gourd and stew mixture; add seasoning to serve.	Ingredients: Water spinach 1/2 catty Chopped garlic 2 teaspoons Steps: 1. Stir-fry some shredded ginger and mashed garlic in hot oil until fragrant; add water spinach and stir-fry quickly. 2. Add seasoning and mix well to serve.
Saturday / Sunday			
Chicken Soup with Bamboo Fungi and Sliced Whelk	Beef Pie with Preserved Mustard	Chicken Fillet Stir-fried with Shanghai Pakchoi	Fried Codfish with Mango
Ingredients: Sliced whelk 1/4 catty Whole chicken half Bamboo fungi 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.	Ingredients: Beef 1/2 catty Preserved mustard 1/4 catty Steps: 1. Mince and marinate beef; mix it well with preserved mustard. 2. Spread beef pie on a plate and steam over a high heat until done.	Ingredients: Chicken fillet 1/3 catty Shanghai pakchoi 1/2 catty Steps: 1. Fry some shredded ginger and shredded chili in hot oil until fragrant; add chicken fillet and fry; add Shanghai pakchoi and stir-fry. 2. Add seasoning and mix well to serve.	Ingredients: Codfish 2 pcs Mangoes (cut into halves) 3 Steps: 1. Marinate the codfish; coat cornstarch onto the fish; fry the codfish until both sides are light brown. 2. Add mango slices and seasoning to serve.