

BANGKOK THAI COOKING ACADEMY

THAI CULINARY TRAINING COURSE

17 April 2019-31 January 2020

6 WEEKS ROTATING TRAINING SCHEDULE

NOTE: 6 weeks course is accredited by Thai Ministry of Education

WEEK #1 17-20 April (Mon & Tues holidays, class Wed-Sat, all dishes covered in 4 days)

MONDAY (1)	TUESDAY (2)	WEDNESDAY (3)	THURSDAY (4)	FRIDAY (5)
RED CURRY PASTE (prepare)	PANANG CURRY PASTE (prepare)	MASSAMAN CURRY PASTE (prepare)	YELLOW CURRY PASTE (prepare)	GREEN CURRY PASTE (prepare)
RED CURRY WITH ROAST DUCK	PANANG CURRY WITH PORK	MASSAMAN CURRY W/CHICKEN	YELLOW CURRY WITH CHICKEN	GREEN CURRY WITH CHICKEN
CHINESE KALE W/ PRAWN SALAD	POMELO SALAD	STIR-FRIED SEAFOOD WITH SPICY BASIL	PAPAYA SALAD	EGG TOFU & SEAFOOD CLEAR SOUP
CHICKEN IN COCONUT MILK SOUP	CRISPY FRIED MUSSEL PANCAKES	STEAMED PORK WITH LIME SAUCE	GRILLED PORK + SPICY DIPPING SAUCE	PAD THAI
STIR FRIED BLACK PEPPER BEEF	STIR-FRIED CHICKEN WITH CASHEWS	DEEP FRIED SHRIMP IN TAMARIND SAUCE	HOT & SOUR PRAWN SOUP	SWEET & SOUR VEGETABLES WITH PORK
MANGO WITH STICKY RICE	BANANAS IN SWEET COCONUT	FRIED SWEET NOODLES W/PORK	TAPIOCA BALLS IN COCONUT MILK	STIR-FRIED CHICKEN W/GINGER

WEEK #2 22-26 April

MONDAY (6)	TUESDAY (7)	WEDNESDAY (8)	THURSDAY (9)	FRIDAY (10)
CHU CHI CURRY PASTE (prepare)	STUFFED CUCUMBER SOUP	SOUTHERN CURRY PASTE (prepare)	FISH CURRY PASTE (prepare)	CHICKEN SATAY + PEANUT SAUCE (prepare)
SHRIMP IN CHU CHI CURRY	DEEP FRIED FISH WITH GREEN MANGO SALAD	STIR FRIED PORK WITH SOUTHERN CURRY	NOODLES WITH FISH CURRY	RICE MIXED WITH SHRIMP PASTE
FRIED SPRING ROLLS + SWEET CHILI SAUCE	THAI FRIED RICE	DEEP FRIED CHICKEN WINGS WITH SESAME	THAI FISH CAKES + SWEET CUCUMBER DIP	STIR-FRIED BEEF WITH SPICY HERBS
STIR FRIED BEEF W/ OYSTER SAUCE	SPICY CRISPY MIXED SALAD	CRISPY ROASTED PORK BELLY	GLASS NOODLE SALAD	FRIED STUFFED SQUID W/GARLIC
SPICY HERBAL SALAD WITH SNAKE HEAD FISH	DEEP FRIED BANANAS	BARBECUED PORK SERVED WITH RICE	STIR-FRIED EGGPLANT WITH MINCED CHICKEN	SWEET CORN IN TAPIOCA & COCONUT MILK
THAI SWEET DUMPLING		SPICY MINCED CHICKEN SALAD	PUMPKIN CUSTARD	

WEEK #3 29 April-3 May

MONDAY (11)	TUESDAY (12)	WEDNESDAY (13) NOODLES DAY	THURSDAY (14)	FRIDAY (15)
SMOKED DRY FISH IN HOT AND SPICY SOUP	TAMARIND CURRY PASTE (prepare)	BOAT NOODLES WITH PORK	STIR FRIED SHRIMP WITH ASPARAGUS	DEEP FRIED PRAWN & HERBS SALAD IN TARO BASKET
SHRIMP CAKES WITH PLUM SAUCE	HOT & SOUR TAMARIND CURRY W/FISH & VEGGIES	PORK CLEAR NOODLES SOUP	NORTHERN DIP WITH VEGETABLES	NORTHERN CURRY WITH PORK
CHICKEN BAKED IN SOY SAUCE & CHINESE KALE	DEEP FRIED BOILED EGG WITH TAMARIND SAUCE	THAI TEA DRINKS	SHRIMP PASTE DIP	STIR FRIED FISH WITH CHINESE CELERY
STIR FRIED GREEN CHILIES W/CHICKEN	FRIED FISH WITH CHILI SAUCE		FRIED PRAWN ON TOAST	SOUTHERN STYLE FRIED CHICKEN
WHITE TURMERIC SPICY SALAD	STIR FRIED NOODLES PHUKET STYLE		HOT & SOUR SPARERIBS SOUP	SPICY EGG SALAD WITH BACON
	SHRIMP WITH SPICY LEMONGRASS SALAD			

WEEK #4 6-10 May

MONDAY (16)	TUESDAY (17)	WEDNESDAY (18) STREET FOODS	THURSDAY (19) VEGETARIAN DAY	FRIDAY (20)
HOT & SOUR SOUP WITH TURMERIC	MORNING GLORY WITH PEANUT CURRY	STEWED PORK LEG & CHILI VINEGAR DIP	LEARN HOW TO MAKE TOFU & SOYMILK	CRISPY FRIED MORNING GLORIES
BRAISED SPARE RIBS IN PINEAPPLE SAUCE	CRISPY RICE SALAD WITH SOUR PORK	CHICKEN & RICE AND SOYBEAN PASTE DIP	STIR FRIED MIXED VEGETABLES	GRILLED CHICKEN SALAD
PORK BELLY WITH SPICES	GRILLED PORK SIRLOIN WITH LEMONGRASS		STIR FRIED TOFU WITH CASHEWS	CRISPY EGG NOODLES IN GRAVY
CUCUMBER SALAD WITH BOILED EGG & PRAWN	STIR FRIED FISH WITH BLACK PEPPER		SWEET POTATO BALLS	STEAMED RICE WITH TARO CHICKEN & MUSHROOM
STIR FRIED CHICKEN WITH YELLOW CURRY POWDER & PINEAPPLE	STIR FRIED RICE VERMICELLI WITH TAMARIND SAUCE & SOYBEAN DIP		FRESH SPRING ROLLS + SPICY CHILI DIP	RED CURRY WITH PORK AND LONG BEANS

WEEK #5 13-17 May

MONDAY (21)	TUESDAY (22)	WEDNESDAY (23)	THURSDAY (24)	FRIDAY (25)
CHICKEN WRAP WITH PANDANUS LEAVES	JUNGLE CURRY PASTE (prepare)	STEAMED CURRIED SEAFOOD	VEGETABLE SOUP PASTE (prepare)	GAENG KHUA CURRY PASTE (prepare)
GRILLED LONG EGGPLANT SALAD	JUNGLE CURRY WITH CHICKEN	PINEAPPLE FRIED RICE	VEGETABLE SOUP	MUSSEL CURRY WITH PINEAPPLE
STEAMED FISH WITH GINGER	CRISPY CATFISH GREEN MANGO SALAD	AUTHENTIC THAI GRILLED CHICKEN	STEAMED SEABASS WITH LIME SAUCE	DEEP FRIED CHICKEN WINGS
STIR FRIED CLAMS WITH THAI CHILI PASTE	SPICY SEAFOOD WITH HERBS	FRIED GREEN PAPAYA SALAD	SPARERIBS GARLIC	STIR FRIED SQUID WITH SALTED EGG YOLKS
THAI LAYER CAKE	THAI STYLE CHICKEN BIRYANI WITH GREEN SAUCE	BLACK SESAME DUMPLING IN GINGER TEA	TINY DUMPLINGS IN SWEET COCONUT MILK	WINGED BEAN SALAD
	COCONUT MILK CUSTARD		GOLDEN BAG	STEAMED BANANA PASTRY

WEEK #6 20-24 May

MONDAY (26)	TUESDAY (27)	WEDNESDAY (28)	THURSDAY (29) THAI BREAKFAST	FRIDAY (30)
TAY PHO CURRY PASTE (prepare)	KHAO SOY CURRY PASTE (prepare)	FRIED SPRING ROLLS WTH 5 SPICE SAUCE	THAI GRILLED PORK & STICKY RICE	STEAMED OR DEEP FRIED TOFU & PRAWN SAUCE
TAY PHO CURRY WITH PORK BELLY & MORNING GLORIES	KHAO SOY WITH CHICKEN	DEEP FRIED FISH IN 3 FLAVOR SAUCE	STIR FRIED MORNING GLORIES	DEEP FRIED SPICY CHICKEN SALAD
BAKED PRAWNS AND MUNG BEAN NOODLES	STIR FRIED SEAFOOD WITH SHRIMP PASTE	FRIED VERMICELLI WITH PORK	BOILED RICE SERVED WITH CONDIMENTS	DEEP FRIED FISH WITH TURMERIC
YELLOW CURRY CRAB	STUFFED CHICKEN WINGS	PORK DUMPLING	RICE CONGEE	THAI COCONUT CAKE
WATER CHESTNUTS IN COCONUT SYRUP	DEEP FRIED FISH IN RED CURRY	SWEET TARO WITH COCONUT FILLING	RICE PORRIDGE WITH FISH	THAI STYLE SALTED BLACK OLIVE FRIED RICE
GRILLED SPICY PORK SALAD	MUNG BEAN THAI CUSTARD DESSERT		RICE PORRIDGE WITH PORK	

WEEK #1 27-31 May

MONDAY (1)	TUESDAY (2)	WEDNESDAY (3)	THURSDAY (4)	FRIDAY (5)
RED CURRY PASTE (prepare)	PANANG CURRY PASTE (prepare)	MASSAMAN CURRY PASTE (prepare)	YELLOW CURRY PASTE (prepare)	GREEN CURRY PASTE (prepare)
RED CURRY WITH ROAST DUCK	PANANG CURRY WITH PORK	MASSAMAN CURRY W/CHICKEN	YELLOW CURRY WITH CHICKEN	GREEN CURRY WITH CHICKEN
CHINESE KALE W/ PRAWN SALAD	POMELO SALAD	STIR-FRIED SEAFOOD WITH SPICY BASIL	PAPAYA SALAD	EGG TOFU & SEAFOOD CLEAR SOUP
CHICKEN IN COCONUT MILK SOUP	CRISPY FRIED MUSSEL PANCAKES	STEAMED PORK WITH LIME SAUCE	GRILLED PORK + SPICY DIPPING SAUCE	PAD THAI
STIR FRIED BLACK PEPPER BEEF	STIR-FRIED CHICKEN WITH CASHEWS	DEEP FRIED SHRIMP IN TAMARIND SAUCE	HOT & SOUR PRAWN SOUP	SWEET & SOUR VEGETABLES WITH PORK
MANGO WITH STICKY RICE	BANANAS IN SWEET COCONUT	FRIED SWEET NOODLES W/PORK	TAPIOCA BALLS IN COCONUT MILK	STIR-FRIED CHICKEN W/GINGER

WEEK #2 3-7 June

MONDAY (6)	TUESDAY (7)	WEDNESDAY (8)	THURSDAY (9)	FRIDAY (10)
CHU CHI CURRY PASTE (prepare)	STUFFED CUCUMBER SOUP	SOUTHERN CURRY PASTE (prepare)	FISH CURRY PASTE (prepare)	CHICKEN SATAY + PEANUT SAUCE (prepare)
SHRIMP IN CHU CHI CURRY	DEEP FRIED FISH WITH GREEN MANGO SALAD	STIR FRIED PORK WITH SOUTHERN CURRY	NOODLES WITH FISH CURRY	RICE MIXED WITH SHRIMP PASTE
FRIED SPRING ROLLS + SWEET CHILI SAUCE	THAI FRIED RICE	DEEP FRIED CHICKEN WINGS WITH SESAME	THAI FISH CAKES + SWEET CUCUMBER DIP	STIR-FRIED BEEF WITH SPICY HERBS
STIR FRIED BEEF W/ OYSTER SAUCE	SPICY CRISPY MIXED SALAD	CRISPY ROASTED PORK BELLY	GLASS NOODLE SALAD	FRIED STUFFED SQUID W/GARLIC
SPICY HERBAL SALAD WITH SNAKE HEAD FISH	DEEP FRIED BANANAS	BARBECUED PORK SERVED WITH RICE	STIR-FRIED EGGPLANT WITH MINCED CHICKEN	SWEET CORN IN TAPIOCA & COCONUT MILK
THAI SWEET DUMPLING		SPICY MINCED CHICKEN SALAD	PUMPKIN CUSTARD	

WEEK #3 10-14 June

MONDAY (11)	TUESDAY (12)	WEDNESDAY (13) NOODLES DAY	THURSDAY (14)	FRIDAY (15)
SMOKED DRY FISH IN HOT AND SPICY SOUP	TAMARIND CURRY PASTE (prepare)	BOAT NOODLES WITH PORK	STIR FRIED SHRIMP WITH ASPARAGUS	DEEP FRIED PRAWN & HERBS SALAD IN TARO BASKET
SHRIMP CAKES WITH PLUM SAUCE	HOT & SOUR TAMARIND CURRY W/FISH & VEGGIES	PORK CLEAR NOODLES SOUP	NORTHERN DIP WITH VEGETABLES	NORTHERN CURRY WITH PORK
CHICKEN BAKED IN SOY SAUCE & CHINESE KALE	DEEP FRIED BOILED EGG WITH TAMARIND SAUCE	THAI TEA DRINKS	SHRIMP PASTE DIP	STIR FRIED FISH WITH CHINESE CELERY
STIR FRIED GREEN CHILIES W/CHICKEN	FRIED FISH WITH CHILI SAUCE		FRIED PRAWN ON TOAST	SOUTHERN STYLE FRIED CHICKEN
WHITE TURMERIC SPICY SALAD	STIR FRIED NOODLES PHUKET STYLE		HOT & SOUR SPARERIBS SOUP	SPICY EGG SALAD WITH BACON
	SHRIMP WITH SPICY LEMONGRASS SALAD			

WEEK #4 17-21 June

MONDAY (16)	TUESDAY (17)	WEDNESDAY (18) STREET FOODS	THURSDAY (19) VEGETARIAN DAY	FRIDAY (20)
HOT & SOUR SOUP WITH TURMERIC	MORNING GLORY WITH PEANUT CURRY	STEWED PORK LEG & CHILI VINEGAR DIP	LEARN HOW TO MAKE TOFU & SOYMILK	CRISPY FRIED MORNING GLORIES
BRAISED SPARE RIBS IN PINEAPPLE SAUCE	CRISPY RICE SALAD WITH SOUR PORK	CHICKEN & RICE AND SOYBEAN PASTE DIP	STIR FRIED MIXED VEGETABLES	GRILLED CHICKEN SALAD
PORK BELLY WITH SPICES	GRILLED PORK SIRLOIN WITH LEMONGRASS		STIR FRIED TOFU WITH CASHEWS	CRISPY EGG NOODLES IN GRAVY
CUCUMBER SALAD WITH BOILED EGG & PRAWN	STIR FRIED FISH WITH BLACK PEPPER		SWEET POTATO BALLS	STEAMED RICE WITH TARO CHICKEN & MUSHROOM
STIR FRIED CHICKEN WITH YELLOW CURRY POWDER & PINEAPPLE	STIR FRIED RICE VERMICELLI WITH TAMARIND SAUCE & SOYBEAN DIP		FRESH SPRING ROLLS + SPICY CHILI DIP	RED CURRY WITH PORK AND LONG BEANS

WEEK #5 24-28 June

MONDAY (21)	TUESDAY (22)	WEDNESDAY (23)	THURSDAY (24)	FRIDAY (25)
CHICKEN WRAP WITH PANDANUS LEAVES	JUNGLE CURRY PASTE (prepare)	STEAMED CURRIED SEAFOOD	VEGETABLE SOUP PASTE (prepare)	GAENG KHUA CURRY PASTE (prepare)
GRILLED LONG EGGPLANT SALAD	JUNGLE CURRY WITH CHICKEN	PINEAPPLE FRIED RICE	VEGETABLE SOUP	MUSSEL CURRY WITH PINEAPPLE
STEAMED FISH WITH GINGER	CRISPY CATFISH GREEN MANGO SALAD	AUTHENTIC THAI GRILLED CHICKEN	STEAMED SEABASS WITH LIME SAUCE	DEEP FRIED CHICKEN WINGS
STIR FRIED CLAMS WITH THAI CHILI PASTE	SPICY SEAFOOD WITH HERBS	FRIED GREEN PAPAYA SALAD	SPARERIBS GARLIC	STIR FRIED SQUID WITH SALTED EGG YOLKS
THAI LAYER CAKE	THAI STYLE CHICKEN BIRYANI WITH GREEN SAUCE	BLACK SESAME DUMPLING IN GINGER TEA	TINY DUMPLINGS IN SWEET COCONUT MILK	WINGED BEAN SALAD
	COCONUT MILK CUSTARD		GOLDEN BAG	STEAMED BANANA PASTRY

WEEK #6 1-5 July

MONDAY (26)	TUESDAY (27)	WEDNESDAY (28)	THURSDAY (29) THAI BREAKFAST	FRIDAY (30)
TAY PHO CURRY PASTE (prepare)	KHAO SOY CURRY PASTE (prepare)	FRIED SPRING ROLLS WTH 5 SPICE SAUCE	THAI GRILLED PORK & STICKY RICE	STEAMED OR DEEP FRIED TOFU & PRAWN SAUCE
TAY PHO CURRY WITH PORK BELLY & MORNING GLORIES	KHAO SOY WITH CHICKEN	DEEP FRIED FISH IN 3 FLAVOR SAUCE	STIR FRIED MORNING GLORIES	DEEP FRIED SPICY CHICKEN SALAD
BAKED PRAWNS AND MUNG BEAN NOODLES	STIR FRIED SEAFOOD WITH SHRIMP PASTE	FRIED VERMICELLI WITH PORK	BOILED RICE SERVED WITH CONDIMENTS	DEEP FRIED FISH WITH TURMERIC
YELLOW CURRY CRAB	STUFFED CHICKEN WINGS	PORK DUMPLING	RICE CONGEE	THAI COCONUT CAKE
WATER CHESTNUTS IN COCONUT SYRUP	DEEP FRIED FISH IN RED CURRY	SWEET TARO WITH COCONUT FILLING	RICE PORRIDGE WITH FISH	THAI STYLE SALTED BLACK OLIVE FRIED RICE
GRILLED SPICY PORK SALAD	MUNG BEAN THAI CUSTARD DESSERT		RICE PORRIDGE WITH PORK	

WEEK #1 8-12 July

MONDAY (1)	TUESDAY (2)	WEDNESDAY (3)	THURSDAY (4)	FRIDAY (5)
RED CURRY PASTE (prepare)	PANANG CURRY PASTE (prepare)	MASSAMAN CURRY PASTE (prepare)	YELLOW CURRY PASTE (prepare)	GREEN CURRY PASTE (prepare)
RED CURRY WITH ROAST DUCK	PANANG CURRY WITH PORK	MASSAMAN CURRY W/CHICKEN	YELLOW CURRY WITH CHICKEN	GREEN CURRY WITH CHICKEN
CHINESE KALE W/ PRAWN SALAD	POMELO SALAD	STIR-FRIED SEAFOOD WITH SPICY BASIL	PAPAYA SALAD	EGG TOFU & SEAFOOD CLEAR SOUP
CHICKEN IN COCONUT MILK SOUP	CRISPY FRIED MUSSEL PANCAKES	STEAMED PORK WITH LIME SAUCE	GRILLED PORK + SPICY DIPPING SAUCE	PAD THAI
STIR FRIED BLACK PEPPER BEEF	STIR-FRIED CHICKEN WITH CASHEWS	DEEP FRIED SHRIMP IN TAMARIND SAUCE	HOT & SOUR PRAWN SOUP	SWEET & SOUR VEGETABLES WITH PORK
MANGO WITH STICKY RICE	BANANAS IN SWEET COCONUT	FRIED SWEET NOODLES W/PORK	TAPIOCA BALLS IN COCONUT MILK	STIR-FRIED CHICKEN W/GINGER

WEEK #2 15-19 July

MONDAY (6)	TUESDAY (7)	WEDNESDAY (8)	THURSDAY (9)	FRIDAY (10)
CHU CHI CURRY PASTE (prepare)	STUFFED CUCUMBER SOUP	SOUTHERN CURRY PASTE (prepare)	FISH CURRY PASTE (prepare)	CHICKEN SATAY + PEANUT SAUCE (prepare)
SHRIMP IN CHU CHI CURRY	DEEP FRIED FISH WITH GREEN MANGO SALAD	STIR FRIED PORK WITH SOUTHERN CURRY	NOODLES WITH FISH CURRY	RICE MIXED WITH SHRIMP PASTE
FRIED SPRING ROLLS + SWEET CHILI SAUCE	THAI FRIED RICE	DEEP FRIED CHICKEN WINGS WITH SESAME	THAI FISH CAKES + SWEET CUCUMBER DIP	STIR-FRIED BEEF WITH SPICY HERBS
STIR FRIED BEEF W/ OYSTER SAUCE	SPICY CRISPY MIXED SALAD	CRISPY ROASTED PORK BELLY	GLASS NOODLE SALAD	FRIED STUFFED SQUID W/GARLIC
SPICY HERBAL SALAD WITH SNAKE HEAD FISH	DEEP FRIED BANANAS	BARBECUED PORK SERVED WITH RICE	STIR-FRIED EGGPLANT WITH MINCED CHICKEN	SWEET CORN IN TAPIOCA & COCONUT MILK
THAI SWEET DUMPLING		SPICY MINCED CHICKEN SALAD	PUMPKIN CUSTARD	

WEEK #3 22-26 July

MONDAY (11)	TUESDAY (12)	WEDNESDAY (13) NOODLES DAY	THURSDAY (14)	FRIDAY (15)
SMOKED DRY FISH IN HOT AND SPICY SOUP	TAMARIND CURRY PASTE (prepare)	BOAT NOODLES WITH PORK	STIR FRIED SHRIMP WITH ASPARAGUS	DEEP FRIED PRAWN & HERBS SALAD IN TARO BASKET
SHRIMP CAKES WITH PLUM SAUCE	HOT & SOUR TAMARIND CURRY W/FISH & VEGGIES	PORK CLEAR NOODLES SOUP	NORTHERN DIP WITH VEGETABLES	NORTHERN CURRY WITH PORK
CHICKEN BAKED IN SOY SAUCE & CHINESE KALE	DEEP FRIED BOILED EGG WITH TAMARIND SAUCE	THAI TEA DRINKS	SHRIMP PASTE DIP	STIR FRIED FISH WITH CHINESE CELERY
STIR FRIED GREEN CHILIES W/CHICKEN	FRIED FISH WITH CHILI SAUCE		FRIED PRAWN ON TOAST	SOUTHERN STYLE FRIED CHICKEN
WHITE TURMERIC SPICY SALAD	STIR FRIED NOODLES PHUKET STYLE		HOT & SOUR SPARERIBS SOUP	SPICY EGG SALAD WITH BACON
	SHRIMP WITH SPICY LEMONGRASS SALAD			

WEEK #4 29 July-2 Aug

MONDAY (16)	TUESDAY (17)	WEDNESDAY (18) STREET FOODS	THURSDAY (19) VEGETARIAN DAY	FRIDAY (20)
HOT & SOUR SOUP WITH TURMERIC	MORNING GLORY WITH PEANUT CURRY	STEWED PORK LEG & CHILI VINEGAR DIP	LEARN HOW TO MAKE TOFU & SOYMILK	CRISPY FRIED MORNING GLORIES
BRAISED SPARE RIBS IN PINEAPPLE SAUCE	CRISPY RICE SALAD WITH SOUR PORK	CHICKEN & RICE AND SOYBEAN PASTE DIP	STIR FRIED MIXED VEGETABLES	GRILLED CHICKEN SALAD
PORK BELLY WITH SPICES	GRILLED PORK SIRLOIN WITH LEMONGRASS		STIR FRIED TOFU WITH CASHEWS	CRISPY EGG NOODLES IN GRAVY
CUCUMBER SALAD WITH BOILED EGG & PRAWN	STIR FRIED FISH WITH BLACK PEPPER		SWEET POTATO BALLS	STEAMED RICE WITH TARO CHICKEN & MUSHROOM
STIR FRIED CHICKEN WITH YELLOW CURRY POWDER & PINEAPPLE	STIR FRIED RICE VERMICELLI WITH TAMARIND SAUCE & SOYBEAN DIP		FRESH SPRING ROLLS + SPICY CHILI DIP	RED CURRY WITH PORK AND LONG BEANS

WEEK #5 5-9 Aug

MONDAY (21)	TUESDAY (22)	WEDNESDAY (23)	THURSDAY (24)	FRIDAY (25)
CHICKEN WRAP WITH PANDANUS LEAVES	JUNGLE CURRY PASTE (prepare)	STEAMED CURRIED SEAFOOD	VEGETABLE SOUP PASTE (prepare)	GAENG KHUA CURRY PASTE (prepare)
GRILLED LONG EGGPLANT SALAD	JUNGLE CURRY WITH CHICKEN	PINEAPPLE FRIED RICE	VEGETABLE SOUP	MUSSEL CURRY WITH PINEAPPLE
STEAMED FISH WITH GINGER	CRISPY CATFISH GREEN MANGO SALAD	AUTHENTIC THAI GRILLED CHICKEN	STEAMED SEABASS WITH LIME SAUCE	DEEP FRIED CHICKEN WINGS
STIR FRIED CLAMS WITH THAI CHILI PASTE	SPICY SEAFOOD WITH HERBS	FRIED GREEN PAPAYA SALAD	SPARERIBS GARLIC	STIR FRIED SQUID WITH SALTED EGG YOLKS
THAI LAYER CAKE	THAI STYLE CHICKEN BIRYANI WITH GREEN SAUCE	BLACK SESAME DUMPLING IN GINGER TEA	TINY DUMPLINGS IN SWEET COCONUT MILK	WINGED BEAN SALAD
	COCONUT MILK CUSTARD		GOLDEN BAG	STEAMED BANANA PASTRY

WEEK #6 13-16 Aug (Monday holiday, class compressed into 4 days)

MONDAY (26)	TUESDAY (27)	WEDNESDAY (28)	THURSDAY (29) THAI BREAKFAST	FRIDAY (30)
TAY PHO CURRY PASTE (prepare)	KHAO SOY CURRY PASTE (prepare)	FRIED SPRING ROLLS WTH 5 SPICE SAUCE	THAI GRILLED PORK & STICKY RICE	STEAMED OR DEEP FRIED TOFU & PRAWN SAUCE
TAY PHO CURRY WITH PORK BELLY & MORNING GLORIES	KHAO SOY WITH CHICKEN	DEEP FRIED FISH IN 3 FLAVOR SAUCE	STIR FRIED MORNING GLORIES	DEEP FRIED SPICY CHICKEN SALAD
BAKED PRAWNS AND MUNG BEAN NOODLES	STIR FRIED SEAFOOD WITH SHRIMP PASTE	FRIED VERMICELLI WITH PORK	BOILED RICE SERVED WITH CONDIMENTS	DEEP FRIED FISH WITH TURMERIC
YELLOW CURRY CRAB	STUFFED CHICKEN WINGS	PORK DUMPLING	RICE CONGEE	THAI COCONUT CAKE
WATER CHESTNUTS IN COCONUT SYRUP	DEEP FRIED FISH IN RED CURRY	SWEET TARO WITH COCONUT FILLING	RICE PORRIDGE WITH FISH	THAI STYLE SALTED BLACK OLIVE FRIED RICE
GRILLED SPICY PORK SALAD	MUNG BEAN THAI CUSTARD DESSERT		RICE PORRIDGE WITH PORK	

WEEK #1 19-23 Aug.

MONDAY (1)	TUESDAY (2)	WEDNESDAY (3)	THURSDAY (4)	FRIDAY (5)
RED CURRY PASTE (prepare)	PANANG CURRY PASTE (prepare)	MASSAMAN CURRY PASTE (prepare)	YELLOW CURRY PASTE (prepare)	GREEN CURRY PASTE (prepare)
RED CURRY WITH ROAST DUCK	PANANG CURRY WITH PORK	MASSAMAN CURRY W/CHICKEN	YELLOW CURRY WITH CHICKEN	GREEN CURRY WITH CHICKEN
CHINESE KALE W/ PRAWN SALAD	POMELO SALAD	STIR-FRIED SEAFOOD WITH SPICY BASIL	PAPAYA SALAD	EGG TOFU & SEAFOOD CLEAR SOUP
CHICKEN IN COCONUT MILK SOUP	CRISPY FRIED MUSSEL PANCAKES	STEAMED PORK WITH LIME SAUCE	GRILLED PORK + SPICY DIPPING SAUCE	PAD THAI
STIR FRIED BLACK PEPPER BEEF	STIR-FRIED CHICKEN WITH CASHEWS	DEEP FRIED SHRIMP IN TAMARIND SAUCE	HOT & SOUR PRAWN SOUP	SWEET & SOUR VEGETABLES WITH PORK
MANGO WITH STICKY RICE	BANANAS IN SWEET COCONUT	FRIED SWEET NOODLES W/PORK	TAPIOCA BALLS IN COCONUT MILK	STIR-FRIED CHICKEN W/GINGER

WEEK #2 26-30 Aug.

MONDAY (6)	TUESDAY (7)	WEDNESDAY (8)	THURSDAY (9)	FRIDAY (10)
CHU CHI CURRY PASTE (prepare)	STUFFED CUCUMBER SOUP	SOUTHERN CURRY PASTE (prepare)	FISH CURRY PASTE (prepare)	CHICKEN SATAY + PEANUT SAUCE (prepare)
SHRIMP IN CHU CHI CURRY	DEEP FRIED FISH WITH GREEN MANGO SALAD	STIR FRIED PORK WITH SOUTHERN CURRY	NOODLES WITH FISH CURRY	RICE MIXED WITH SHRIMP PASTE
FRIED SPRING ROLLS + SWEET CHILI SAUCE	THAI FRIED RICE	DEEP FRIED CHICKEN WINGS WITH SESAME	THAI FISH CAKES + SWEET CUCUMBER DIP	STIR-FRIED BEEF WITH SPICY HERBS
STIR FRIED BEEF W/ OYSTER SAUCE	SPICY CRISPY MIXED SALAD	CRISPY ROASTED PORK BELLY	GLASS NOODLE SALAD	FRIED STUFFED SQUID W/GARLIC
SPICY HERBAL SALAD WITH SNAKE HEAD FISH	DEEP FRIED BANANAS	BARBECUED PORK SERVED WITH RICE	STIR-FRIED EGGPLANT WITH MINCED CHICKEN	SWEET CORN IN TAPIOCA & COCONUT MILK
THAI SWEET DUMPLING		SPICY MINCED CHICKEN SALAD	PUMPKIN CUSTARD	

WEEK #3 2-6 Sept.

MONDAY (11)	TUESDAY (12)	WEDNESDAY (13) NOODLES DAY	THURSDAY (14)	FRIDAY (15)
SMOKED DRY FISH IN HOT AND SPICY SOUP	TAMARIND CURRY PASTE (prepare)	BOAT NOODLES WITH PORK	STIR FRIED SHRIMP WITH ASPARAGUS	DEEP FRIED PRAWN & HERBS SALAD IN TARO BASKET
SHRIMP CAKES WITH PLUM SAUCE	HOT & SOUR TAMARIND CURRY W/FISH & VEGGIES	PORK CLEAR NOODLES SOUP	NORTHERN DIP WITH VEGETABLES	NORTHERN CURRY WITH PORK
CHICKEN BAKED IN SOY SAUCE & CHINESE KALE	DEEP FRIED BOILED EGG WITH TAMARIND SAUCE	THAI TEA DRINKS	SHRIMP PASTE DIP	STIR FRIED FISH WITH CHINESE CELERY
STIR FRIED GREEN CHILIES W/CHICKEN	FRIED FISH WITH CHILI SAUCE		FRIED PRAWN ON TOAST	SOUTHERN STYLE FRIED CHICKEN
WHITE TURMERIC SPICY SALAD	STIR FRIED NOODLES PHUKET STYLE		HOT & SOUR SPARERIBS SOUP	SPICY EGG SALAD WITH BACON
	SHRIMP WITH SPICY LEMONGRASS SALAD			

WEEK #4 9-13 Sept.

MONDAY (16)	TUESDAY (17)	WEDNESDAY (18) STREET FOODS	THURSDAY (19) VEGETARIAN DAY	FRIDAY (20)
HOT & SOUR SOUP WITH TURMERIC	MORNING GLORY WITH PEANUT CURRY	STEWED PORK LEG & CHILI VINEGAR DIP	LEARN HOW TO MAKE TOFU & SOYMILK	CRISPY FRIED MORNING GLORIES
BRAISED SPARE RIBS IN PINEAPPLE SAUCE	CRISPY RICE SALAD WITH SOUR PORK	CHICKEN & RICE AND SOYBEAN PASTE DIP	STIR FRIED MIXED VEGETABLES	GRILLED CHICKEN SALAD
PORK BELLY WITH SPICES	GRILLED PORK SIRLOIN WITH LEMONGRASS		STIR FRIED TOFU WITH CASHEWS	CRISPY EGG NOODLES IN GRAVY
CUCUMBER SALAD WITH BOILED EGG & PRAWN	STIR FRIED FISH WITH BLACK PEPPER		SWEET POTATO BALLS	STEAMED RICE WITH TARO CHICKEN & MUSHROOM
STIR FRIED CHICKEN WITH YELLOW CURRY POWDER & PINEAPPLE	STIR FRIED RICE VERMICELLI WITH TAMARIND SAUCE & SOYBEAN DIP		FRESH SPRING ROLLS + SPICY CHILI DIP	RED CURRY WITH PORK AND LONG BEANS

WEEK #5 16-20 Sept.

MONDAY (21)	TUESDAY (22)	WEDNESDAY (23)	THURSDAY (24)	FRIDAY (25)
CHICKEN WRAP WITH PANDANUS LEAVES	JUNGLE CURRY PASTE (prepare)	STEAMED CURRIED SEAFOOD	VEGETABLE SOUP PASTE (prepare)	GAENG KHUA CURRY PASTE (prepare)
GRILLED LONG EGGPLANT SALAD	JUNGLE CURRY WITH CHICKEN	PINEAPPLE FRIED RICE	VEGETABLE SOUP	MUSSEL CURRY WITH PINEAPPLE
STEAMED FISH WITH GINGER	CRISPY CATFISH GREEN MANGO SALAD	AUTHENTIC THAI GRILLED CHICKEN	STEAMED SEABASS WITH LIME SAUCE	DEEP FRIED CHICKEN WINGS
STIR FRIED CLAMS WITH THAI CHILI PASTE	SPICY SEAFOOD WITH HERBS	FRIED GREEN PAPAYA SALAD	SPARERIBS GARLIC	STIR FRIED SQUID WITH SALTED EGG YOLKS
THAI LAYER CAKE	THAI STYLE CHICKEN BIRYANI WITH GREEN SAUCE	BLACK SESAME DUMPLING IN GINGER TEA	TINY DUMPLINGS IN SWEET COCONUT MILK	WINGED BEAN SALAD
	COCONUT MILK CUSTARD		GOLDEN BAG	STEAMED BANANA PASTRY

WEEK #6 23-27 Sept.

MONDAY (26)	TUESDAY (27)	WEDNESDAY (28)	THURSDAY (29) THAI BREAKFAST	FRIDAY (30)
TAY PHO CURRY PASTE (prepare)	KHAO SOY CURRY PASTE (prepare)	FRIED SPRING ROLLS WTH 5 SPICE SAUCE	THAI GRILLED PORK & STICKY RICE	STEAMED OR DEEP FRIED TOFU & PRAWN SAUCE
TAY PHO CURRY WITH PORK BELLY & MORNING GLORIES	KHAO SOY WITH CHICKEN	DEEP FRIED FISH IN 3 FLAVOR SAUCE	STIR FRIED MORNING GLORIES	DEEP FRIED SPICY CHICKEN SALAD
BAKED PRAWNS AND MUNG BEAN NOODLES	STIR FRIED SEAFOOD WITH SHRIMP PASTE	FRIED VERMICELLI WITH PORK	BOILED RICE SERVED WITH CONDIMENTS	DEEP FRIED FISH WITH TURMERIC
YELLOW CURRY CRAB	STUFFED CHICKEN WINGS	PORK DUMPLING	RICE CONGEE	THAI COCONUT CAKE
WATER CHESTNUTS IN COCONUT SYRUP	DEEP FRIED FISH IN RED CURRY	SWEET TARO WITH COCONUT FILLING	RICE PORRIDGE WITH FISH	THAI STYLE SALTED BLACK OLIVE FRIED RICE
GRILLED SPICY PORK SALAD	MUNG BEAN THAI CUSTARD DESSERT		RICE PORRIDGE WITH PORK	

WEEK #1 30 Sept-4 Oct

MONDAY (1)	TUESDAY (2)	WEDNESDAY (3)	THURSDAY (4)	FRIDAY (5)
RED CURRY PASTE (prepare)	PANANG CURRY PASTE (prepare)	MASSAMAN CURRY PASTE (prepare)	YELLOW CURRY PASTE (prepare)	GREEN CURRY PASTE (prepare)
RED CURRY WITH ROAST DUCK	PANANG CURRY WITH PORK	MASSAMAN CURRY W/CHICKEN	YELLOW CURRY WITH CHICKEN	GREEN CURRY WITH CHICKEN
CHINESE KALE W/ PRAWN SALAD	POMELO SALAD	STIR-FRIED SEAFOOD WITH SPICY BASIL	PAPAYA SALAD	EGG TOFU & SEAFOOD CLEAR SOUP
CHICKEN IN COCONUT MILK SOUP	CRISPY FRIED MUSSEL PANCAKES	STEAMED PORK WITH LIME SAUCE	GRILLED PORK + SPICY DIPPING SAUCE	PAD THAI
STIR FRIED BLACK PEPPER BEEF	STIR-FRIED CHICKEN WITH CASHEWS	DEEP FRIED SHRIMP IN TAMARIND SAUCE	HOT & SOUR PRAWN SOUP	SWEET & SOUR VEGETABLES WITH PORK
MANGO WITH STICKY RICE	BANANAS IN SWEET COCONUT	FRIED SWEET NOODLES W/PORK	TAPIOCA BALLS IN COCONUT MILK	STIR-FRIED CHICKEN W/GINGER

WEEK #2 7-11 Oct.

MONDAY (6)	TUESDAY (7)	WEDNESDAY (8)	THURSDAY (9)	FRIDAY (10)
CHU CHI CURRY PASTE (prepare)	STUFFED CUCUMBER SOUP	SOUTHERN CURRY PASTE (prepare)	FISH CURRY PASTE (prepare)	CHICKEN SATAY + PEANUT SAUCE (prepare)
SHRIMP IN CHU CHI CURRY	DEEP FRIED FISH WITH GREEN MANGO SALAD	STIR FRIED PORK WITH SOUTHERN CURRY	NOODLES WITH FISH CURRY	RICE MIXED WITH SHRIMP PASTE
FRIED SPRING ROLLS + SWEET CHILI SAUCE	THAI FRIED RICE	DEEP FRIED CHICKEN WINGS WITH SESAME	THAI FISH CAKES + SWEET CUCUMBER DIP	STIR-FRIED BEEF WITH SPICY HERBS
STIR FRIED BEEF W/ OYSTER SAUCE	SPICY CRISPY MIXED SALAD	CRISPY ROASTED PORK BELLY	GLASS NOODLE SALAD	FRIED STUFFED SQUID W/GARLIC
SPICY HERBAL SALAD WITH SNAKE HEAD FISH	DEEP FRIED BANANAS	BARBECUED PORK SERVED WITH RICE	STIR-FRIED EGGPLANT WITH MINCED CHICKEN	SWEET CORN IN TAPIOCA & COCONUT MILK
THAI SWEET DUMPLING		SPICY MINCED CHICKEN SALAD	PUMPKIN CUSTARD	

WEEK #3 14-18 Oct.

MONDAY (11)	TUESDAY (12)	WEDNESDAY (13) NOODLES DAY	THURSDAY (14)	FRIDAY (15)
SMOKED DRY FISH IN HOT AND SPICY SOUP	TAMARIND CURRY PASTE (prepare)	BOAT NOODLES WITH PORK	STIR FRIED SHRIMP WITH ASPARAGUS	DEEP FRIED PRAWN & HERBS SALAD IN TARO BASKET
SHRIMP CAKES WITH PLUM SAUCE	HOT & SOUR TAMARIND CURRY W/FISH & VEGGIES	PORK CLEAR NOODLES SOUP	NORTHERN DIP WITH VEGETABLES	NORTHERN CURRY WITH PORK
CHICKEN BAKED IN SOY SAUCE & CHINESE KALE	DEEP FRIED BOILED EGG WITH TAMARIND SAUCE	THAI TEA DRINKS	SHRIMP PASTE DIP	STIR FRIED FISH WITH CHINESE CELERY
STIR FRIED GREEN CHILIES W/CHICKEN	FRIED FISH WITH CHILI SAUCE		FRIED PRAWN ON TOAST	SOUTHERN STYLE FRIED CHICKEN
WHITE TURMERIC SPICY SALAD	STIR FRIED NOODLES PHUKET STYLE		HOT & SOUR SPARERIBS SOUP	SPICY EGG SALAD WITH BACON
	SHRIMP WITH SPICY LEMONGRASS SALAD			

WEEK #4 21-25 Oct.

MONDAY (16)	TUESDAY (17)	WEDNESDAY (18) STREET FOODS	THURSDAY (19) VEGETARIAN DAY	FRIDAY (20)
HOT & SOUR SOUP WITH TURMERIC	MORNING GLORY WITH PEANUT CURRY	STEWED PORK LEG & CHILI VINEGAR DIP	LEARN HOW TO MAKE TOFU & SOYMILK	CRISPY FRIED MORNING GLORIES
BRAISED SPARE RIBS IN PINEAPPLE SAUCE	CRISPY RICE SALAD WITH SOUR PORK	CHICKEN & RICE AND SOYBEAN PASTE DIP	STIR FRIED MIXED VEGETABLES	GRILLED CHICKEN SALAD
PORK BELLY WITH SPICES	GRILLED PORK SIRLOIN WITH LEMONGRASS		STIR FRIED TOFU WITH CASHEWS	CRISPY EGG NOODLES IN GRAVY
CUCUMBER SALAD WITH BOILED EGG & PRAWN	STIR FRIED FISH WITH BLACK PEPPER		SWEET POTATO BALLS	STEAMED RICE WITH TARO CHICKEN & MUSHROOM
STIR FRIED CHICKEN WITH YELLOW CURRY POWDER & PINEAPPLE	STIR FRIED RICE VERMICELLI WITH TAMARIND SAUCE & SOYBEAN DIP		FRESH SPRING ROLLS + SPICY CHILI DIP	RED CURRY WITH PORK AND LONG BEANS

WEEK #5 25 Oct-1 Nov.

MONDAY (21)	TUESDAY (22)	WEDNESDAY (23)	THURSDAY (24)	FRIDAY (25)
CHICKEN WRAP WITH PANDANUS LEAVES	JUNGLE CURRY PASTE (prepare)	STEAMED CURRIED SEAFOOD	VEGETABLE SOUP PASTE (prepare)	GAENG KHUA CURRY PASTE (prepare)
GRILLED LONG EGGPLANT SALAD	JUNGLE CURRY WITH CHICKEN	PINEAPPLE FRIED RICE	VEGETABLE SOUP	MUSSEL CURRY WITH PINEAPPLE
STEAMED FISH WITH GINGER	CRISPY CATFISH GREEN MANGO SALAD	AUTHENTIC THAI GRILLED CHICKEN	STEAMED SEABASS WITH LIME SAUCE	DEEP FRIED CHICKEN WINGS
STIR FRIED CLAMS WITH THAI CHILI PASTE	SPICY SEAFOOD WITH HERBS	FRIED GREEN PAPAYA SALAD	SPARERIBS GARLIC	STIR FRIED SQUID WITH SALTED EGG YOLKS
THAI LAYER CAKE	THAI STYLE CHICKEN BIRYANI WITH GREEN SAUCE	BLACK SESAME DUMPLING IN GINGER TEA	TINY DUMPLINGS IN SWEET COCONUT MILK	WINGED BEAN SALAD
	COCONUT MILK CUSTARD		GOLDEN BAG	STEAMED BANANA PASTRY

WEEK #6 4-8 Nov.

MONDAY (26)	TUESDAY (27)	WEDNESDAY (28)	THURSDAY (29) THAI BREAKFAST	FRIDAY (30)
TAY PHO CURRY PASTE (prepare)	KHAO SOY CURRY PASTE (prepare)	FRIED SPRING ROLLS WTH 5 SPICE SAUCE	THAI GRILLED PORK & STICKY RICE	STEAMED OR DEEP FRIED TOFU & PRAWN SAUCE
TAY PHO CURRY WITH PORK BELLY & MORNING GLORIES	KHAO SOY WITH CHICKEN	DEEP FRIED FISH IN 3 FLAVOR SAUCE	STIR FRIED MORNING GLORIES	DEEP FRIED SPICY CHICKEN SALAD
BAKED PRAWNS AND MUNG BEAN NOODLES	STIR FRIED SEAFOOD WITH SHRIMP PASTE	FRIED VERMICELLI WITH PORK	BOILED RICE SERVED WITH CONDIMENTS	DEEP FRIED FISH WITH TURMERIC
YELLOW CURRY CRAB	STUFFED CHICKEN WINGS	PORK DUMPLING	RICE CONGEE	THAI COCONUT CAKE
WATER CHESTNUTS IN COCONUT SYRUP	DEEP FRIED FISH IN RED CURRY	SWEET TARO WITH COCONUT FILLING	RICE PORRIDGE WITH FISH	THAI STYLE SALTED BLACK OLIVE FRIED RICE
GRILLED SPICY PORK SALAD	MUNG BEAN THAI CUSTARD DESSERT		RICE PORRIDGE WITH PORK	

WEEK #1 11-15 Nov.

MONDAY (1)	TUESDAY (2)	WEDNESDAY (3)	THURSDAY (4)	FRIDAY (5)
RED CURRY PASTE (prepare)	PANANG CURRY PASTE (prepare)	MASSAMAN CURRY PASTE (prepare)	YELLOW CURRY PASTE (prepare)	GREEN CURRY PASTE (prepare)
RED CURRY WITH ROAST DUCK	PANANG CURRY WITH PORK	MASSAMAN CURRY W/CHICKEN	YELLOW CURRY WITH CHICKEN	GREEN CURRY WITH CHICKEN
CHINESE KALE W/ PRAWN SALAD	POMELO SALAD	STIR-FRIED SEAFOOD WITH SPICY BASIL	PAPAYA SALAD	EGG TOFU & SEAFOOD CLEAR SOUP
CHICKEN IN COCONUT MILK SOUP	CRISPY FRIED MUSSEL PANCAKES	STEAMED PORK WITH LIME SAUCE	GRILLED PORK + SPICY DIPPING SAUCE	PAD THAI
STIR FRIED BLACK PEPPER BEEF	STIR-FRIED CHICKEN WITH CASHEWS	DEEP FRIED SHRIMP IN TAMARIND SAUCE	HOT & SOUR PRAWN SOUP	SWEET & SOUR VEGETABLES WITH PORK
MANGO WITH STICKY RICE	BANANAS IN SWEET COCONUT	FRIED SWEET NOODLES W/PORK	TAPIOCA BALLS IN COCONUT MILK	STIR-FRIED CHICKEN W/GINGER

WEEK #2 18-22 Nov.

MONDAY (6)	TUESDAY (7)	WEDNESDAY (8)	THURSDAY (9)	FRIDAY (10)
CHU CHI CURRY PASTE (prepare)	STUFFED CUCUMBER SOUP	SOUTHERN CURRY PASTE (prepare)	FISH CURRY PASTE (prepare)	CHICKEN SATAY + PEANUT SAUCE (prepare)
SHRIMP IN CHU CHI CURRY	DEEP FRIED FISH WITH GREEN MANGO SALAD	STIR FRIED PORK WITH SOUTHERN CURRY	NOODLES WITH FISH CURRY	RICE MIXED WITH SHRIMP PASTE
FRIED SPRING ROLLS + SWEET CHILI SAUCE	THAI FRIED RICE	DEEP FRIED CHICKEN WINGS WITH SESAME	THAI FISH CAKES + SWEET CUCUMBER DIP	STIR-FRIED BEEF WITH SPICY HERBS
STIR FRIED BEEF W/ OYSTER SAUCE	SPICY CRISPY MIXED SALAD	CRISPY ROASTED PORK BELLY	GLASS NOODLE SALAD	FRIED STUFFED SQUID W/GARLIC
SPICY HERBAL SALAD WITH SNAKE HEAD FISH	DEEP FRIED BANANAS	BARBECUED PORK SERVED WITH RICE	STIR-FRIED EGGPLANT WITH MINCED CHICKEN	SWEET CORN IN TAPIOCA & COCONUT MILK
THAI SWEET DUMPLING		SPICY MINCED CHICKEN SALAD	PUMPKIN CUSTARD	

