

BANGKOK THAI COOKING ACADEMY
 THAI, ASIAN, & PAN-ASIAN CULINARY TRAINING SCHEDULE
 5 July 2021-26 August 2022
 6 WEEKS ROTATING TRAINING SCHEDULE
 4 WEEKS THAI + 2 WEEKS OF PAN-ASIAN DISHES

THAI COOKING:

WEEK #1 5-9 July, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
RED CURRY PASTE (prepare)	PANANG CURRY PASTE (prepare)	THAI FISH CAKES & SWEET CUCUMBER DIP	BOAT NOODLES WITH PORK	KHAO SOY CURRY PASTE (prepare)
RED CURRY WITH ROAST DUCK	PANANG CURRY WITH PORK	STEAMED CURRIED SEAFOOD	THAI COFFEE	KHAO SOY WITH CHICKEN
GOLDEN BAG	POMELO SALAD	GLASS NOODLES SALAD	ROSELLE TEA	CHICKEN WRAP WITH PANDANUS LEAVES
GRILLED DUCK THAI-STYLE	THAI GRILLED PORK (MOO PING)	STIR FRIED EGGPLANT WITH MINCED CHICKEN	LEMONGRASS TEA	THIN RICE NOODLES IN GRAVY
FRIED SWEET NOODLES WITH PORK	SWEET & SOUR VEGETABLES WITH PORK	STIR FRIED MORNING GLORIES	THAI MILK TEA	STIR-FRIED CLAMS WITH CHILI PASTE
MANGO WITH STICKY RICE	PINEAPPLE FRIED RICE			SPICY EGG SALAD

THAI COOKING:

WEEK #2 12-16 July, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GREEN CURRY PASTE (prepare)	CHU CHI CURRY PASTE (prepare)	CHICKEN SATAY + PEANUT SAUCE (prepare)	HOT & SOUR SPARERIBS SOUP	STEAMED PORK LEG + DIP (prepare)
GREEN CURRY WITH CHICKEN	SHRIMP IN DRIED RED CURRY	FRIED GREEN PAPAYA SALAD	STIR-FRIED SHRIMP WITH ASPARAGUS	CHICKEN & RICE & SOY BEAN DIP (prepare)
THAI-STYLE FRIED RICE NOODLES (PAD THAI)	WINGED BEAN SALAD	TOM YUM FRIED RICE	STEAMED SEA BASS WITH LIME SAUCE	THAI-STYLE CHICKEN BIRYANI W/GREEN SAUCE
CRISPY FRIED MUSSEL PANCAKES	FRIED SPRING ROLLS & SWEET CHILI SAUCE (prepare)	AUTHENTIC THAI GRILLED CHICKEN	CRISPY CATFISH GREEN MANGO SALAD	
STIR-FRIED FISH WITH BLACK PEPPER	STIR-FRIED BEEF IN OYSTER SAUCE	STEAMED RICE WITH CHICKEN & MUSHROOMS	SPARERIBS GARLIC	
STEAMED FISH WITH GINGER	THAI SWEET DUMPLINGS			

THAI COOKING:**WEEK #3 19-23 July**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY VEGETARIAN DAY
MASSAMAN CURRY PASTE (prepare)	JUNGLE CURRY PASTE (prepare)	TAY PHO CURRY PASTE (prepare)	NORTHERN CURRY PASTE (prepare)	MAKE TOFU AND SOY MILK
MASSAMAN CURRY WITH CHICKEN	JUNGLE CURRY CHICKEN	TAY PHO WITH PORK BELLY & MORNING GLORIES	NORTHERN CURRY WITH PORK	FRESH SPRING ROLLS + SPICY CHILI DIP (prepare)
CHICKEN IN COCONUT MILK (TOM KHA GAI)	YELLOW CURRY CRAB	SLICED GRILLED SPICY PORK SALAD (NAM TOK MOO)	SALTED BLACK OLIVE FRIED RICE	MIXED MUSHROOM SALAD
DEEP FRIED SHRIMP IN TAMARIND SAUCE	DEEP FRIED FISH WITH GREEN MANGO SALAD	STIR-FRIED CHICKEN WITH GINGER	BAKED PRAWNS & MUNG BEAN NOODLES	STIR-FRIED MIXED VEGETABLES
CHICKEN BAKED IN SOY SAUCE W/CHINESE KALE	STIR-FRIED MINCED PORK WITH SPICY BASIL	SHRIMP CAKES WITH PLUM SAUCE (prepare)	SWEET CORN IN TAPIOCA & COCONUT MILK	STEAMED TOFU WITH MUSHROOM SAUCE
STIR-FRIED CHICKEN W/CASHEWS	THAI FRIED RICE	THAI CRISPY CAKE	SPICY SEAFOOD WITH HERBS	

THAI COOKING:**WEEK #4 26-30 July (Closed Wednesday, all dishes covered in 4 days)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
YELLOW CURRY PASTE (prepare)	SOUTHERN CURRY PASTE (prepare)	HOT & SOUR TAMARIND PASTE (prepare)	STIR-FRIED CHICKEN WITH YELLOW CURRY AND PINEAPPLE	VEGETABLE SOUP CURRY PASTE (prepare)
YELLOW CURRY WITH CHICKEN	STIR-FRIED PORK WITH SOUTHERN CURRY	HOT & SOUR TAMARIND CURRY W/FISH & VEGETABLES	CRISPY FRIED MORNING GLORIES	HERBAL VEGETABLE SOUP
PAPAYA SALAD (SOM TAM)	SPICY MINCED CHICKEN SALAD (LAAB GAI)	CRAB MEAT FRIED RICE	GRILLED PORK SIRLOIN WITH LEMONGRASS	GRILLED CHICKEN SALAD
HOT & SOUR PRAWN SOUP (TOM YUM GOONG)	CRISPY PORK BELLY (MOO KROB)	SHRIMP WITH SPICY LEMONGRASS SALAD	BRAISED SPARERIBS IN PINEAPPLE SAUCE	STUFFED CHICKEN WINGS
GRILLED MARINATED PORK WITH SPICY DIP	BARBECUED PORK SERVED WITH RICE	FRIED FISH WITH CHILI SAUCE	DEEP FRIED FISH IN 3 FLAVOR SAUCE	DEEP FRIED FISH IN RED CURRY
SWEET TARO THAI COCONUT CUSTARD	DEEP FRIED CHICKEN WINGS WITH FISH SAUCE	WATER CHESTNUTS IN COCONUT SYRUP		FRIED SWEET NOODLES WITH SPICY HERBS

ASIAN COOKING:**WEEK #1 KOREAN & JAPANESE COOKING 2-6 Aug**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SPICY & FERMENTED NAPA CABBAGE (KIMCHI)	STIR FRIED CHICKEN WITH SPICY SAUCE	UDON NOODLES (prepare)	TERIYAKI SAUCE (prepare)	SUSHI VINEGAR & RICE
SPICY BIBIMBAP SAUCE	SPICY SILKY TOFU SOUP	UDON NOODLES SOUP	CHICKEN TERIYAKI	JAPANESE OMELETTE
MIXED RICE WITH VEGETABLES & BEEF	KOREAN SEAFOOD PANCAKES	TEMPURA SAUCE (prepare)	JAPANESE CHICKEN CURRY	NIGIRI SUSHI
SPICY STIR FRIED SQUID	STIR FRIED RICE CAKE WITH SPICY SAUCE	TEMPURA SHRIMP	JAPANESE SAVORY PANCAKES	HOSOMAKI SUSHI
BLACK BEAN NOODLES	KOREAN FRIED CHICKEN	MISO SOUP	JAPANESE GRILLED CHICKEN	FUTOMAKI SUSHI
		JAPANESE SOUP STOCK		URAMAKI SUSHI

ASIAN COOKING: VIETNAMESE & CHINESE COOKING**WEEK #2 9-13 Aug (Closed on Thursday, all dishes covered in remaining 4 days)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
VIETNAMESE NOODLES SOUP (PHO)	GRILLED PORK SAUSAGES WITH RICE PAPER	GRILLED PORK WITH NOODLES	SWEET & SOUR VEGETABLES WITH PORK	CHINESE DUMPLINGS (JIAOZI)
SHRIMP WITH SUGAR CANE	NAM NEUNG DIPPING SAUCE	VIETNAMESE DIPPING FISH SAUCE	STIR FRIED EGG NOODLES WITH VEGETABLES	CHINESE FRIED RICE
VIETNAMESE DIP	GARNISH & ASSEMBLY OF NAM NEUNG	VIETNAMESE FRIED SPRING ROLLS	STEAMED CHINESE DUMPLINGS (SHUMAI)	PINEAPPLE SHRIMP BALL
VIETNAMESE PICKLED DAIKON & CARROTS	CRISPY VIETNAMESE PANCAKES	BRAISED PORK	STIR FRIED BEEF & CHINESE KALE	MAPO TOFU
FRESH SPRING ROLLS	VIETNAMESE STEAMED FISH FILLET	VIETNAMESE DUMPLINGS	STIR FRIED FISH FILLET WITH CELERY	GENERAL TSAO'S CHICKEN

THAI COOKING:**WEEK #1 16-20 Aug**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
RED CURRY PASTE (prepare)	PANANG CURRY PASTE (prepare)	THAI FISH CAKES & SWEET CUCUMBER DIP	BOAT NOODLES WITH PORK	KHAO SOY CURRY PASTE (prepare)
RED CURRY WITH ROAST DUCK	PANANG CURRY WITH PORK	STEAMED CURRIED SEAFOOD	PREPARE HOMEMADE EGG NOODLES	KHAO SOY WITH CHICKEN
GOLDEN BAG	POMELO SALAD	GLASS NOODLES SALAD	PREPARE HOMEMADE RICE NOODLES	CHICKEN WRAP WITH PANDANUS LEAVES
GRILLED DUCK THAI-STYLE	THAI GRILLED PORK (MOO PING)	STIR FRIED EGGPLANT WITH BASIL		THIN RICE NOODLES IN GRAVY
FRIED SWEET NOODLES WITH PORK	STIR FRIED FLAT RICE NOODLES WITH CHICKEN	STIR FRIED MORNING GLORIES		STIR-FRIED CLAMS WITH CHILI PASTE
MANGO WITH STICKY RICE	PINEAPPLE FRIED RICE			SPICY EGG SALAD

THAI COOKING:**WEEK #2 23-27 Aug**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GREEN CURRY PASTE (prepare)	SOUTHERN SOUR SPICY CURRY PASTE (prepare)	CHICKEN SATAY + PEANUT SAUCE (prepare)	HOT & SOUR SPARERIBS SOUP	STEAMED PORK LEG + DIP (prepare)
GREEN CURRY WITH CHICKEN	SHRIMP IN SOUTHERN SOUR SPICY CURRY	FRIED GREEN PAPAYA SALAD	STIR-FRIED SHRIMP WITH ASPARAGUS	CHICKEN & RICE & SOY BEAN DIP (prepare)
THAI-STYLE FRIED RICE NOODLES (PAD THAI)	WINGED BEAN SALAD	TOM YUM FRIED RICE	STEAMED SEA BASS WITH LIME SAUCE	THAI-STYLE CHICKEN BIRYANI W/GREEN SAUCE
CRISPY FRIED MUSSEL PANCAKES	FRIED SPRING ROLLS & SWEET CHILI SAUCE (prepare)	AUTHENTIC THAI GRILLED CHICKEN	CRISPY CATFISH GREEN MANGO SALAD	
STIR-FRIED FISH WITH BLACK PEPPER	STIR-FRIED BEEF IN OYSTER SAUCE	BAKED RICE WITH CHICKEN & MUSHROOMS	SPARERIBS GARLIC	
STEAMED FISH WITH GINGER	THAI SWEET DUMPLINGS			

THAI COOKING:**WEEK #3 30 Aug-3 Sept**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY VEGETARIAN DAY
MASSAMAN CURRY PASTE (prepare)	JUNGLE CURRY PASTE (prepare)	PINEAPPLE CURRY PASTE (prepare)	NORTHERN CURRY PASTE (prepare)	MAKE TOFU AND SOY MILK
MASSAMAN CURRY WITH CHICKEN	JUNGLE CURRY CHICKEN	PINEAPPLE CURRY WITH SHRIMP	NORTHERN CURRY WITH PORK	FRESH SPRING ROLLS + SPICY DIP (prepare)
CHICKEN IN COCONUT MILK (TOM KHA GAI)	STIR FRIED CRAB WITH YELLOW CURRY POWDER	SLICED GRILLED SPICY PORK SALAD (NAM TOK MOO)	SALTED BLACK OLIVE FRIED RICE	STIR FRIED TOFU WITH YELLOW CHILI
DEEP FRIED SHRIMP IN TAMARIND SAUCE	STIR FRIED FISH WITH SOYBEAN PASTE & BASIL	STIR-FRIED CHICKEN WITH GINGER	BAKED PRAWNS & MUNG BEAN NOODLES	STIR-FRIED MIXED MUSHROOMS
CHICKEN BAKED IN SOY SAUCE W/CHINESE KALE	STIR-FRIED MINCED PORK WITH SPICY BASIL	SHRIMP CAKES WITH PLUM SAUCE (prepare)	SWEET CORN IN TAPIOCA & COCONUT MILK	STEAMED TOFU WITH MUSHROOM SAUCE
STIR-FRIED CHICKEN W/CASHEWS	THAI FRIED RICE	THAI CRISPY CAKE	SPICY SEAFOOD WITH HERBS	

THAI COOKING:**WEEK #4 6-10 Sept**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
YELLOW CURRY PASTE (prepare)	SOUTHERN CURRY PASTE (prepare)	HOT & SOUR TAMARIND PASTE (prepare)	STIR-FRIED CHICKEN WITH YELLOW CURRY AND PINEAPPLE	VEGETABLE SOUP CURRY PASTE (prepare)
YELLOW CURRY WITH CHICKEN	STIR-FRIED PORK WITH SOUTHERN CURRY	HOT & SOUR TAMARIND CURRY W/FISH & VEGETABLES	CRISPY FRIED MORNING GLORIES	HERBAL VEGETABLE SOUP
PAPAYA SALAD (SOM TAM)	SPICY MINCED CHICKEN SALAD (LAAB GAI)	CRAB MEAT FRIED RICE	CHICKEN IN GRAVY WITH RICE	GRILLED PORK SIRLOIN WITH LEMONGRASS
HOT & SOUR PRAWN SOUP (TOM YUM GOONG)	CRISPY PORK BELLY (MOO KROB)	SHRIMP WITH SPICY LEMONGRASS SALAD	BRAISED SPARERIBS IN PINEAPPLE SAUCE	STUFFED CHICKEN WINGS
GRILLED MARINATED PORK WITH SPICY DIP	BARBECUED PORK SERVED WITH RICE	STIR FRIED PORK RIBS WITH LEMONGRASS	DEEP FRIED FISH IN 3 FLAVOR SAUCE	DEEP FRIED FISH IN RED CURRY
MUNG BEAN COCONUT CUSTARD	DEEP FRIED CHICKEN WINGS WITH FISH SAUCE	WATER CHESTNUTS IN COCONUT SYRUP		FRIED SWEET NOODLES WITH SPICY HERBS

ASIAN COOKING:**WEEK #1 KOREAN & JAPANESE COOKING 13-17 Sept**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SPICY & FERMENTED NAPA CABBAGE (KIMCHI)	STIR FRIED CHICKEN WITH SPICY SAUCE	UDON NOODLES (prepare)	TERIYAKI SAUCE (prepare)	SUSHI VINEGAR & RICE
SPICY BIBIMBAP SAUCE	SPICY SILKY TOFU SOUP	UDON NOODLES SOUP	CHICKEN TERIYAKI	JAPANESE OMELETTE
MIXED RICE WITH VEGETABLES & BEEF	KOREAN SEAFOOD PANCAKES	TEMPURA SAUCE (prepare)	JAPANESE CHICKEN CURRY	NIGIRI SUSHI
SPICY STIR FRIED SQUID	STIR FRIED RICE CAKE WITH SPICY SAUCE	TEMPURA SHRIMP	JAPANESE SAVORY PANCAKES	HOSOMAKI SUSHI
BLACK BEAN NOODLES	KOREAN FRIED CHICKEN	MISO SOUP	JAPANESE GRILLED CHICKEN	FUTOMAKI SUSHI
		JAPANESE SOUP STOCK		URAMAKI SUSHI

ASIAN COOKING:**WEEK #2 VIETNAMESE & CHINESE COOKING 20-24 Sept**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
VIETNAMESE NOODLES SOUP (PHO)	GRILLED PORK SAUSAGES WITH RICE PAPER	GRILLED PORK WITH NOODLES	SWEET & SOUR VEGETABLES WITH PORK	CHINESE DUMPLINGS (JIAOZI)
SHRIMP WITH SUGAR CANE	NAM NEUNG DIPPING SAUCE	VIETNAMESE DIPPING FISH SAUCE	STIR FRIED EGG NOODLES WITH VEGETABLES	CHINESE FRIED RICE
VIETNAMESE DIP	GARNISH & ASSEMBLY OF NAM NEUNG	VIETNAMESE FRIED SPRING ROLLS	STEAMED CHINESE DUMPLINGS (SHUMAI)	PINEAPPLE SHRIMP BALL
VIETNAMESE PICKLED DAIKON & CARROTS	CRISPY VIETNAMESE PANCAKES	BRAISED PORK	STIR FRIED BEEF & CHINESE KALE	MAPO TOFU
FRESH SPRING ROLLS	VIETNAMESE STEAMED FISH FILLET	VIETNAMESE DUMPLINGS	STIR FRIED FISH FILLET WITH CELERY	GENERAL TSAO'S CHICKEN

THAI COOKING:**WEEK #1 27 Sept-1 Oct**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
RED CURRY PASTE (prepare)	PANANG CURRY PASTE (prepare)	THAI FISH CAKES & SWEET CUCUMBER DIP	BOAT NOODLES WITH PORK	KHAO SOY CURRY PASTE (prepare)
RED CURRY WITH ROAST DUCK	PANANG CURRY WITH PORK	STEAMED CURRIED SEAFOOD	PREPARE HOMEMADE EGG NOODLES	KHAO SOY WITH CHICKEN
GOLDEN BAG	POMELO SALAD	GLASS NOODLES SALAD	PREPARE HOMEMADE RICE NOODLES	CHICKEN WRAP WITH PANDANUS LEAVES
GRILLED DUCK THAI-STYLE	THAI GRILLED PORK (MOO PING)	STIR FRIED EGGPLANT WITH BASIL		THIN RICE NOODLES IN GRAVY
FRIED SWEET NOODLES WITH PORK	STIR FRIED FLAT RICE NOODLES WITH CHICKEN	STIR FRIED MORNING GLORIES		STIR-FRIED CLAMS WITH CHILI PASTE
MANGO WITH STICKY RICE	PINEAPPLE FRIED RICE			SPICY EGG SALAD

THAI COOKING:**WEEK #2 4-8 Oct**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GREEN CURRY PASTE (prepare)	SOUTHERN SOUR SPICY CURRY PASTE (prepare)	CHICKEN SATAY + PEANUT SAUCE (prepare)	HOT & SOUR SPARERIBS SOUP	STEAMED PORK LEG + DIP (prepare)
GREEN CURRY WITH CHICKEN	SHRIMP IN SOUTHERN SOUR SPICY CURRY	FRIED GREEN PAPAYA SALAD	STIR-FRIED SHRIMP WITH ASPARAGUS	CHICKEN & RICE & SOY BEAN DIP (prepare)
THAI-STYLE FRIED RICE NOODLES (PAD THAI)	WINGED BEAN SALAD	TOM YUM FRIED RICE	STEAMED SEA BASS WITH LIME SAUCE	THAI-STYLE CHICKEN BIRYANI W/GREEN SAUCE
CRISPY FRIED MUSSEL PANCAKES	FRIED SPRING ROLLS & SWEET CHILI SAUCE (prepare)	AUTHENTIC THAI GRILLED CHICKEN	CRISPY CATFISH GREEN MANGO SALAD	
STIR-FRIED FISH WITH BLACK PEPPER	STIR-FRIED BEEF IN OYSTER SAUCE	BAKED RICE WITH CHICKEN & MUSHROOMS	SPARERIBS GARLIC	
STEAMED FISH WITH GINGER	THAI SWEET DUMPLINGS			

THAI COOKING:**WEEK #3 11-15 Oct**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY VEGETARIAN DAY
MASSAMAN CURRY PASTE (prepare)	JUNGLE CURRY PASTE (prepare)	PINEAPPLE CURRY PASTE (prepare)	NORTHERN CURRY PASTE (prepare)	MAKE TOFU AND SOY MILK
MASSAMAN CURRY WITH CHICKEN	JUNGLE CURRY CHICKEN	PINEAPPLE CURRY WITH SHRIMP	NORTHERN CURRY WITH PORK	FRESH SPRING ROLLS + SPICY DIP (prepare)
CHICKEN IN COCONUT MILK (TOM KHA GAI)	STIR FRIED CRAB WITH YELLOW CURRY POWDER	SLICED GRILLED SPICY PORK SALAD (NAM TOK MOO)	SALTED BLACK OLIVE FRIED RICE	STIR FRIED TOFU WITH YELLOW CHILI
DEEP FRIED SHRIMP IN TAMARIND SAUCE	STIR FRIED FISH WITH SOYBEAN PASTE & BASIL	STIR-FRIED CHICKEN WITH GINGER	BAKED PRAWNS & MUNG BEAN NOODLES	STIR-FRIED MIXED MUSHROOMS
CHICKEN BAKED IN SOY SAUCE W/CHINESE KALE	STIR-FRIED MINCED PORK WITH SPICY BASIL	SHRIMP CAKES WITH PLUM SAUCE (prepare)	SWEET CORN IN TAPIOCA & COCONUT MILK	STEAMED TOFU WITH MUSHROOM SAUCE
STIR-FRIED CHICKEN W/CASHEWS	THAI FRIED RICE	THAI CRISPY CAKE	SPICY SEAFOOD WITH HERBS	

THAI COOKING:**WEEK #4 18-22 Oct.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
YELLOW CURRY PASTE (prepare)	SOUTHERN CURRY PASTE (prepare)	HOT & SOUR TAMARIND PASTE (prepare)	STIR-FRIED CHICKEN WITH YELLOW CURRY AND PINEAPPLE	VEGETABLE SOUP CURRY PASTE (prepare)
YELLOW CURRY WITH CHICKEN	STIR-FRIED PORK WITH SOUTHERN CURRY	HOT & SOUR TAMARIND CURRY W/FISH & VEGETABLES	CRISPY FRIED MORNING GLORIES	HERBAL VEGETABLE SOUP
PAPAYA SALAD (SOM TAM)	SPICY MINCED CHICKEN SALAD (LAAB GAI)	CRAB MEAT FRIED RICE	CHICKEN IN GRAVY WITH RICE	GRILLED PORK SIRLOIN WITH LEMONGRASS
HOT & SOUR PRAWN SOUP (TOM YUM GOONG)	CRISPY PORK BELLY (MOO KROB)	SHRIMP WITH SPICY LEMONGRASS SALAD	BRAISED SPARERIBS IN PINEAPPLE SAUCE	STUFFED CHICKEN WINGS
GRILLED MARINATED PORK WITH SPICY DIP	BARBECUED PORK SERVED WITH RICE	STIR FRIED PORK RIBS WITH LEMONGRASS	DEEP FRIED FISH IN 3 FLAVOR SAUCE	DEEP FRIED FISH IN RED CURRY
MUNG BEAN COCONUT CUSTARD	DEEP FRIED CHICKEN WINGS WITH FISH SAUCE	WATER CHESTNUTS IN COCONUT SYRUP		FRIED SWEET NOODLES WITH SPICY HERBS

ASIAN COOKING:**WEEK #1 KOREAN & JAPANESE COOKING 25-29 Oct.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SPICY & FERMENTED NAPA CABBAGE (KIMCHI)	STIR FRIED CHICKEN WITH SPICY SAUCE	UDON NOODLES (prepare)	TERIYAKI SAUCE (prepare)	SUSHI VINEGAR & RICE
SPICY BIBIMBAP SAUCE	SPICY SILKY TOFU SOUP	UDON NOODLES SOUP	CHICKEN TERIYAKI	JAPANESE OMELETTE
MIXED RICE WITH VEGETABLES & BEEF	KOREAN SEAFOOD PANCAKES	TEMPURA SAUCE (prepare)	JAPANESE CHICKEN CURRY	NIGIRI SUSHI
SPICY STIR FRIED SQUID	STIR FRIED RICE CAKE WITH SPICY SAUCE	TEMPURA SHRIMP	JAPANESE SAVORY PANCAKES	HOSOMAKI SUSHI
BLACK BEAN NOODLES	KOREAN FRIED CHICKEN	MISO SOUP	JAPANESE GRILLED CHICKEN	FUTOMAKI SUSHI
		JAPANESE SOUP STOCK		URAMAKI SUSHI

ASIAN COOKING:**WEEK #2 VIETNAMESE & CHINESE COOKING 1-5 Nov.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
VIETNAMESE NOODLES SOUP (PHO)	GRILLED PORK SAUSAGES WITH RICE PAPER	GRILLED PORK WITH NOODLES	SWEET & SOUR VEGETABLES WITH PORK	CHINESE DUMPLINGS (JIAOZI)
SHRIMP WITH SUGAR CANE	NAM NEUNG DIPPING SAUCE	VIETNAMESE DIPPING FISH SAUCE	STIR FRIED EGG NOODLES WITH VEGETABLES	CHINESE FRIED RICE
VIETNAMESE DIP	GARNISH & ASSEMBLY OF NAM NEUNG	VIETNAMESE FRIED SPRING ROLLS	STEAMED CHINESE DUMPLINGS (SHUMAI)	PINEAPPLE SHRIMP BALL
VIETNAMESE PICKLED DAIKON & CARROTS	CRISPY VIETNAMESE PANCAKES	BRAISED PORK	STIR FRIED BEEF & CHINESE KALE	MAPO TOFU
FRESH SPRING ROLLS	VIETNAMESE STEAMED FISH FILLET	VIETNAMESE DUMPLINGS	STIR FRIED FISH FILLET WITH CELERY	GENERAL TSAO'S CHICKEN

THAI COOKING:**WEEK #1 8-12 Nov.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
RED CURRY PASTE (prepare)	PANANG CURRY PASTE (prepare)	THAI FISH CAKES & SWEET CUCUMBER DIP	BOAT NOODLES WITH PORK	KHAO SOY CURRY PASTE (prepare)
RED CURRY WITH ROAST DUCK	PANANG CURRY WITH PORK	STEAMED CURRIED SEAFOOD	PREPARE HOMEMADE EGG NOODLES	KHAO SOY WITH CHICKEN
GOLDEN BAG	POMELO SALAD	GLASS NOODLES SALAD	PREPARE HOMEMADE RICE NOODLES	CHICKEN WRAP WITH PANDANUS LEAVES
GRILLED DUCK THAI-STYLE	THAI GRILLED PORK (MOO PING)	STIR FRIED EGGPLANT WITH BASIL		THIN RICE NOODLES IN GRAVY
FRIED SWEET NOODLES WITH PORK	STIR FRIED FLAT RICE NOODLES WITH CHICKEN	STIR FRIED MORNING GLORIES		STIR-FRIED CLAMS WITH CHILI PASTE
MANGO WITH STICKY RICE	PINEAPPLE FRIED RICE			SPICY EGG SALAD

THAI COOKING:**WEEK #2 15-19 Nov.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GREEN CURRY PASTE (prepare)	SOUTHERN SOUR SPICY CURRY PASTE (prepare)	CHICKEN SATAY + PEANUT SAUCE (prepare)	HOT & SOUR SPARERIBS SOUP	STEAMED PORK LEG + DIP (prepare)
GREEN CURRY WITH CHICKEN	SHRIMP IN SOUTHERN SOUR SPICY CURRY	FRIED GREEN PAPAYA SALAD	STIR-FRIED SHRIMP WITH ASPARAGUS	CHICKEN & RICE & SOY BEAN DIP (prepare)
THAI-STYLE FRIED RICE NOODLES (PAD THAI)	WINGED BEAN SALAD	TOM YUM FRIED RICE	STEAMED SEA BASS WITH LIME SAUCE	THAI-STYLE CHICKEN BIRYANI W/GREEN SAUCE
CRISPY FRIED MUSSEL PANCAKES	FRIED SPRING ROLLS & SWEET CHILI SAUCE (prepare)	AUTHENTIC THAI GRILLED CHICKEN	CRISPY CATFISH GREEN MANGO SALAD	
STIR-FRIED FISH WITH BLACK PEPPER	STIR-FRIED BEEF IN OYSTER SAUCE	BAKED RICE WITH CHICKEN & MUSHROOMS	SPARERIBS GARLIC	
STEAMED FISH WITH GINGER	THAI SWEET DUMPLINGS			

THAI COOKING:**WEEK #3 22-26 Nov.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY VEGETARIAN DAY
MASSAMAN CURRY PASTE (prepare)	JUNGLE CURRY PASTE (prepare)	PINEAPPLE CURRY PASTE (prepare)	NORTHERN CURRY PASTE (prepare)	MAKE TOFU AND SOY MILK
MASSAMAN CURRY WITH CHICKEN	JUNGLE CURRY CHICKEN	PINEAPPLE CURRY WITH SHRIMP	NORTHERN CURRY WITH PORK	FRESH SPRING ROLLS + SPICY DIP (prepare)
CHICKEN IN COCONUT MILK (TOM KHA GAI)	STIR FRIED CRAB WITH YELLOW CURRY POWDER	SLICED GRILLED SPICY PORK SALAD (NAM TOK MOO)	SALTED BLACK OLIVE FRIED RICE	STIR FRIED TOFU WITH YELLOW CHILI
DEEP FRIED SHRIMP IN TAMARIND SAUCE	STIR FRIED FISH WITH SOYBEAN PASTE & BASIL	STIR-FRIED CHICKEN WITH GINGER	BAKED PRAWNS & MUNG BEAN NOODLES	STIR-FRIED MIXED MUSHROOMS
CHICKEN BAKED IN SOY SAUCE W/CHINESE KALE	STIR-FRIED MINCED PORK WITH SPICY BASIL	SHRIMP CAKES WITH PLUM SAUCE (prepare)	SWEET CORN IN TAPIOCA & COCONUT MILK	STEAMED TOFU WITH MUSHROOM SAUCE
STIR-FRIED CHICKEN W/CASHEWS	THAI FRIED RICE	THAI CRISPY CAKE	SPICY SEAFOOD WITH HERBS	

THAI COOKING:**WEEK #4 29 Nov-3 Dec**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
YELLOW CURRY PASTE (prepare)	SOUTHERN CURRY PASTE (prepare)	HOT & SOUR TAMARIND PASTE (prepare)	STIR-FRIED CHICKEN WITH YELLOW CURRY AND PINEAPPLE	VEGETABLE SOUP CURRY PASTE (prepare)
YELLOW CURRY WITH CHICKEN	STIR-FRIED PORK WITH SOUTHERN CURRY	HOT & SOUR TAMARIND CURRY W/FISH & VEGETABLES	CRISPY FRIED MORNING GLORIES	HERBAL VEGETABLE SOUP
PAPAYA SALAD (SOM TAM)	SPICY MINCED CHICKEN SALAD (LAAB GAI)	CRAB MEAT FRIED RICE	CHICKEN IN GRAVY WITH RICE	GRILLED PORK SIRLOIN WITH LEMONGRASS
HOT & SOUR PRAWN SOUP (TOM YUM GOONG)	CRISPY PORK BELLY (MOO KROB)	SHRIMP WITH SPICY LEMONGRASS SALAD	BRAISED SPARERIBS IN PINEAPPLE SAUCE	STUFFED CHICKEN WINGS
GRILLED MARINATED PORK WITH SPICY DIP	BARBECUED PORK SERVED WITH RICE	STIR FRIED PORK RIBS WITH LEMONGRASS	DEEP FRIED FISH IN 3 FLAVOR SAUCE	DEEP FRIED FISH IN RED CURRY
MUNG BEAN COCONUT CUSTARD	DEEP FRIED CHICKEN WINGS WITH FISH SAUCE	WATER CHESTNUTS IN COCONUT SYRUP		FRIED SWEET NOODLES WITH SPICY HERBS

ASIAN COOKING:**WEEK #1 KOREAN & JAPANESE COOKING 6-10 Dec (closed on Monday, full class in remaining 4 days)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SPICY & FERMENTED NAPA CABBAGE (KIMCHI)	STIR FRIED CHICKEN WITH SPICY SAUCE	UDON NOODLES (prepare)	TERIYAKI SAUCE (prepare)	SUSHI VINEGAR & RICE
SPICY BIBIMBAP SAUCE	SPICY SILKY TOFU SOUP	UDON NOODLES SOUP	CHICKEN TERIYAKI	JAPANESE OMELETTE
MIXED RICE WITH VEGETABLES & BEEF	KOREAN SEAFOOD PANCAKES	TEMPURA SAUCE (prepare)	JAPANESE CHICKEN CURRY	NIGIRI SUSHI
SPICY STIR FRIED SQUID	STIR FRIED RICE CAKE WITH SPICY SAUCE	TEMPURA SHRIMP	JAPANESE SAVORY PANCAKES	HOSOMAKI SUSHI
BLACK BEAN NOODLES	KOREAN FRIED CHICKEN	MISO SOUP	JAPANESE GRILLED CHICKEN	FUTOMAKI SUSHI
		JAPANESE SOUP STOCK		URAMAKI SUSHI

ASIAN COOKING:**WEEK #2 VIETNAMESE & CHINESE COOKING 13-17 Dec.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
VIETNAMESE NOODLES SOUP (PHO)	GRILLED PORK SAUSAGES WITH RICE PAPER	GRILLED PORK WITH NOODLES	SWEET & SOUR VEGETABLES WITH PORK	CHINESE DUMPLINGS (JIAOZI)
SHRIMP WITH SUGAR CANE	NAM NEUNG DIPPING SAUCE	VIETNAMESE DIPPING FISH SAUCE	STIR FRIED EGG NOODLES WITH VEGETABLES	CHINESE FRIED RICE
VIETNAMESE DIP	GARNISH & ASSEMBLY OF NAM NEUNG	VIETNAMESE FRIED SPRING ROLLS	STEAMED CHINESE DUMPLINGS (SHUMAI)	PINEAPPLE SHRIMP BALL
VIETNAMESE PICKLED DAIKON & CARROTS	CRISPY VIETNAMESE PANCAKES	BRAISED PORK	STIR FRIED BEEF & CHINESE KALE	MAPO TOFU
FRESH SPRING ROLLS	VIETNAMESE STEAMED FISH FILLET	VIETNAMESE DUMPLINGS	STIR FRIED FISH FILLET WITH CELERY	GENERAL TSAO'S CHICKEN

THAI COOKING:**WEEK #1 20-24 Dec., 2021**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
RED CURRY PASTE (prepare)	PANANG CURRY PASTE (prepare)	THAI FISH CAKES & SWEET CUCUMBER DIP	BOAT NOODLES WITH PORK	KHAO SOY CURRY PASTE (prepare)
RED CURRY WITH ROAST DUCK	PANANG CURRY WITH PORK	STEAMED CURRIED SEAFOOD	PREPARE HOMEMADE EGG NOODLES	KHAO SOY WITH CHICKEN
GOLDEN BAG	POMELO SALAD	GLASS NOODLES SALAD	PREPARE HOMEMADE RICE NOODLES	CHICKEN WRAP WITH PANDANUS LEAVES
GRILLED DUCK THAI-STYLE	THAI GRILLED PORK (MOO PING)	STIR FRIED EGGPLANT WITH BASIL		THIN RICE NOODLES IN GRAVY
FRIED SWEET NOODLES WITH PORK	STIR FRIED FLAT RICE NOODLES WITH CHICKEN	STIR FRIED MORNING GLORIES		STIR-FRIED CLAMS WITH CHILI PASTE
MANGO WITH STICKY RICE	PINEAPPLE FRIED RICE			SPICY EGG SALAD

THAI COOKING:**WEEK #2 27-31 Dec., 2021 (closed on Friday, all dishes covered in first 4 days)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GREEN CURRY PASTE (prepare)	SOUTHERN SOUR SPICY CURRY PASTE (prepare)	CHICKEN SATAY + PEANUT SAUCE (prepare)	HOT & SOUR SPARERIBS SOUP	STEAMED PORK LEG + DIP (prepare)
GREEN CURRY WITH CHICKEN	SHRIMP IN SOUTHERN SOUR SPICY CURRY	FRIED GREEN PAPAYA SALAD	STIR-FRIED SHRIMP WITH ASPARAGUS	CHICKEN & RICE & SOY BEAN DIP (prepare)
THAI-STYLE FRIED RICE NOODLES (PAD THAI)	WINGED BEAN SALAD	TOM YUM FRIED RICE	STEAMED SEA BASS WITH LIME SAUCE	THAI-STYLE CHICKEN BIRYANI W/GREEN SAUCE
CRISPY FRIED MUSSEL PANCAKES	FRIED SPRING ROLLS & SWEET CHILI SAUCE (prepare)	AUTHENTIC THAI GRILLED CHICKEN	CRISPY CATFISH GREEN MANGO SALAD	
STIR-FRIED FISH WITH BLACK PEPPER	STIR-FRIED BEEF IN OYSTER SAUCE	BAKED RICE WITH CHICKEN & MUSHROOMS	SPARERIBS GARLIC	
STEAMED FISH WITH GINGER	THAI SWEET DUMPLINGS			

THAI COOKING:**WEEK #3 3-7 Jan 2022 (closed on Monday, all dishes covered in remaining 4 days)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY VEGETARIAN DAY
MASSAMAN CURRY PASTE (prepare)	JUNGLE CURRY PASTE (prepare)	PINEAPPLE CURRY PASTE (prepare)	NORTHERN CURRY PASTE (prepare)	MAKE TOFU AND SOY MILK
MASSAMAN CURRY WITH CHICKEN	JUNGLE CURRY CHICKEN	PINEAPPLE CURRY WITH SHRIMP	NORTHERN CURRY WITH PORK	FRESH SPRING ROLLS + SPICY DIP (prepare)
CHICKEN IN COCONUT MILK (TOM KHA GAI)	STIR FRIED CRAB WITH YELLOW CURRY POWDER	SLICED GRILLED SPICY PORK SALAD (NAM TOK MOO)	SALTED BLACK OLIVE FRIED RICE	STIR FRIED TOFU WITH YELLOW CHILI
DEEP FRIED SHRIMP IN TAMARIND SAUCE	STIR FRIED FISH WITH SOYBEAN PASTE & BASIL	STIR-FRIED CHICKEN WITH GINGER	BAKED PRAWNS & MUNG BEAN NOODLES	STIR-FRIED MIXED MUSHROOMS
CHICKEN BAKED IN SOY SAUCE W/CHINESE KALE	STIR-FRIED MINCED PORK WITH SPICY BASIL	SHRIMP CAKES WITH PLUM SAUCE (prepare)	SWEET CORN IN TAPIOCA & COCONUT MILK	STEAMED TOFU WITH MUSHROOM SAUCE
STIR-FRIED CHICKEN W/CASHEWS	THAI FRIED RICE	THAI CRISPY CAKE	SPICY SEAFOOD WITH HERBS	

THAI COOKING:**WEEK #4 10-14 Jan., 2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
YELLOW CURRY PASTE (prepare)	SOUTHERN CURRY PASTE (prepare)	HOT & SOUR TAMARIND PASTE (prepare)	STIR-FRIED CHICKEN WITH YELLOW CURRY AND PINEAPPLE	VEGETABLE SOUP CURRY PASTE (prepare)
YELLOW CURRY WITH CHICKEN	STIR-FRIED PORK WITH SOUTHERN CURRY	HOT & SOUR TAMARIND CURRY W/FISH & VEGETABLES	CRISPY FRIED MORNING GLORIES	HERBAL VEGETABLE SOUP
PAPAYA SALAD (SOM TAM)	SPICY MINCED CHICKEN SALAD (LAAB GAI)	CRAB MEAT FRIED RICE	CHICKEN IN GRAVY WITH RICE	GRILLED PORK SIRLOIN WITH LEMONGRASS
HOT & SOUR PRAWN SOUP (TOM YUM GOONG)	CRISPY PORK BELLY (MOO KROB)	SHRIMP WITH SPICY LEMONGRASS SALAD	BRAISED SPARERIBS IN PINEAPPLE SAUCE	STUFFED CHICKEN WINGS
GRILLED MARINATED PORK WITH SPICY DIP	BARBECUED PORK SERVED WITH RICE	STIR FRIED PORK RIBS WITH LEMONGRASS	DEEP FRIED FISH IN 3 FLAVOR SAUCE	DEEP FRIED FISH IN RED CURRY
MUNG BEAN COCONUT CUSTARD	DEEP FRIED CHICKEN WINGS WITH FISH SAUCE	WATER CHESTNUTS IN COCONUT SYRUP		FRIED SWEET NOODLES WITH SPICY HERBS

ASIAN COOKING:**WEEK #1 KOREAN & JAPANESE COOKING 17-21 Jan**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SPICY & FERMENTED NAPA CABBAGE (KIMCHI)	STIR FRIED CHICKEN WITH SPICY SAUCE	UDON NOODLES (prepare)	TERIYAKI SAUCE (prepare)	SUSHI VINEGAR & RICE
SPICY BIBIMBAP SAUCE	SPICY SILKY TOFU SOUP	UDON NOODLES SOUP	CHICKEN TERIYAKI	JAPANESE OMELETTE
MIXED RICE WITH VEGETABLES & BEEF	KOREAN SEAFOOD PANCAKES	TEMPURA SAUCE (prepare)	JAPANESE CHICKEN CURRY	NIGIRI SUSHI
SPICY STIR FRIED SQUID	STIR FRIED RICE CAKE WITH SPICY SAUCE	TEMPURA SHRIMP	JAPANESE SAVORY PANCAKES	HOSOMAKI SUSHI
BLACK BEAN NOODLES	KOREAN FRIED CHICKEN	MISO SOUP	JAPANESE GRILLED CHICKEN	FUTOMAKI SUSHI
		JAPANESE SOUP STOCK		URAMAKI SUSHI

ASIAN COOKING:**WEEK #2 VIETNAMESE & CHINESE COOKING 24-28 Jan**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
VIETNAMESE NOODLES SOUP (PHO)	GRILLED PORK SAUSAGES WITH RICE PAPER	GRILLED PORK WITH NOODLES	SWEET & SOUR VEGETABLES WITH PORK	CHINESE DUMPLINGS (JIAOZI)
SHRIMP WITH SUGAR CANE	NAM NEUNG DIPPING SAUCE	VIETNAMESE DIPPING FISH SAUCE	STIR FRIED EGG NOODLES WITH VEGETABLES	CHINESE FRIED RICE
VIETNAMESE DIP	GARNISH & ASSEMBLY OF NAM NEUNG	VIETNAMESE FRIED SPRING ROLLS	STEAMED CHINESE DUMPLINGS (SHUMAI)	PINEAPPLE SHRIMP BALL
VIETNAMESE PICKLED DAIKON & CARROTS	CRISPY VIETNAMESE PANCAKES	BRAISED PORK	STIR FRIED BEEF & CHINESE KALE	MAPO TOFU
FRESH SPRING ROLLS	VIETNAMESE STEAMED FISH FILLET	VIETNAMESE DUMPLINGS	STIR FRIED FISH FILLET WITH CELERY	GENERAL TSAO'S CHICKEN

THAI COOKING:**WEEK #1 31 Jan-4 Feb**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
RED CURRY PASTE (prepare)	PANANG CURRY PASTE (prepare)	THAI FISH CAKES & SWEET CUCUMBER DIP	BOAT NOODLES WITH PORK	KHAO SOY CURRY PASTE (prepare)
RED CURRY WITH ROAST DUCK	PANANG CURRY WITH PORK	STEAMED CURRIED SEAFOOD	PREPARE HOMEMADE EGG NOODLES	KHAO SOY WITH CHICKEN
GOLDEN BAG	POMELO SALAD	GLASS NOODLES SALAD	PREPARE HOMEMADE RICE NOODLES	CHICKEN WRAP WITH PANDANUS LEAVES
GRILLED DUCK THAI-STYLE	THAI GRILLED PORK (MOO PING)	STIR FRIED EGGPLANT WITH BASIL		THIN RICE NOODLES IN GRAVY
FRIED SWEET NOODLES WITH PORK	STIR FRIED FLAT RICE NOODLES WITH CHICKEN	STIR FRIED MORNING GLORIES		STIR-FRIED CLAMS WITH CHILI PASTE
MANGO WITH STICKY RICE	PINEAPPLE FRIED RICE			SPICY EGG SALAD

THAI COOKING:**WEEK #2 7-11 Feb**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GREEN CURRY PASTE (prepare)	SOUTHERN SOUR SPICY CURRY PASTE (prepare)	CHICKEN SATAY + PEANUT SAUCE (prepare)	HOT & SOUR SPARERIBS SOUP	STEAMED PORK LEG + DIP (prepare)
GREEN CURRY WITH CHICKEN	SHRIMP IN SOUTHERN SOUR SPICY CURRY	FRIED GREEN PAPAYA SALAD	STIR-FRIED SHRIMP WITH ASPARAGUS	CHICKEN & RICE & SOY BEAN DIP (prepare)
THAI-STYLE FRIED RICE NOODLES (PAD THAI)	WINGED BEAN SALAD	TOM YUM FRIED RICE	STEAMED SEA BASS WITH LIME SAUCE	THAI-STYLE CHICKEN BIRYANI W/GREEN SAUCE
CRISPY FRIED MUSSEL PANCAKES	FRIED SPRING ROLLS & SWEET CHILI SAUCE (prepare)	AUTHENTIC THAI GRILLED CHICKEN	CRISPY CATFISH GREEN MANGO SALAD	
STIR-FRIED FISH WITH BLACK PEPPER	STIR-FRIED BEEF IN OYSTER SAUCE	BAKED RICE WITH CHICKEN & MUSHROOMS	SPARERIBS GARLIC	
STEAMED FISH WITH GINGER	THAI SWEET DUMPLINGS			

THAI COOKING:**WEEK #3 14-18 Feb**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY VEGETARIAN DAY
MASSAMAN CURRY PASTE (prepare)	JUNGLE CURRY PASTE (prepare)	PINEAPPLE CURRY PASTE (prepare)	NORTHERN CURRY PASTE (prepare)	MAKE TOFU AND SOY MILK
MASSAMAN CURRY WITH CHICKEN	JUNGLE CURRY CHICKEN	PINEAPPLE CURRY WITH SHRIMP	NORTHERN CURRY WITH PORK	FRESH SPRING ROLLS + SPICY DIP (prepare)
CHICKEN IN COCONUT MILK (TOM KHA GAI)	STIR FRIED CRAB WITH YELLOW CURRY POWDER	SLICED GRILLED SPICY PORK SALAD (NAM TOK MOO)	SALTED BLACK OLIVE FRIED RICE	STIR FRIED TOFU WITH YELLOW CHILI
DEEP FRIED SHRIMP IN TAMARIND SAUCE	STIR FRIED FISH WITH SOYBEAN PASTE & BASIL	STIR-FRIED CHICKEN WITH GINGER	BAKED PRAWNS & MUNG BEAN NOODLES	STIR-FRIED MIXED MUSHROOMS
CHICKEN BAKED IN SOY SAUCE W/CHINESE KALE	STIR-FRIED MINCED PORK WITH SPICY BASIL	SHRIMP CAKES WITH PLUM SAUCE (prepare)	SWEET CORN IN TAPIOCA & COCONUT MILK	STEAMED TOFU WITH MUSHROOM SAUCE
STIR-FRIED CHICKEN W/CASHEWS	THAI FRIED RICE	THAI CRISPY CAKE	SPICY SEAFOOD WITH HERBS	

THAI COOKING:**WEEK #4 21-25 Feb**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
YELLOW CURRY PASTE (prepare)	SOUTHERN CURRY PASTE (prepare)	HOT & SOUR TAMARIND PASTE (prepare)	STIR-FRIED CHICKEN WITH YELLOW CURRY AND PINEAPPLE	VEGETABLE SOUP CURRY PASTE (prepare)
YELLOW CURRY WITH CHICKEN	STIR-FRIED PORK WITH SOUTHERN CURRY	HOT & SOUR TAMARIND CURRY W/FISH & VEGETABLES	CRISPY FRIED MORNING GLORIES	HERBAL VEGETABLE SOUP
PAPAYA SALAD (SOM TAM)	SPICY MINCED CHICKEN SALAD (LAAB GAI)	CRAB MEAT FRIED RICE	CHICKEN IN GRAVY WITH RICE	GRILLED PORK SIRLOIN WITH LEMONGRASS
HOT & SOUR PRAWN SOUP (TOM YUM GOONG)	CRISPY PORK BELLY (MOO KROB)	SHRIMP WITH SPICY LEMONGRASS SALAD	BRAISED SPARERIBS IN PINEAPPLE SAUCE	STUFFED CHICKEN WINGS
GRILLED MARINATED PORK WITH SPICY DIP	BARBECUED PORK SERVED WITH RICE	STIR FRIED PORK RIBS WITH LEMONGRASS	DEEP FRIED FISH IN 3 FLAVOR SAUCE	DEEP FRIED FISH IN RED CURRY
MUNG BEAN COCONUT CUSTARD	DEEP FRIED CHICKEN WINGS WITH FISH SAUCE	WATER CHESTNUTS IN COCONUT SYRUP		FRIED SWEET NOODLES WITH SPICY HERBS

ASIAN COOKING:**WEEK #1 KOREAN & JAPANESE COOKING 28 Feb-4 March**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SPICY & FERMENTED NAPA CABBAGE (KIMCHI)	STIR FRIED CHICKEN WITH SPICY SAUCE	UDON NOODLES (prepare)	TERIYAKI SAUCE (prepare)	SUSHI VINEGAR & RICE
SPICY BIBIMBAP SAUCE	SPICY SILKY TOFU SOUP	UDON NOODLES SOUP	CHICKEN TERIYAKI	JAPANESE OMELETTE
MIXED RICE WITH VEGETABLES & BEEF	KOREAN SEAFOOD PANCAKES	TEMPURA SAUCE (prepare)	JAPANESE CHICKEN CURRY	NIGIRI SUSHI
SPICY STIR FRIED SQUID	STIR FRIED RICE CAKE WITH SPICY SAUCE	TEMPURA SHRIMP	JAPANESE SAVORY PANCAKES	HOSOMAKI SUSHI
BLACK BEAN NOODLES	KOREAN FRIED CHICKEN	MISO SOUP	JAPANESE GRILLED CHICKEN	FUTOMAKI SUSHI
		JAPANESE SOUP STOCK		URAMAKI SUSHI

ASIAN COOKING:**WEEK #2 VIETNAMESE & CHINESE COOKING 7-11 March**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
VIETNAMESE NOODLES SOUP (PHO)	GRILLED PORK SAUSAGES WITH RICE PAPER	GRILLED PORK WITH NOODLES	SWEET & SOUR VEGETABLES WITH PORK	CHINESE DUMPLINGS (JIAOZI)
SHRIMP WITH SUGAR CANE	NAM NEUNG DIPPING SAUCE	VIETNAMESE DIPPING FISH SAUCE	STIR FRIED EGG NOODLES WITH VEGETABLES	CHINESE FRIED RICE
VIETNAMESE DIP	GARNISH & ASSEMBLY OF NAM NEUNG	VIETNAMESE FRIED SPRING ROLLS	STEAMED CHINESE DUMPLINGS (SHUMAI)	PINEAPPLE SHRIMP BALL
VIETNAMESE PICKLED DAIKON & CARROTS	CRISPY VIETNAMESE PANCAKES	BRAISED PORK	STIR FRIED BEEF & CHINESE KALE	MAPO TOFU
FRESH SPRING ROLLS	VIETNAMESE STEAMED FISH FILLET	VIETNAMESE DUMPLINGS	STIR FRIED FISH FILLET WITH CELERY	GENERAL TSAO'S CHICKEN

THAI COOKING:**WEEK #1 14-18 March**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
RED CURRY PASTE (prepare)	PANANG CURRY PASTE (prepare)	THAI FISH CAKES & SWEET CUCUMBER DIP	BOAT NOODLES WITH PORK	KHAO SOY CURRY PASTE (prepare)
RED CURRY WITH ROAST DUCK	PANANG CURRY WITH PORK	STEAMED CURRIED SEAFOOD	PREPARE HOMEMADE EGG NOODLES	KHAO SOY WITH CHICKEN
GOLDEN BAG	POMELO SALAD	GLASS NOODLES SALAD	PREPARE HOMEMADE RICE NOODLES	CHICKEN WRAP WITH PANDANUS LEAVES
GRILLED DUCK THAI-STYLE	THAI GRILLED PORK (MOO PING)	STIR FRIED EGGPLANT WITH BASIL		THIN RICE NOODLES IN GRAVY
FRIED SWEET NOODLES WITH PORK	STIR FRIED FLAT RICE NOODLES WITH CHICKEN	STIR FRIED MORNING GLORIES		STIR-FRIED CLAMS WITH CHILI PASTE
MANGO WITH STICKY RICE	PINEAPPLE FRIED RICE			SPICY EGG SALAD

THAI COOKING:**WEEK #2 21-25 March**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GREEN CURRY PASTE (prepare)	SOUTHERN SOUR SPICY CURRY PASTE (prepare)	CHICKEN SATAY + PEANUT SAUCE (prepare)	HOT & SOUR SPARERIBS SOUP	STEAMED PORK LEG + DIP (prepare)
GREEN CURRY WITH CHICKEN	SHRIMP IN SOUTHERN SOUR SPICY CURRY	FRIED GREEN PAPAYA SALAD	STIR-FRIED SHRIMP WITH ASPARAGUS	CHICKEN & RICE & SOY BEAN DIP (prepare)
THAI-STYLE FRIED RICE NOODLES (PAD THAI)	WINGED BEAN SALAD	TOM YUM FRIED RICE	STEAMED SEA BASS WITH LIME SAUCE	THAI-STYLE CHICKEN BIRYANI W/GREEN SAUCE
CRISPY FRIED MUSSEL PANCAKES	FRIED SPRING ROLLS & SWEET CHILI SAUCE (prepare)	AUTHENTIC THAI GRILLED CHICKEN	CRISPY CATFISH GREEN MANGO SALAD	
STIR-FRIED FISH WITH BLACK PEPPER	STIR-FRIED BEEF IN OYSTER SAUCE	BAKED RICE WITH CHICKEN & MUSHROOMS	SPARERIBS GARLIC	
STEAMED FISH WITH GINGER	THAI SWEET DUMPLINGS			

THAI COOKING:**WEEK #3 28 March-1 April**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY VEGETARIAN DAY
MASSAMAN CURRY PASTE (prepare)	JUNGLE CURRY PASTE (prepare)	PINEAPPLE CURRY PASTE (prepare)	NORTHERN CURRY PASTE (prepare)	MAKE TOFU AND SOY MILK
MASSAMAN CURRY WITH CHICKEN	JUNGLE CURRY CHICKEN	PINEAPPLE CURRY WITH SHRIMP	NORTHERN CURRY WITH PORK	FRESH SPRING ROLLS + SPICY DIP (prepare)
CHICKEN IN COCONUT MILK (TOM KHA GAI)	STIR FRIED CRAB WITH YELLOW CURRY POWDER	SLICED GRILLED SPICY PORK SALAD (NAM TOK MOO)	SALTED BLACK OLIVE FRIED RICE	STIR FRIED TOFU WITH YELLOW CHILI
DEEP FRIED SHRIMP IN TAMARIND SAUCE	STIR FRIED FISH WITH SOYBEAN PASTE & BASIL	STIR-FRIED CHICKEN WITH GINGER	BAKED PRAWNS & MUNG BEAN NOODLES	STIR-FRIED MIXED MUSHROOMS
CHICKEN BAKED IN SOY SAUCE W/CHINESE KALE	STIR-FRIED MINCED PORK WITH SPICY BASIL	SHRIMP CAKES WITH PLUM SAUCE (prepare)	SWEET CORN IN TAPIOCA & COCONUT MILK	STEAMED TOFU WITH MUSHROOM SAUCE
STIR-FRIED CHICKEN W/CASHEWS	THAI FRIED RICE	THAI CRISPY CAKE	SPICY SEAFOOD WITH HERBS	

THAI COOKING:**WEEK #4 4-8 April**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
YELLOW CURRY PASTE (prepare)	SOUTHERN CURRY PASTE (prepare)	HOT & SOUR TAMARIND PASTE (prepare)	STIR-FRIED CHICKEN WITH YELLOW CURRY AND PINEAPPLE	VEGETABLE SOUP CURRY PASTE (prepare)
YELLOW CURRY WITH CHICKEN	STIR-FRIED PORK WITH SOUTHERN CURRY	HOT & SOUR TAMARIND CURRY W/FISH & VEGETABLES	CRISPY FRIED MORNING GLORIES	HERBAL VEGETABLE SOUP
PAPAYA SALAD (SOM TAM)	SPICY MINCED CHICKEN SALAD (LAAB GAI)	CRAB MEAT FRIED RICE	CHICKEN IN GRAVY WITH RICE	GRILLED PORK SIRLOIN WITH LEMONGRASS
HOT & SOUR PRAWN SOUP (TOM YUM GOONG)	CRISPY PORK BELLY (MOO KROB)	SHRIMP WITH SPICY LEMONGRASS SALAD	BRAISED SPARERIBS IN PINEAPPLE SAUCE	STUFFED CHICKEN WINGS
GRILLED MARINATED PORK WITH SPICY DIP	BARBECUED PORK SERVED WITH RICE	STIR FRIED PORK RIBS WITH LEMONGRASS	DEEP FRIED FISH IN 3 FLAVOR SAUCE	DEEP FRIED FISH IN RED CURRY
MUNG BEAN COCONUT CUSTARD	DEEP FRIED CHICKEN WINGS WITH FISH SAUCE	WATER CHESTNUTS IN COCONUT SYRUP		FRIED SWEET NOODLES WITH SPICY HERBS

ASIAN COOKING:**WEEK #1 KOREAN & JAPANESE COOKING 11-16 Apr (closed 13-15, all dishes covered in 3 days)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SPICY & FERMENTED NAPA CABBAGE (KIMCHI)	STIR FRIED CHICKEN WITH SPICY SAUCE	UDON NOODLES (prepare)	TERIYAKI SAUCE (prepare)	SUSHI VINEGAR & RICE
SPICY BIBIMBAP SAUCE	SPICY SILKY TOFU SOUP	UDON NOODLES SOUP	CHICKEN TERIYAKI	JAPANESE OMELETTE
MIXED RICE WITH VEGETABLES & BEEF	KOREAN SEAFOOD PANCAKES	TEMPURA SAUCE (prepare)	JAPANESE CHICKEN CURRY	NIGIRI SUSHI
SPICY STIR FRIED SQUID	STIR FRIED RICE CAKE WITH SPICY SAUCE	TEMPURA SHRIMP	JAPANESE SAVORY PANCAKES	HOSOMAKI SUSHI
BLACK BEAN NOODLES	KOREAN FRIED CHICKEN	MISO SOUP	JAPANESE GRILLED CHICKEN	FUTOMAKI SUSHI
		JAPANESE SOUP STOCK		URAMAKI SUSHI

ASIAN COOKING:**WEEK #2 VIETNAMESE & CHINESE COOKING 18-22 April**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
VIETNAMESE NOODLES SOUP (PHO)	GRILLED PORK SAUSAGES WITH RICE PAPER	GRILLED PORK WITH NOODLES	SWEET & SOUR VEGETABLES WITH PORK	CHINESE DUMPLINGS (JIAOZI)
SHRIMP WITH SUGAR CANE	NAM NEUNG DIPPING SAUCE	VIETNAMESE DIPPING FISH SAUCE	STIR FRIED EGG NOODLES WITH VEGETABLES	CHINESE FRIED RICE
VIETNAMESE DIP	GARNISH & ASSEMBLY OF NAM NEUNG	VIETNAMESE FRIED SPRING ROLLS	STEAMED CHINESE DUMPLINGS (SHUMAI)	PINEAPPLE SHRIMP BALL
VIETNAMESE PICKLED DAIKON & CARROTS	CRISPY VIETNAMESE PANCAKES	BRAISED PORK	STIR FRIED BEEF & CHINESE KALE	MAPO TOFU
FRESH SPRING ROLLS	VIETNAMESE STEAMED FISH FILLET	VIETNAMESE DUMPLINGS	STIR FRIED FISH FILLET WITH CELERY	GENERAL TSAO'S CHICKEN

THAI COOKING:**WEEK #1 25-29 April**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
RED CURRY PASTE (prepare)	PANANG CURRY PASTE (prepare)	THAI FISH CAKES & SWEET CUCUMBER DIP	BOAT NOODLES WITH PORK	KHAO SOY CURRY PASTE (prepare)
RED CURRY WITH ROAST DUCK	PANANG CURRY WITH PORK	STEAMED CURRIED SEAFOOD	PREPARE HOMEMADE EGG NOODLES	KHAO SOY WITH CHICKEN
GOLDEN BAG	POMELO SALAD	GLASS NOODLES SALAD	PREPARE HOMEMADE RICE NOODLES	CHICKEN WRAP WITH PANDANUS LEAVES
GRILLED DUCK THAI-STYLE	THAI GRILLED PORK (MOO PING)	STIR FRIED EGGPLANT WITH BASIL		THIN RICE NOODLES IN GRAVY
FRIED SWEET NOODLES WITH PORK	STIR FRIED FLAT RICE NOODLES WITH CHICKEN	STIR FRIED MORNING GLORIES		STIR-FRIED CLAMS WITH CHILI PASTE
MANGO WITH STICKY RICE	PINEAPPLE FRIED RICE			SPICY EGG SALAD

THAI COOKING:**WEEK #2 2-6 May**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GREEN CURRY PASTE (prepare)	SOUTHERN SOUR SPICY CURRY PASTE (prepare)	CHICKEN SATAY + PEANUT SAUCE (prepare)	HOT & SOUR SPARERIBS SOUP	STEAMED PORK LEG + DIP (prepare)
GREEN CURRY WITH CHICKEN	SHRIMP IN SOUTHERN SOUR SPICY CURRY	FRIED GREEN PAPAYA SALAD	STIR-FRIED SHRIMP WITH ASPARAGUS	CHICKEN & RICE & SOY BEAN DIP (prepare)
THAI-STYLE FRIED RICE NOODLES (PAD THAI)	WINGED BEAN SALAD	TOM YUM FRIED RICE	STEAMED SEA BASS WITH LIME SAUCE	THAI-STYLE CHICKEN BIRYANI W/GREEN SAUCE
CRISPY FRIED MUSSEL PANCAKES	FRIED SPRING ROLLS & SWEET CHILI SAUCE (prepare)	AUTHENTIC THAI GRILLED CHICKEN	CRISPY CATFISH GREEN MANGO SALAD	
STIR-FRIED FISH WITH BLACK PEPPER	STIR-FRIED BEEF IN OYSTER SAUCE	BAKED RICE WITH CHICKEN & MUSHROOMS	SPARERIBS GARLIC	
STEAMED FISH WITH GINGER	THAI SWEET DUMPLINGS			

THAI COOKING:**WEEK #3 9-13 May**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY VEGETARIAN DAY
MASSAMAN CURRY PASTE (prepare)	JUNGLE CURRY PASTE (prepare)	PINEAPPLE CURRY PASTE (prepare)	NORTHERN CURRY PASTE (prepare)	MAKE TOFU AND SOY MILK
MASSAMAN CURRY WITH CHICKEN	JUNGLE CURRY CHICKEN	PINEAPPLE CURRY WITH SHRIMP	NORTHERN CURRY WITH PORK	FRESH SPRING ROLLS + SPICY DIP (prepare)
CHICKEN IN COCONUT MILK (TOM KHA GAI)	STIR FRIED CRAB WITH YELLOW CURRY POWDER	SLICED GRILLED SPICY PORK SALAD (NAM TOK MOO)	SALTED BLACK OLIVE FRIED RICE	STIR FRIED TOFU WITH YELLOW CHILI
DEEP FRIED SHRIMP IN TAMARIND SAUCE	STIR FRIED FISH WITH SOYBEAN PASTE & BASIL	STIR-FRIED CHICKEN WITH GINGER	BAKED PRAWNS & MUNG BEAN NOODLES	STIR-FRIED MIXED MUSHROOMS
CHICKEN BAKED IN SOY SAUCE W/CHINESE KALE	STIR-FRIED MINCED PORK WITH SPICY BASIL	SHRIMP CAKES WITH PLUM SAUCE (prepare)	SWEET CORN IN TAPIOCA & COCONUT MILK	STEAMED TOFU WITH MUSHROOM SAUCE
STIR-FRIED CHICKEN W/CASHEWS	THAI FRIED RICE	THAI CRISPY CAKE	SPICY SEAFOOD WITH HERBS	

THAI COOKING:**WEEK #4 16-20 May**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
YELLOW CURRY PASTE (prepare)	SOUTHERN CURRY PASTE (prepare)	HOT & SOUR TAMARIND PASTE (prepare)	STIR-FRIED CHICKEN WITH YELLOW CURRY AND PINEAPPLE	VEGETABLE SOUP CURRY PASTE (prepare)
YELLOW CURRY WITH CHICKEN	STIR-FRIED PORK WITH SOUTHERN CURRY	HOT & SOUR TAMARIND CURRY W/FISH & VEGETABLES	CRISPY FRIED MORNING GLORIES	HERBAL VEGETABLE SOUP
PAPAYA SALAD (SOM TAM)	SPICY MINCED CHICKEN SALAD (LAAB GAI)	CRAB MEAT FRIED RICE	CHICKEN IN GRAVY WITH RICE	GRILLED PORK SIRLOIN WITH LEMONGRASS
HOT & SOUR PRAWN SOUP (TOM YUM GOONG)	CRISPY PORK BELLY (MOO KROB)	SHRIMP WITH SPICY LEMONGRASS SALAD	BRAISED SPARERIBS IN PINEAPPLE SAUCE	STUFFED CHICKEN WINGS
GRILLED MARINATED PORK WITH SPICY DIP	BARBECUED PORK SERVED WITH RICE	STIR FRIED PORK RIBS WITH LEMONGRASS	DEEP FRIED FISH IN 3 FLAVOR SAUCE	DEEP FRIED FISH IN RED CURRY
MUNG BEAN COCONUT CUSTARD	DEEP FRIED CHICKEN WINGS WITH FISH SAUCE	WATER CHESTNUTS IN COCONUT SYRUP		FRIED SWEET NOODLES WITH SPICY HERBS

ASIAN COOKING:**WEEK #1 KOREAN & JAPANESE COOKING 23-27 May**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SPICY & FERMENTED NAPA CABBAGE (KIMCHI)	STIR FRIED CHICKEN WITH SPICY SAUCE	UDON NOODLES (prepare)	TERIYAKI SAUCE (prepare)	SUSHI VINEGAR & RICE
SPICY BIBIMBAP SAUCE	SPICY SILKY TOFU SOUP	UDON NOODLES SOUP	CHICKEN TERIYAKI	JAPANESE OMELETTE
MIXED RICE WITH VEGETABLES & BEEF	KOREAN SEAFOOD PANCAKES	TEMPURA SAUCE (prepare)	JAPANESE CHICKEN CURRY	NIGIRI SUSHI
SPICY STIR FRIED SQUID	STIR FRIED RICE CAKE WITH SPICY SAUCE	TEMPURA SHRIMP	JAPANESE SAVORY PANCAKES	HOSOMAKI SUSHI
BLACK BEAN NOODLES	KOREAN FRIED CHICKEN	MISO SOUP	JAPANESE GRILLED CHICKEN	FUTOMAKI SUSHI
		JAPANESE SOUP STOCK		URAMAKI SUSHI

ASIAN COOKING:**WEEK #2 VIETNAMESE & CHINESE COOKING 30 May-3 June**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
VIETNAMESE NOODLES SOUP (PHO)	GRILLED PORK SAUSAGES WITH RICE PAPER	GRILLED PORK WITH NOODLES	SWEET & SOUR VEGETABLES WITH PORK	CHINESE DUMPLINGS (JIAOZI)
SHRIMP WITH SUGAR CANE	NAM NEUNG DIPPING SAUCE	VIETNAMESE DIPPING FISH SAUCE	STIR FRIED EGG NOODLES WITH VEGETABLES	CHINESE FRIED RICE
VIETNAMESE DIP	GARNISH & ASSEMBLY OF NAM NEUNG	VIETNAMESE FRIED SPRING ROLLS	STEAMED CHINESE DUMPLINGS (SHUMAI)	PINEAPPLE SHRIMP BALL
VIETNAMESE PICKLED DAIKON & CARROTS	CRISPY VIETNAMESE PANCAKES	BRAISED PORK	STIR FRIED BEEF & CHINESE KALE	MAPO TOFU
FRESH SPRING ROLLS	VIETNAMESE STEAMED FISH FILLET	VIETNAMESE DUMPLINGS	STIR FRIED FISH FILLET WITH CELERY	GENERAL TSAO'S CHICKEN

THAI COOKING:**WEEK #1 6-10 June**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
RED CURRY PASTE (prepare)	PANANG CURRY PASTE (prepare)	THAI FISH CAKES & SWEET CUCUMBER DIP	BOAT NOODLES WITH PORK	KHAO SOY CURRY PASTE (prepare)
RED CURRY WITH ROAST DUCK	PANANG CURRY WITH PORK	STEAMED CURRIED SEAFOOD	PREPARE HOMEMADE EGG NOODLES	KHAO SOY WITH CHICKEN
GOLDEN BAG	POMELO SALAD	GLASS NOODLES SALAD	PREPARE HOMEMADE RICE NOODLES	CHICKEN WRAP WITH PANDANUS LEAVES
GRILLED DUCK THAI-STYLE	THAI GRILLED PORK (MOO PING)	STIR FRIED EGGPLANT WITH BASIL		THIN RICE NOODLES IN GRAVY
FRIED SWEET NOODLES WITH PORK	STIR FRIED FLAT RICE NOODLES WITH CHICKEN	STIR FRIED MORNING GLORIES		STIR-FRIED CLAMS WITH CHILI PASTE
MANGO WITH STICKY RICE	PINEAPPLE FRIED RICE			SPICY EGG SALAD

THAI COOKING:**WEEK #2 13-17 June**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GREEN CURRY PASTE (prepare)	SOUTHERN SOUR SPICY CURRY PASTE (prepare)	CHICKEN SATAY + PEANUT SAUCE (prepare)	HOT & SOUR SPARERIBS SOUP	STEAMED PORK LEG + DIP (prepare)
GREEN CURRY WITH CHICKEN	SHRIMP IN SOUTHERN SOUR SPICY CURRY	FRIED GREEN PAPAYA SALAD	STIR-FRIED SHRIMP WITH ASPARAGUS	CHICKEN & RICE & SOY BEAN DIP (prepare)
THAI-STYLE FRIED RICE NOODLES (PAD THAI)	WINGED BEAN SALAD	TOM YUM FRIED RICE	STEAMED SEA BASS WITH LIME SAUCE	THAI-STYLE CHICKEN BIRYANI W/GREEN SAUCE
CRISPY FRIED MUSSEL PANCAKES	FRIED SPRING ROLLS & SWEET CHILI SAUCE (prepare)	AUTHENTIC THAI GRILLED CHICKEN	CRISPY CATFISH GREEN MANGO SALAD	
STIR-FRIED FISH WITH BLACK PEPPER	STIR-FRIED BEEF IN OYSTER SAUCE	BAKED RICE WITH CHICKEN & MUSHROOMS	SPARERIBS GARLIC	
STEAMED FISH WITH GINGER	THAI SWEET DUMPLINGS			

THAI COOKING:**WEEK #3 20-24 June**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY VEGETARIAN DAY
MASSAMAN CURRY PASTE (prepare)	JUNGLE CURRY PASTE (prepare)	PINEAPPLE CURRY PASTE (prepare)	NORTHERN CURRY PASTE (prepare)	MAKE TOFU AND SOY MILK
MASSAMAN CURRY WITH CHICKEN	JUNGLE CURRY CHICKEN	PINEAPPLE CURRY WITH SHRIMP	NORTHERN CURRY WITH PORK	FRESH SPRING ROLLS + SPICY DIP (prepare)
CHICKEN IN COCONUT MILK (TOM KHA GAI)	STIR FRIED CRAB WITH YELLOW CURRY POWDER	SLICED GRILLED SPICY PORK SALAD (NAM TOK MOO)	SALTED BLACK OLIVE FRIED RICE	STIR FRIED TOFU WITH YELLOW CHILI
DEEP FRIED SHRIMP IN TAMARIND SAUCE	STIR FRIED FISH WITH SOYBEAN PASTE & BASIL	STIR-FRIED CHICKEN WITH GINGER	BAKED PRAWNS & MUNG BEAN NOODLES	STIR-FRIED MIXED MUSHROOMS
CHICKEN BAKED IN SOY SAUCE W/CHINESE KALE	STIR-FRIED MINCED PORK WITH SPICY BASIL	SHRIMP CAKES WITH PLUM SAUCE (prepare)	SWEET CORN IN TAPIOCA & COCONUT MILK	STEAMED TOFU WITH MUSHROOM SAUCE
STIR-FRIED CHICKEN W/CASHEWS	THAI FRIED RICE	THAI CRISPY CAKE	SPICY SEAFOOD WITH HERBS	

THAI COOKING:**WEEK #4 27 June-1 July**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
YELLOW CURRY PASTE (prepare)	SOUTHERN CURRY PASTE (prepare)	HOT & SOUR TAMARIND PASTE (prepare)	STIR-FRIED CHICKEN WITH YELLOW CURRY AND PINEAPPLE	VEGETABLE SOUP CURRY PASTE (prepare)
YELLOW CURRY WITH CHICKEN	STIR-FRIED PORK WITH SOUTHERN CURRY	HOT & SOUR TAMARIND CURRY W/FISH & VEGETABLES	CRISPY FRIED MORNING GLORIES	HERBAL VEGETABLE SOUP
PAPAYA SALAD (SOM TAM)	SPICY MINCED CHICKEN SALAD (LAAB GAI)	CRAB MEAT FRIED RICE	CHICKEN IN GRAVY WITH RICE	GRILLED PORK SIRLOIN WITH LEMONGRASS
HOT & SOUR PRAWN SOUP (TOM YUM GOONG)	CRISPY PORK BELLY (MOO KROB)	SHRIMP WITH SPICY LEMONGRASS SALAD	BRAISED SPARERIBS IN PINEAPPLE SAUCE	STUFFED CHICKEN WINGS
GRILLED MARINATED PORK WITH SPICY DIP	BARBECUED PORK SERVED WITH RICE	STIR FRIED PORK RIBS WITH LEMONGRASS	DEEP FRIED FISH IN 3 FLAVOR SAUCE	DEEP FRIED FISH IN RED CURRY
MUNG BEAN COCONUT CUSTARD	DEEP FRIED CHICKEN WINGS WITH FISH SAUCE	WATER CHESTNUTS IN COCONUT SYRUP		FRIED SWEET NOODLES WITH SPICY HERBS

ASIAN COOKING:**WEEK #1 KOREAN & JAPANESE COOKING 4-8 July**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SPICY & FERMENTED NAPA CABBAGE (KIMCHI)	STIR FRIED CHICKEN WITH SPICY SAUCE	UDON NOODLES (prepare)	TERIYAKI SAUCE (prepare)	SUSHI VINEGAR & RICE
SPICY BIBIMBAP SAUCE	SPICY SILKY TOFU SOUP	UDON NOODLES SOUP	CHICKEN TERIYAKI	JAPANESE OMELETTE
MIXED RICE WITH VEGETABLES & BEEF	KOREAN SEAFOOD PANCAKES	TEMPURA SAUCE (prepare)	JAPANESE CHICKEN CURRY	NIGIRI SUSHI
SPICY STIR FRIED SQUID	STIR FRIED RICE CAKE WITH SPICY SAUCE	TEMPURA SHRIMP	JAPANESE SAVORY PANCAKES	HOSOMAKI SUSHI
BLACK BEAN NOODLES	KOREAN FRIED CHICKEN	MISO SOUP	JAPANESE GRILLED CHICKEN	FUTOMAKI SUSHI
		JAPANESE SOUP STOCK		URAMAKI SUSHI

ASIAN COOKING:**WEEK #2 VIETNAMESE & CHINESE COOKING 11-15 July**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
VIETNAMESE NOODLES SOUP (PHO)	GRILLED PORK SAUSAGES WITH RICE PAPER	GRILLED PORK WITH NOODLES	SWEET & SOUR VEGETABLES WITH PORK	CHINESE DUMPLINGS (JIAOZI)
SHRIMP WITH SUGAR CANE	NAM NEUNG DIPPING SAUCE	VIETNAMESE DIPPING FISH SAUCE	STIR FRIED EGG NOODLES WITH VEGETABLES	CHINESE FRIED RICE
VIETNAMESE DIP	GARNISH & ASSEMBLY OF NAM NEUNG	VIETNAMESE FRIED SPRING ROLLS	STEAMED CHINESE DUMPLINGS (SHUMAI)	PINEAPPLE SHRIMP BALL
VIETNAMESE PICKLED DAIKON & CARROTS	CRISPY VIETNAMESE PANCAKES	BRAISED PORK	STIR FRIED BEEF & CHINESE KALE	MAPO TOFU
FRESH SPRING ROLLS	VIETNAMESE STEAMED FISH FILLET	VIETNAMESE DUMPLINGS	STIR FRIED FISH FILLET WITH CELERY	GENERAL TSAO'S CHICKEN

THAI COOKING:**WEEK #1 18-22 July**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
RED CURRY PASTE (prepare)	PANANG CURRY PASTE (prepare)	THAI FISH CAKES & SWEET CUCUMBER DIP	BOAT NOODLES WITH PORK	KHAO SOY CURRY PASTE (prepare)
RED CURRY WITH ROAST DUCK	PANANG CURRY WITH PORK	STEAMED CURRIED SEAFOOD	PREPARE HOMEMADE EGG NOODLES	KHAO SOY WITH CHICKEN
GOLDEN BAG	POMELO SALAD	GLASS NOODLES SALAD	PREPARE HOMEMADE RICE NOODLES	CHICKEN WRAP WITH PANDANUS LEAVES
GRILLED DUCK THAI-STYLE	THAI GRILLED PORK (MOO PING)	STIR FRIED EGGPLANT WITH BASIL		THIN RICE NOODLES IN GRAVY
FRIED SWEET NOODLES WITH PORK	STIR FRIED FLAT RICE NOODLES WITH CHICKEN	STIR FRIED MORNING GLORIES		STIR-FRIED CLAMS WITH CHILI PASTE
MANGO WITH STICKY RICE	PINEAPPLE FRIED RICE			SPICY EGG SALAD

THAI COOKING:**WEEK #2 25-29 July**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GREEN CURRY PASTE (prepare)	SOUTHERN SOUR SPICY CURRY PASTE (prepare)	CHICKEN SATAY + PEANUT SAUCE (prepare)	HOT & SOUR SPARERIBS SOUP	STEAMED PORK LEG + DIP (prepare)
GREEN CURRY WITH CHICKEN	SHRIMP IN SOUTHERN SOUR SPICY CURRY	FRIED GREEN PAPAYA SALAD	STIR-FRIED SHRIMP WITH ASPARAGUS	CHICKEN & RICE & SOY BEAN DIP (prepare)
THAI-STYLE FRIED RICE NOODLES (PAD THAI)	WINGED BEAN SALAD	TOM YUM FRIED RICE	STEAMED SEA BASS WITH LIME SAUCE	THAI-STYLE CHICKEN BIRYANI W/GREEN SAUCE
CRISPY FRIED MUSSEL PANCAKES	FRIED SPRING ROLLS & SWEET CHILI SAUCE (prepare)	AUTHENTIC THAI GRILLED CHICKEN	CRISPY CATFISH GREEN MANGO SALAD	
STIR-FRIED FISH WITH BLACK PEPPER	STIR-FRIED BEEF IN OYSTER SAUCE	BAKED RICE WITH CHICKEN & MUSHROOMS	SPARERIBS GARLIC	
STEAMED FISH WITH GINGER	THAI SWEET DUMPLINGS			

THAI COOKING:**WEEK #3 1-5 Aug**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY VEGETARIAN DAY
MASSAMAN CURRY PASTE (prepare)	JUNGLE CURRY PASTE (prepare)	PINEAPPLE CURRY PASTE (prepare)	NORTHERN CURRY PASTE (prepare)	MAKE TOFU AND SOY MILK
MASSAMAN CURRY WITH CHICKEN	JUNGLE CURRY CHICKEN	PINEAPPLE CURRY WITH SHRIMP	NORTHERN CURRY WITH PORK	FRESH SPRING ROLLS + SPICY DIP (prepare)
CHICKEN IN COCONUT MILK (TOM KHA GAI)	STIR FRIED CRAB WITH YELLOW CURRY POWDER	SLICED GRILLED SPICY PORK SALAD (NAM TOK MOO)	SALTED BLACK OLIVE FRIED RICE	STIR FRIED TOFU WITH YELLOW CHILI
DEEP FRIED SHRIMP IN TAMARIND SAUCE	STIR FRIED FISH WITH SOYBEAN PASTE & BASIL	STIR-FRIED CHICKEN WITH GINGER	BAKED PRAWNS & MUNG BEAN NOODLES	STIR-FRIED MIXED MUSHROOMS
CHICKEN BAKED IN SOY SAUCE W/CHINESE KALE	STIR-FRIED MINCED PORK WITH SPICY BASIL	SHRIMP CAKES WITH PLUM SAUCE (prepare)	SWEET CORN IN TAPIOCA & COCONUT MILK	STEAMED TOFU WITH MUSHROOM SAUCE
STIR-FRIED CHICKEN W/CASHEWS	THAI FRIED RICE	THAI CRISPY CAKE	SPICY SEAFOOD WITH HERBS	

THAI COOKING:**WEEK #4 8-12 Aug (closed on Friday, all dishes covered in 4 days)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
YELLOW CURRY PASTE (prepare)	SOUTHERN CURRY PASTE (prepare)	HOT & SOUR TAMARIND PASTE (prepare)	STIR-FRIED CHICKEN WITH YELLOW CURRY AND PINEAPPLE	VEGETABLE SOUP CURRY PASTE (prepare)
YELLOW CURRY WITH CHICKEN	STIR-FRIED PORK WITH SOUTHERN CURRY	HOT & SOUR TAMARIND CURRY W/FISH & VEGETABLES	CRISPY FRIED MORNING GLORIES	HERBAL VEGETABLE SOUP
PAPAYA SALAD (SOM TAM)	SPICY MINCED CHICKEN SALAD (LAAB GAI)	CRAB MEAT FRIED RICE	CHICKEN IN GRAVY WITH RICE	GRILLED PORK SIRLOIN WITH LEMONGRASS
HOT & SOUR PRAWN SOUP (TOM YUM GOONG)	CRISPY PORK BELLY (MOO KROB)	SHRIMP WITH SPICY LEMONGRASS SALAD	BRAISED SPARERIBS IN PINEAPPLE SAUCE	STUFFED CHICKEN WINGS
GRILLED MARINATED PORK WITH SPICY DIP	BARBECUED PORK SERVED WITH RICE	STIR FRIED PORK RIBS WITH LEMONGRASS	DEEP FRIED FISH IN 3 FLAVOR SAUCE	DEEP FRIED FISH IN RED CURRY
MUNG BEAN COCONUT CUSTARD	DEEP FRIED CHICKEN WINGS WITH FISH SAUCE	WATER CHESTNUTS IN COCONUT SYRUP		FRIED SWEET NOODLES WITH SPICY HERBS

ASIAN COOKING:**WEEK #1 KOREAN & JAPANESE COOKING 15-19 Aug**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SPICY & FERMENTED NAPA CABBAGE (KIMCHI)	STIR FRIED CHICKEN WITH SPICY SAUCE	UDON NOODLES (prepare)	TERIYAKI SAUCE (prepare)	SUSHI VINEGAR & RICE
SPICY BIBIMBAP SAUCE	SPICY SILKY TOFU SOUP	UDON NOODLES SOUP	CHICKEN TERIYAKI	JAPANESE OMELETTE
MIXED RICE WITH VEGETABLES & BEEF	KOREAN SEAFOOD PANCAKES	TEMPURA SAUCE (prepare)	JAPANESE CHICKEN CURRY	NIGIRI SUSHI
SPICY STIR FRIED SQUID	STIR FRIED RICE CAKE WITH SPICY SAUCE	TEMPURA SHRIMP	JAPANESE SAVORY PANCAKES	HOSOMAKI SUSHI
BLACK BEAN NOODLES	KOREAN FRIED CHICKEN	MISO SOUP	JAPANESE GRILLED CHICKEN	FUTOMAKI SUSHI
		JAPANESE SOUP STOCK		URAMAKI SUSHI

ASIAN COOKING:**WEEK #2 VIETNAMESE & CHINESE COOKING 22-26 Aug**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
VIETNAMESE NOODLES SOUP (PHO)	GRILLED PORK SAUSAGES WITH RICE PAPER	GRILLED PORK WITH NOODLES	SWEET & SOUR VEGETABLES WITH PORK	CHINESE DUMPLINGS (JIAOZI)
SHRIMP WITH SUGAR CANE	NAM NEUNG DIPPING SAUCE	VIETNAMESE DIPPING FISH SAUCE	STIR FRIED EGG NOODLES WITH VEGETABLES	CHINESE FRIED RICE
VIETNAMESE DIP	GARNISH & ASSEMBLY OF NAM NEUNG	VIETNAMESE FRIED SPRING ROLLS	STEAMED CHINESE DUMPLINGS (SHUMAI)	PINEAPPLE SHRIMP BALL
VIETNAMESE PICKLED DAIKON & CARROTS	CRISPY VIETNAMESE PANCAKES	BRAISED PORK	STIR FRIED BEEF & CHINESE KALE	MAPO TOFU
FRESH SPRING ROLLS	VIETNAMESE STEAMED FISH FILLET	VIETNAMESE DUMPLINGS	STIR FRIED FISH FILLET WITH CELERY	GENERAL TSAO'S CHICKEN