

BANGKOK THAI COOKING ACADEMY
 THAI CULINARY TRAINING SCHEDULE
 8 May 2023-5 April 2024
 4 WEEKS ROTATING TRAINING SCHEDULE

THAI COOKING:

WEEK #3 8-12 May 2023

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------------------|--|---|--------------------------------------|---|
| MASSAMAN CURRY PASTE (prepare) | JUNGLE CURRY PASTE (prepare) | PINEAPPLE CURRY PASTE (prepare) | NORTHERN CURRY PASTE (prepare) | THAI RICE NOODLES WITH PINEAPPLE & COCONUT MILK |
| MASSAMAN CURRY WITH CHICKEN | JUNGLE CURRY CHICKEN | PINEAPPLE CURRY WITH SHRIMP | NORTHERN CURRY WITH PORK | FRUITS SERVED WITH SWEET PEANUT SAUCE |
| CHICKEN IN COCONUT MILK (TOM KHA GAI) | STIR FRIED CRAB WITH YELLOW CURRY POWDER | SLICED GRILLED SPICY PORK SALAD (NAM TOK MOO) | GREEN CURRY FRIED RICE | STIR FRIED SHRIMP 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 |
| STIR FRIED FISH WITH BLACK PEPPER | STIR-FRIED MINCED PORK WITH SPICY BASIL | SHRIMP CAKES WITH PLUM SAUCE (prepare) | SWEET CORN IN TAPIOCA & COCONUT MILK | TARO BALLS WITH SWEET COCONUT MILK |
| STIR-FRIED CHICKEN W/CASHEWS | THAI FRIED RICE | THAI CRISPY CAKE | SPICY SEAFOOD WITH HERBS | |

THAI COOKING:

WEEK #4 15-19 May 2023

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------------------|--|---|---|---------------------------------------|
| YELLOW CURRY PASTE (prepare) | SOUTHERN CURRY PASTE (prepare) | HOT & SOUR TAMARIND PASTE (prepare) | TAY PO CURRY PASTE (prepare) | VEGETABLE SOUP CURRY PASTE (prepare) |
| YELLOW CURRY WITH CHICKEN | STIR-FRIED PORK WITH SOUTHERN CURRY | HOT & SOUR TAMARIND CURRY W/FISH & VEGETABLES | PORK BELLY WITH 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 | STIR FRIED CABBAGE WITH THIN RICE NOODLES | STUFFED CHICKEN WINGS |
| GRILLED MARINATED PORK WITH SPICY DIP | BARBEQUED PORK SERVED WITH RICE | STIR FRIED CHICKEN 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 | SPICY GRILLED EGGPLANT SALAD | FRIED NOODLES WITH PORK & SPICY HERBS |

THAI COOKING:**WEEK #1 22-26 May**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------------------|------------------------------|--------------------------------------|-------------------------------|-----------------------------------|
| RED CURRY PASTE (prepare) | PANANG CURRY PASTE (prepare) | THAI FISH CAKES & SWEET CUCUMBER DIP | THAI BRAISED PORK NOODLE SOUP | KHAO SOY CURRY PASTE (prepare) |
| RED CURRY WITH ROAST DUCK | PANANG CURRY WITH PORK | STEAMED CURRIED SEAFOOD | STEAMED COCONUT MILK CUSTARD | KHAO SOY WITH CHICKEN |
| GOLDEN BAG | POMELO SALAD | GLASS NOODLES SALAD | | CHICKEN WRAP WITH PANDANUS LEAVES |
| GRILLED DUCK THAI-STYLE | THAI GRILLED PORK ON SKEWERS | STIR FRIED EGGPLANT WITH BASIL | | THIN RICE NOODLES IN GRAVY |
| FRIED SWEET NOODLES WITH PORK | MINCED BEEF FLAT NOODLES | STIR FRIED MORNING GLORIES | | THAI FRIED RICE WITH SOUR PORK |
| MANGO WITH STICKY RICE | PINEAPPLE FRIED RICE | | | SPICY EGG SALAD |

THAI COOKING:**WEEK #2 29 May-2 June**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|----------------------------------|---|
| GREEN CURRY PASTE (prepare) | SOUTHERN SOUR SPICY CURRY PASTE (prepare) | CHICKEN SATAY + PEANUT SAUCE (prepare) | HOT & SOUR CHICKEN SOUP | STEAMED PORK LEG + DIP (prepare) |
| GREEN CURRY WITH CHICKEN | SHRIMP IN SOUTHERN SOUR SPICY CURRY | TOM YUM FRIED RICE | STIR-FRIED SHRIMP WITH ASPARAGUS | CHICKEN & RICE & SOY BEAN DIP (prepare) |
| THAI-STYLE FRIED RICE NOODLES (PAD THAI) | WINGED BEAN SALAD | AUTHENTIC THAIL GRILLED CHICKEN | STEAMED SEA BASS WITH LIME SAUCE | |
| STIR FRIED CHICKEN WITH YELLOW CURRY POWDER & PINEAPPLE | FRIED SPRING ROLLS & SWEET CHILI SAUCE (prepare) | BAKED RICE WITH CHICKEN & MUSHROOMS | CRISPY CATFISH GREEN MANGO SALAD | |
| TRIO CRISP THAI SALAD | STIR-FRIED BEEF IN OYSTER SAUCE | STEAMED BANANA PASTRY | SPARERIBS GARLIC | |
| STEAMED FISH WITH GINGER | THAI COCONUT BALLS | | | |

THAI COOKING:**WEEK #3 5-9 June**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------------------|--|---|--------------------------------------|---|
| MASSAMAN CURRY PASTE (prepare) | JUNGLE CURRY PASTE (prepare) | PINEAPPLE CURRY PASTE (prepare) | NORTHERN CURRY PASTE (prepare) | THAI RICE NOODLES WITH PINEAPPLE & COCONUT MILK |
| MASSAMAN CURRY WITH CHICKEN | JUNGLE CURRY CHICKEN | PINEAPPLE CURRY WITH SHRIMP | NORTHERN CURRY WITH PORK | FRUITS SERVED WITH SWEET PEANUT SAUCE |
| CHICKEN IN COCONUT MILK (TOM KHA GAI) | STIR FRIED CRAB WITH YELLOW CURRY POWDER | SLICED GRILLED SPICY PORK SALAD (NAM TOK MOO) | GREEN CURRY FRIED RICE | STIR FRIED SHRIMP 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 |
| STIR FRIED FISH WITH BLACK PEPPER | STIR-FRIED MINCED PORK WITH SPICY BASIL | SHRIMP CAKES WITH PLUM SAUCE (prepare) | SWEET CORN IN TAPIOCA & COCONUT MILK | TARO BALLS WITH SWEET COCONUT MILK |
| STIR-FRIED CHICKEN W/CASHEWS | THAI FRIED RICE | THAI CRISPY CAKE | SPICY SEAFOOD WITH HERBS | |

THAI COOKING:**WEEK #4 12-16 June**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------------------|--|---|---|---------------------------------------|
| YELLOW CURRY PASTE (prepare) | SOUTHERN CURRY PASTE (prepare) | HOT & SOUR TAMARIND PASTE (prepare) | TAY PO CURRY PASTE (prepare) | VEGETABLE SOUP CURRY PASTE (prepare) |
| YELLOW CURRY WITH CHICKEN | STIR-FRIED PORK WITH SOUTHERN CURRY | HOT & SOUR TAMARIND CURRY W/FISH & VEGETABLES | PORK BELLY WITH 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 | STIR FRIED CABBAGE WITH THIN RICE NOODLES | STUFFED CHICKEN WINGS |
| GRILLED MARINATED PORK WITH SPICY DIP | BARBECUED PORK SERVED WITH RICE | STIR FRIED CHICKEN 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 | SPICY GRILLED EGGPLANT SALAD | FRIED NOODLES WITH PORK & SPICY HERBS |

THAI COOKING:**WEEK #1 19-23 June**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------------------|------------------------------|--------------------------------------|-------------------------------|-----------------------------------|
| RED CURRY PASTE (prepare) | PANANG CURRY PASTE (prepare) | THAI FISH CAKES & SWEET CUCUMBER DIP | THAI BRAISED PORK NOODLE SOUP | KHAO SOY CURRY PASTE (prepare) |
| RED CURRY WITH ROAST DUCK | PANANG CURRY WITH PORK | STEAMED CURRIED SEAFOOD | STEAMED COCONUT MILK CUSTARD | KHAO SOY WITH CHICKEN |
| GOLDEN BAG | POMELO SALAD | GLASS NOODLES SALAD | | CHICKEN WRAP WITH PANDANUS LEAVES |
| GRILLED DUCK THAI-STYLE | THAI GRILLED PORK ON SKEWERS | STIR FRIED EGGPLANT WITH BASIL | | THIN RICE NOODLES IN GRAVY |
| FRIED SWEET NOODLES WITH PORK | MINCED BEEF FLAT NOODLES | STIR FRIED MORNING GLORIES | | THAI FRIED RICE WITH SOUR PORK |
| MANGO WITH STICKY RICE | PINEAPPLE FRIED RICE | | | SPICY EGG SALAD |

THAI COOKING:**WEEK #2 26-30 June**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|----------------------------------|---|
| GREEN CURRY PASTE (prepare) | SOUTHERN SOUR SPICY CURRY PASTE (prepare) | CHICKEN SATAY + PEANUT SAUCE (prepare) | HOT & SOUR CHICKEN SOUP | STEAMED PORK LEG + DIP (prepare) |
| GREEN CURRY WITH CHICKEN | SHRIMP IN SOUTHERN SOUR SPICY CURRY | TOM YUM FRIED RICE | STIR-FRIED SHRIMP WITH ASPARAGUS | CHICKEN & RICE & SOY BEAN DIP (prepare) |
| THAI-STYLE FRIED RICE NOODLES (PAD THAI) | WINGED BEAN SALAD | AUTHENTIC THAIL GRILLED CHICKEN | STEAMED SEA BASS WITH LIME SAUCE | |
| STIR FRIED CHICKEN WITH YELLOW CURRY POWDER & PINEAPPLE | FRIED SPRING ROLLS & SWEET CHILI SAUCE (prepare) | BAKED RICE WITH CHICKEN & MUSHROOMS | CRISPY CATFISH GREEN MANGO SALAD | |
| TRIO CRISP THAI SALAD | STIR-FRIED BEEF IN OYSTER SAUCE | STEAMED BANANA PASTRY | SPARERIBS GARLIC | |
| STEAMED FISH WITH GINGER | THAI COCONUT BALLS | | | |

THAI COOKING:**WEEK #3 3-7 July**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------------------|--|---|--------------------------------------|---|
| MASSAMAN CURRY PASTE (prepare) | JUNGLE CURRY PASTE (prepare) | PINEAPPLE CURRY PASTE (prepare) | NORTHERN CURRY PASTE (prepare) | THAI RICE NOODLES WITH PINEAPPLE & COCONUT MILK |
| MASSAMAN CURRY WITH CHICKEN | JUNGLE CURRY CHICKEN | PINEAPPLE CURRY WITH SHRIMP | NORTHERN CURRY WITH PORK | FRUITS SERVED WITH SWEET PEANUT SAUCE |
| CHICKEN IN COCONUT MILK (TOM KHA GAI) | STIR FRIED CRAB WITH YELLOW CURRY POWDER | SLICED GRILLED SPICY PORK SALAD (NAM TOK MOO) | GREEN CURRY FRIED RICE | STIR FRIED SHRIMP 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 |
| STIR FRIED FISH WITH BLACK PEPPER | STIR-FRIED MINCED PORK WITH SPICY BASIL | SHRIMP CAKES WITH PLUM SAUCE (prepare) | SWEET CORN IN TAPIOCA & COCONUT MILK | TARO BALLS WITH SWEET COCONUT MILK |
| STIR-FRIED CHICKEN W/CASHEWS | THAI FRIED RICE | THAI CRISPY CAKE | SPICY SEAFOOD WITH HERBS | |

THAI COOKING:**WEEK #4 10-14 July**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------------------|--|---|---|---------------------------------------|
| YELLOW CURRY PASTE (prepare) | SOUTHERN CURRY PASTE (prepare) | HOT & SOUR TAMARIND PASTE (prepare) | TAY PO CURRY PASTE (prepare) | VEGETABLE SOUP CURRY PASTE (prepare) |
| YELLOW CURRY WITH CHICKEN | STIR-FRIED PORK WITH SOUTHERN CURRY | HOT & SOUR TAMARIND CURRY W/FISH & VEGETABLES | PORK BELLY WITH 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 | STIR FRIED CABBAGE WITH THIN RICE NOODLES | STUFFED CHICKEN WINGS |
| GRILLED MARINATED PORK WITH SPICY DIP | BARBECUED PORK SERVED WITH RICE | STIR FRIED CHICKEN 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 | SPICY GRILLED EGGPLANT SALAD | FRIED NOODLES WITH PORK & SPICY HERBS |

THAI COOKING:**WEEK #1 17-21 July**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------------------|------------------------------|--------------------------------------|-------------------------------|-----------------------------------|
| RED CURRY PASTE (prepare) | PANANG CURRY PASTE (prepare) | THAI FISH CAKES & SWEET CUCUMBER DIP | THAI BRAISED PORK NOODLE SOUP | KHAO SOY CURRY PASTE (prepare) |
| RED CURRY WITH ROAST DUCK | PANANG CURRY WITH PORK | STEAMED CURRIED SEAFOOD | STEAMED COCONUT MILK CUSTARD | KHAO SOY WITH CHICKEN |
| GOLDEN BAG | POMELO SALAD | GLASS NOODLES SALAD | | CHICKEN WRAP WITH PANDANUS LEAVES |
| GRILLED DUCK THAI-STYLE | THAI GRILLED PORK ON SKEWERS | STIR FRIED EGGPLANT WITH BASIL | | THIN RICE NOODLES IN GRAVY |
| FRIED SWEET NOODLES WITH PORK | MINCED BEEF FLAT NOODLES | STIR FRIED MORNING GLORIES | | THAI FRIED RICE WITH SOUR PORK |
| MANGO WITH STICKY RICE | PINEAPPLE FRIED RICE | | | SPICY EGG SALAD |

THAI COOKING:**WEEK #2 24-28 July**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|----------------------------------|---|
| GREEN CURRY PASTE (prepare) | SOUTHERN SOUR SPICY CURRY PASTE (prepare) | CHICKEN SATAY + PEANUT SAUCE (prepare) | HOT & SOUR CHICKEN SOUP | STEAMED PORK LEG + DIP (prepare) |
| GREEN CURRY WITH CHICKEN | SHRIMP IN SOUTHERN SOUR SPICY CURRY | TOM YUM FRIED RICE | STIR-FRIED SHRIMP WITH ASPARAGUS | CHICKEN & RICE & SOY BEAN DIP (prepare) |
| THAI-STYLE FRIED RICE NOODLES (PAD THAI) | WINGED BEAN SALAD | AUTHENTIC THAIL GRILLED CHICKEN | STEAMED SEA BASS WITH LIME SAUCE | |
| STIR FRIED CHICKEN WITH YELLOW CURRY POWDER & PINEAPPLE | FRIED SPRING ROLLS & SWEET CHILI SAUCE (prepare) | BAKED RICE WITH CHICKEN & MUSHROOMS | CRISPY CATFISH GREEN MANGO SALAD | |
| TRIO CRISP THAI SALAD | STIR-FRIED BEEF IN OYSTER SAUCE | STEAMED BANANA PASTRY | SPARERIBS GARLIC | |
| STEAMED FISH WITH GINGER | THAI COCONUT BALLS | | | |

THAI COOKING:**WEEK #3 31 July-4 Aug**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------------------|--|---|--------------------------------------|---|
| MASSAMAN CURRY PASTE (prepare) | JUNGLE CURRY PASTE (prepare) | PINEAPPLE CURRY PASTE (prepare) | NORTHERN CURRY PASTE (prepare) | THAI RICE NOODLES WITH PINEAPPLE & COCONUT MILK |
| MASSAMAN CURRY WITH CHICKEN | JUNGLE CURRY CHICKEN | PINEAPPLE CURRY WITH SHRIMP | NORTHERN CURRY WITH PORK | FRUITS SERVED WITH SWEET PEANUT SAUCE |
| CHICKEN IN COCONUT MILK (TOM KHA GAI) | STIR FRIED CRAB WITH YELLOW CURRY POWDER | SLICED GRILLED SPICY PORK SALAD (NAM TOK MOO) | GREEN CURRY FRIED RICE | STIR FRIED SHRIMP 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 |
| STIR FRIED FISH WITH BLACK PEPPER | STIR-FRIED MINCED PORK WITH SPICY BASIL | SHRIMP CAKES WITH PLUM SAUCE (prepare) | SWEET CORN IN TAPIOCA & COCONUT MILK | TARO BALLS WITH SWEET COCONUT MILK |
| STIR-FRIED CHICKEN W/CASHEWS | THAI FRIED RICE | THAI CRISPY CAKE | SPICY SEAFOOD WITH HERBS | |

THAI COOKING:**WEEK #4 7-11 Aug**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------------------|--|---|---|---------------------------------------|
| YELLOW CURRY PASTE (prepare) | SOUTHERN CURRY PASTE (prepare) | HOT & SOUR TAMARIND PASTE (prepare) | TAY PO CURRY PASTE (prepare) | VEGETABLE SOUP CURRY PASTE (prepare) |
| YELLOW CURRY WITH CHICKEN | STIR-FRIED PORK WITH SOUTHERN CURRY | HOT & SOUR TAMARIND CURRY W/FISH & VEGETABLES | PORK BELLY WITH 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 | STIR FRIED CABBAGE WITH THIN RICE NOODLES | STUFFED CHICKEN WINGS |
| GRILLED MARINATED PORK WITH SPICY DIP | BARBECUED PORK SERVED WITH RICE | STIR FRIED CHICKEN 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 | SPICY GRILLED EGGPLANT SALAD | FRIED NOODLES WITH PORK & SPICY HERBS |

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------------------|------------------------------|--------------------------------------|-------------------------------|-----------------------------------|
| RED CURRY PASTE (prepare) | PANANG CURRY PASTE (prepare) | THAI FISH CAKES & SWEET CUCUMBER DIP | THAI BRAISED PORK NOODLE SOUP | KHAO SOY CURRY PASTE (prepare) |
| RED CURRY WITH ROAST DUCK | PANANG CURRY WITH PORK | STEAMED CURRIED SEAFOOD | STEAMED COCONUT MILK CUSTARD | KHAO SOY WITH CHICKEN |
| GOLDEN BAG | POMELO SALAD | GLASS NOODLES SALAD | | CHICKEN WRAP WITH PANDANUS LEAVES |
| GRILLED DUCK THAI-STYLE | THAI GRILLED PORK ON SKEWERS | STIR FRIED EGGPLANT WITH BASIL | | THIN RICE NOODLES IN GRAVY |
| FRIED SWEET NOODLES WITH PORK | MINCED BEEF FLAT NOODLES | STIR FRIED MORNING GLORIES | | THAI FRIED RICE WITH SOUR PORK |
| MANGO WITH STICKY RICE | PINEAPPLE FRIED RICE | | | SPICY EGG SALAD |

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|----------------------------------|---|
| GREEN CURRY PASTE (prepare) | SOUTHERN SOUR SPICY CURRY PASTE (prepare) | CHICKEN SATAY + PEANUT SAUCE (prepare) | HOT & SOUR CHICKEN SOUP | STEAMED PORK LEG + DIP (prepare) |
| GREEN CURRY WITH CHICKEN | SHRIMP IN SOUTHERN SOUR SPICY CURRY | TOM YUM FRIED RICE | STIR-FRIED SHRIMP WITH ASPARAGUS | CHICKEN & RICE & SOY BEAN DIP (prepare) |
| THAI-STYLE FRIED RICE NOODLES (PAD THAI) | WINGED BEAN SALAD | AUTHENTIC THAIL GRILLED CHICKEN | STEAMED SEA BASS WITH LIME SAUCE | |
| STIR FRIED CHICKEN WITH YELLOW CURRY POWDER & PINEAPPLE | FRIED SPRING ROLLS & SWEET CHILI SAUCE (prepare) | BAKED RICE WITH CHICKEN & MUSHROOMS | CRISPY CATFISH GREEN MANGO SALAD | |
| TRIO CRISP THAI SALAD | STIR-FRIED BEEF IN OYSTER SAUCE | STEAMED BANANA PASTRY | SPARERIBS GARLIC | |
| STEAMED FISH WITH GINGER | THAI COCONUT BALLS | | | |

THAI COOKING:**WEEK #3 28 Aug-1 Sept**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------------------|--|---|--------------------------------------|---|
| MASSAMAN CURRY PASTE (prepare) | JUNGLE CURRY PASTE (prepare) | PINEAPPLE CURRY PASTE (prepare) | NORTHERN CURRY PASTE (prepare) | THAI RICE NOODLES WITH PINEAPPLE & COCONUT MILK |
| MASSAMAN CURRY WITH CHICKEN | JUNGLE CURRY CHICKEN | PINEAPPLE CURRY WITH SHRIMP | NORTHERN CURRY WITH PORK | FRUITS SERVED WITH SWEET PEANUT SAUCE |
| CHICKEN IN COCONUT MILK (TOM KHA GAI) | STIR FRIED CRAB WITH YELLOW CURRY POWDER | SLICED GRILLED SPICY PORK SALAD (NAM TOK MOO) | GREEN CURRY FRIED RICE | STIR FRIED SHRIMP 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 |
| STIR FRIED FISH WITH BLACK PEPPER | STIR-FRIED MINCED PORK WITH SPICY BASIL | SHRIMP CAKES WITH PLUM SAUCE (prepare) | SWEET CORN IN TAPIOCA & COCONUT MILK | TARO BALLS WITH SWEET COCONUT MILK |
| STIR-FRIED CHICKEN W/CASHEWS | THAI FRIED RICE | THAI CRISPY CAKE | SPICY SEAFOOD WITH HERBS | |

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------------------|--|---|---|---------------------------------------|
| YELLOW CURRY PASTE (prepare) | SOUTHERN CURRY PASTE (prepare) | HOT & SOUR TAMARIND PASTE (prepare) | TAY PO CURRY PASTE (prepare) | VEGETABLE SOUP CURRY PASTE (prepare) |
| YELLOW CURRY WITH CHICKEN | STIR-FRIED PORK WITH SOUTHERN CURRY | HOT & SOUR TAMARIND CURRY W/FISH & VEGETABLES | PORK BELLY WITH 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 | STIR FRIED CABBAGE WITH THIN RICE NOODLES | STUFFED CHICKEN WINGS |
| GRILLED MARINATED PORK WITH SPICY DIP | BARBECUED PORK SERVED WITH RICE | STIR FRIED CHICKEN 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 | SPICY GRILLED EGGPLANT SALAD | FRIED NOODLES WITH PORK & SPICY HERBS |

THAI COOKING:**WEEK #1 11-15 Sept**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------------------------|------------------------------------|--|-------------------------------------|---|
| RED CURRY PASTE (prepare) | PANANG CURRY PASTE (prepare) | THAI FISH CAKES & SWEET CUCUMBER DIP | THAI BRAISED PORK NOODLE SOUP | KHAO SOY CURRY PASTE (prepare) |
| RED CURRY WITH ROAST DUCK | PANANG CURRY WITH PORK | STEAMED CURRIED SEAFOOD | STEAMED COCONUT MILK CUSTARD | KHAO SOY WITH CHICKEN |
| GOLDEN BAG | POMELO SALAD | GLASS NOODLES SALAD | | CHICKEN WRAP WITH PANDANUS LEAVES |
| GRILLED DUCK THAI-STYLE | THAI GRILLED PORK ON SKEWERS | STIR FRIED EGGPLANT WITH BASIL | | THIN RICE NOODLES IN GRAVY |
| FRIED SWEET NOODLES WITH PORK | MINCED BEEF FLAT NOODLES | STIR FRIED MORNING GLORIES | | THAI FRIED RICE WITH SOUR PORK |
| MANGO WITH STICKY RICE | PINEAPPLE FRIED RICE | | | SPICY EGG SALAD |

THAI COOKING:**WEEK #2 18-22 Sept**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|---|
| GREEN CURRY PASTE (prepare) | SOUTHERN SOUR SPICY CURRY PASTE (prepare) | CHICKEN SATAY + PEANUT SAUCE (prepare) | HOT & SOUR CHICKEN SOUP | STEAMED PORK LEG + DIP (prepare) |
| GREEN CURRY WITH CHICKEN | SHRIMP IN SOUTHERN SOUR SPICY CURRY | TOM YUM FRIED RICE | STIR-FRIED SHRIMP WITH ASPARAGUS | CHICKEN & RICE & SOY BEAN DIP (prepare) |
| THAI-STYLE FRIED RICE NOODLES (PAD THAI) | WINGED BEAN SALAD | AUTHENTIC THAIL GRILLED CHICKEN | STEAMED SEA BASS WITH LIME SAUCE | |
| STIR FRIED CHICKEN WITH YELLOW CURRY POWDER & PINEAPPLE | FRIED SPRING ROLLS & SWEET CHILI SAUCE (prepare) | BAKED RICE WITH CHICKEN & MUSHROOMS | CRISPY CATFISH GREEN MANGO SALAD | |
| TRIO CRISP THAI SALAD | STIR-FRIED BEEF IN OYSTER SAUCE | STEAMED BANANA PASTRY | SPARERIBS GARLIC | |
| STEAMED FISH WITH GINGER | THAI COCONUT BALLS | | | |

THAI COOKING:**WEEK #3 25-29 Sept**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------------------|--|---|--------------------------------------|---|
| MASSAMAN CURRY PASTE (prepare) | JUNGLE CURRY PASTE (prepare) | PINEAPPLE CURRY PASTE (prepare) | NORTHERN CURRY PASTE (prepare) | THAI RICE NOODLES WITH PINEAPPLE & COCONUT MILK |
| MASSAMAN CURRY WITH CHICKEN | JUNGLE CURRY CHICKEN | PINEAPPLE CURRY WITH SHRIMP | NORTHERN CURRY WITH PORK | FRUITS SERVED WITH SWEET PEANUT SAUCE |
| CHICKEN IN COCONUT MILK (TOM KHA GAI) | STIR FRIED CRAB WITH YELLOW CURRY POWDER | SLICED GRILLED SPICY PORK SALAD (NAM TOK MOO) | GREEN CURRY FRIED RICE | STIR FRIED SHRIMP 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 |
| STIR FRIED FISH WITH BLACK PEPPER | STIR-FRIED MINCED PORK WITH SPICY BASIL | SHRIMP CAKES WITH PLUM SAUCE (prepare) | SWEET CORN IN TAPIOCA & COCONUT MILK | TARO BALLS WITH SWEET COCONUT MILK |
| STIR-FRIED CHICKEN W/CASHEWS | THAI FRIED RICE | THAI CRISPY CAKE | SPICY SEAFOOD WITH HERBS | |

THAI COOKING:**WEEK #4 2-6 Oct**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------------------|--|---|---|---------------------------------------|
| YELLOW CURRY PASTE (prepare) | SOUTHERN CURRY PASTE (prepare) | HOT & SOUR TAMARIND PASTE (prepare) | TAY PO CURRY PASTE (prepare) | VEGETABLE SOUP CURRY PASTE (prepare) |
| YELLOW CURRY WITH CHICKEN | STIR-FRIED PORK WITH SOUTHERN CURRY | HOT & SOUR TAMARIND CURRY W/FISH & VEGETABLES | PORK BELLY WITH 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 | STIR FRIED CABBAGE WITH THIN RICE NOODLES | STUFFED CHICKEN WINGS |
| GRILLED MARINATED PORK WITH SPICY DIP | BARBECUED PORK SERVED WITH RICE | STIR FRIED CHICKEN 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 | SPICY GRILLED EGGPLANT SALAD | FRIED NOODLES WITH PORK & SPICY HERBS |

THAI COOKING:**WEEK #1 9-13 Oct**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------------------------|------------------------------------|--|-------------------------------------|---|
| RED CURRY PASTE (prepare) | PANANG CURRY PASTE (prepare) | THAI FISH CAKES & SWEET CUCUMBER DIP | THAI BRAISED PORK NOODLE SOUP | KHAO SOY CURRY PASTE (prepare) |
| RED CURRY WITH ROAST DUCK | PANANG CURRY WITH PORK | STEAMED CURRIED SEAFOOD | STEAMED COCONUT MILK CUSTARD | KHAO SOY WITH CHICKEN |
| GOLDEN BAG | POMELO SALAD | GLASS NOODLES SALAD | | CHICKEN WRAP WITH PANDANUS LEAVES |
| GRILLED DUCK THAI-STYLE | THAI GRILLED PORK ON SKEWERS | STIR FRIED EGGPLANT WITH BASIL | | THIN RICE NOODLES IN GRAVY |
| FRIED SWEET NOODLES WITH PORK | MINCED BEEF FLAT NOODLES | STIR FRIED MORNING GLORIES | | THAI FRIED RICE WITH SOUR PORK |
| MANGO WITH STICKY RICE | PINEAPPLE FRIED RICE | | | SPICY EGG SALAD |

THAI COOKING:**WEEK #2 16-20 Oct**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|---|
| GREEN CURRY PASTE (prepare) | SOUTHERN SOUR SPICY CURRY PASTE (prepare) | CHICKEN SATAY + PEANUT SAUCE (prepare) | HOT & SOUR CHICKEN SOUP | STEAMED PORK LEG + DIP (prepare) |
| GREEN CURRY WITH CHICKEN | SHRIMP IN SOUTHERN SOUR SPICY CURRY | TOM YUM FRIED RICE | STIR-FRIED SHRIMP WITH ASPARAGUS | CHICKEN & RICE & SOY BEAN DIP (prepare) |
| THAI-STYLE FRIED RICE NOODLES (PAD THAI) | WINGED BEAN SALAD | AUTHENTIC THAIL GRILLED CHICKEN | STEAMED SEA BASS WITH LIME SAUCE | |
| STIR FRIED CHICKEN WITH YELLOW CURRY POWDER & PINEAPPLE | FRIED SPRING ROLLS & SWEET CHILI SAUCE (prepare) | BAKED RICE WITH CHICKEN & MUSHROOMS | CRISPY CATFISH GREEN MANGO SALAD | |
| TRIO CRISP THAI SALAD | STIR-FRIED BEEF IN OYSTER SAUCE | STEAMED BANANA PASTRY | SPARERIBS GARLIC | |
| STEAMED FISH WITH GINGER | THAI COCONUT BALLS | | | |

THAI COOKING:**WEEK #3 23-27 Oct**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------------------|--|---|--------------------------------------|---|
| MASSAMAN CURRY PASTE (prepare) | JUNGLE CURRY PASTE (prepare) | PINEAPPLE CURRY PASTE (prepare) | NORTHERN CURRY PASTE (prepare) | THAI RICE NOODLES WITH PINEAPPLE & COCONUT MILK |
| MASSAMAN CURRY WITH CHICKEN | JUNGLE CURRY CHICKEN | PINEAPPLE CURRY WITH SHRIMP | NORTHERN CURRY WITH PORK | FRUITS SERVED WITH SWEET PEANUT SAUCE |
| CHICKEN IN COCONUT MILK (TOM KHA GAI) | STIR FRIED CRAB WITH YELLOW CURRY POWDER | SLICED GRILLED SPICY PORK SALAD (NAM TOK MOO) | GREEN CURRY FRIED RICE | STIR FRIED SHRIMP 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 |
| STIR FRIED FISH WITH BLACK PEPPER | STIR-FRIED MINCED PORK WITH SPICY BASIL | SHRIMP CAKES WITH PLUM SAUCE (prepare) | SWEET CORN IN TAPIOCA & COCONUT MILK | TARO BALLS WITH SWEET COCONUT MILK |
| STIR-FRIED CHICKEN W/CASHEWS | THAI FRIED RICE | THAI CRISPY CAKE | SPICY SEAFOOD WITH HERBS | |

THAI COOKING:**WEEK #4 30 Oct-3 Nov**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------------------|--|---|---|---------------------------------------|
| YELLOW CURRY PASTE (prepare) | SOUTHERN CURRY PASTE (prepare) | HOT & SOUR TAMARIND PASTE (prepare) | TAY PO CURRY PASTE (prepare) | VEGETABLE SOUP CURRY PASTE (prepare) |
| YELLOW CURRY WITH CHICKEN | STIR-FRIED PORK WITH SOUTHERN CURRY | HOT & SOUR TAMARIND CURRY W/FISH & VEGETABLES | PORK BELLY WITH 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 | STIR FRIED CABBAGE WITH THIN RICE NOODLES | STUFFED CHICKEN WINGS |
| GRILLED MARINATED PORK WITH SPICY DIP | BARBECUED PORK SERVED WITH RICE | STIR FRIED CHICKEN 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 | SPICY GRILLED EGGPLANT SALAD | FRIED NOODLES WITH PORK & SPICY HERBS |

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------------------|------------------------------|--------------------------------------|-------------------------------|-----------------------------------|
| RED CURRY PASTE (prepare) | PANANG CURRY PASTE (prepare) | THAI FISH CAKES & SWEET CUCUMBER DIP | THAI BRAISED PORK NOODLE SOUP | KHAO SOY CURRY PASTE (prepare) |
| RED CURRY WITH ROAST DUCK | PANANG CURRY WITH PORK | STEAMED CURRIED SEAFOOD | STEAMED COCONUT MILK CUSTARD | KHAO SOY WITH CHICKEN |
| GOLDEN BAG | POMELO SALAD | GLASS NOODLES SALAD | | CHICKEN WRAP WITH PANDANUS LEAVES |
| GRILLED DUCK THAI-STYLE | THAI GRILLED PORK ON SKEWERS | STIR FRIED EGGPLANT WITH BASIL | | THIN RICE NOODLES IN GRAVY |
| FRIED SWEET NOODLES WITH PORK | MINCED BEEF FLAT NOODLES | STIR FRIED MORNING GLORIES | | THAI FRIED RICE WITH SOUR PORK |
| MANGO WITH STICKY RICE | PINEAPPLE FRIED RICE | | | SPICY EGG SALAD |

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|----------------------------------|---|
| GREEN CURRY PASTE (prepare) | SOUTHERN SOUR SPICY CURRY PASTE (prepare) | CHICKEN SATAY + PEANUT SAUCE (prepare) | HOT & SOUR CHICKEN SOUP | STEAMED PORK LEG + DIP (prepare) |
| GREEN CURRY WITH CHICKEN | SHRIMP IN SOUTHERN SOUR SPICY CURRY | TOM YUM FRIED RICE | STIR-FRIED SHRIMP WITH ASPARAGUS | CHICKEN & RICE & SOY BEAN DIP (prepare) |
| THAI-STYLE FRIED RICE NOODLES (PAD THAI) | WINGED BEAN SALAD | AUTHENTIC THAIL GRILLED CHICKEN | STEAMED SEA BASS WITH LIME SAUCE | |
| STIR FRIED CHICKEN WITH YELLOW CURRY POWDER & PINEAPPLE | FRIED SPRING ROLLS & SWEET CHILI SAUCE (prepare) | BAKED RICE WITH CHICKEN & MUSHROOMS | CRISPY CATFISH GREEN MANGO SALAD | |
| TRIO CRISP THAI SALAD | STIR-FRIED BEEF IN OYSTER SAUCE | STEAMED BANANA PASTRY | SPARERIBS GARLIC | |
| STEAMED FISH WITH GINGER | THAI COCONUT BALLS | | | |

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------------------|--|---|--------------------------------------|---|
| MASSAMAN CURRY PASTE (prepare) | JUNGLE CURRY PASTE (prepare) | PINEAPPLE CURRY PASTE (prepare) | NORTHERN CURRY PASTE (prepare) | THAI RICE NOODLES WITH PINEAPPLE & COCONUT MILK |
| MASSAMAN CURRY WITH CHICKEN | JUNGLE CURRY CHICKEN | PINEAPPLE CURRY WITH SHRIMP | NORTHERN CURRY WITH PORK | FRUITS SERVED WITH SWEET PEANUT SAUCE |
| CHICKEN IN COCONUT MILK (TOM KHA GAI) | STIR FRIED CRAB WITH YELLOW CURRY POWDER | SLICED GRILLED SPICY PORK SALAD (NAM TOK MOO) | GREEN CURRY FRIED RICE | STIR FRIED SHRIMP 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 |
| STIR FRIED FISH WITH BLACK PEPPER | STIR-FRIED MINCED PORK WITH SPICY BASIL | SHRIMP CAKES WITH PLUM SAUCE (prepare) | SWEET CORN IN TAPIOCA & COCONUT MILK | TARO BALLS WITH SWEET COCONUT MILK |
| STIR-FRIED CHICKEN W/CASHEWS | THAI FRIED RICE | THAI CRISPY CAKE | SPICY SEAFOOD WITH HERBS | |

THAI COOKING:**WEEK #4 27 Nov-1 Dec**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------------------|--|---|---|---------------------------------------|
| YELLOW CURRY PASTE (prepare) | SOUTHERN CURRY PASTE (prepare) | HOT & SOUR TAMARIND PASTE (prepare) | TAY PO CURRY PASTE (prepare) | VEGETABLE SOUP CURRY PASTE (prepare) |
| YELLOW CURRY WITH CHICKEN | STIR-FRIED PORK WITH SOUTHERN CURRY | HOT & SOUR TAMARIND CURRY W/FISH & VEGETABLES | PORK BELLY WITH 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 | STIR FRIED CABBAGE WITH THIN RICE NOODLES | STUFFED CHICKEN WINGS |
| GRILLED MARINATED PORK WITH SPICY DIP | BARBECUED PORK SERVED WITH RICE | STIR FRIED CHICKEN 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 | SPICY GRILLED EGGPLANT SALAD | FRIED NOODLES WITH PORK & SPICY HERBS |

THAI COOKING:**WEEK #1 4-8 Dec (Closed Tuesday, all dishes covered in remaining 4 days)**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------------------|------------------------------|--------------------------------------|-------------------------------|-----------------------------------|
| RED CURRY PASTE (prepare) | PANANG CURRY PASTE (prepare) | THAI FISH CAKES & SWEET CUCUMBER DIP | THAI BRAISED PORK NOODLE SOUP | KHAO SOY CURRY PASTE (prepare) |
| RED CURRY WITH ROAST DUCK | PANANG CURRY WITH PORK | STEAMED CURRIED SEAFOOD | STEAMED COCONUT MILK CUSTARD | KHAO SOY WITH CHICKEN |
| GOLDEN BAG | POMELO SALAD | GLASS NOODLES SALAD | | CHICKEN WRAP WITH PANDANUS LEAVES |
| GRILLED DUCK THAI-STYLE | THAI GRILLED PORK ON SKEWERS | STIR FRIED EGGPLANT WITH BASIL | | THIN RICE NOODLES IN GRAVY |
| FRIED SWEET NOODLES WITH PORK | MINCED BEEF FLAT NOODLES | STIR FRIED MORNING GLORIES | | THAI FRIED RICE WITH SOUR PORK |
| MANGO WITH STICKY RICE | PINEAPPLE FRIED RICE | | | SPICY EGG SALAD |

THAI COOKING:**WEEK #2 11-15 Dec**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|----------------------------------|---|
| GREEN CURRY PASTE (prepare) | SOUTHERN SOUR SPICY CURRY PASTE (prepare) | CHICKEN SATAY + PEANUT SAUCE (prepare) | HOT & SOUR CHICKEN SOUP | STEAMED PORK LEG + DIP (prepare) |
| GREEN CURRY WITH CHICKEN | SHRIMP IN SOUTHERN SOUR SPICY CURRY | TOM YUM FRIED RICE | STIR-FRIED SHRIMP WITH ASPARAGUS | CHICKEN & RICE & SOY BEAN DIP (prepare) |
| THAI-STYLE FRIED RICE NOODLES (PAD THAI) | WINGED BEAN SALAD | AUTHENTIC THAIL GRILLED CHICKEN | STEAMED SEA BASS WITH LIME SAUCE | |
| STIR FRIED CHICKEN WITH YELLOW CURRY POWDER & PINEAPPLE | FRIED SPRING ROLLS & SWEET CHILI SAUCE (prepare) | BAKED RICE WITH CHICKEN & MUSHROOMS | CRISPY CATFISH GREEN MANGO SALAD | |
| TRIO CRISP THAI SALAD | STIR-FRIED BEEF IN OYSTER SAUCE | STEAMED BANANA PASTRY | SPARERIBS GARLIC | |
| STEAMED FISH WITH GINGER | THAI COCONUT BALLS | | | |

THAI COOKING:**WEEK #3 18-22 Dec**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------------------|--|---|--------------------------------------|---|
| MASSAMAN CURRY PASTE (prepare) | JUNGLE CURRY PASTE (prepare) | PINEAPPLE CURRY PASTE (prepare) | NORTHERN CURRY PASTE (prepare) | THAI RICE NOODLES WITH PINEAPPLE & COCONUT MILK |
| MASSAMAN CURRY WITH CHICKEN | JUNGLE CURRY CHICKEN | PINEAPPLE CURRY WITH SHRIMP | NORTHERN CURRY WITH PORK | FRUITS SERVED WITH SWEET PEANUT SAUCE |
| CHICKEN IN COCONUT MILK (TOM KHA GAI) | STIR FRIED CRAB WITH YELLOW CURRY POWDER | SLICED GRILLED SPICY PORK SALAD (NAM TOK MOO) | GREEN CURRY FRIED RICE | STIR FRIED SHRIMP 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 |
| STIR FRIED FISH WITH BLACK PEPPER | STIR-FRIED MINCED PORK WITH SPICY BASIL | SHRIMP CAKES WITH PLUM SAUCE (prepare) | SWEET CORN IN TAPIOCA & COCONUT MILK | TARO BALLS WITH SWEET COCONUT MILK |
| STIR-FRIED CHICKEN W/CASHEWS | THAI FRIED RICE | THAI CRISPY CAKE | SPICY SEAFOOD WITH HERBS | |

THAI COOKING:**WEEK #4 25-29 Dec 2023**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------------------|--|---|---|---------------------------------------|
| YELLOW CURRY PASTE (prepare) | SOUTHERN CURRY PASTE (prepare) | HOT & SOUR TAMARIND PASTE (prepare) | TAY PO CURRY PASTE (prepare) | VEGETABLE SOUP CURRY PASTE (prepare) |
| YELLOW CURRY WITH CHICKEN | STIR-FRIED PORK WITH SOUTHERN CURRY | HOT & SOUR TAMARIND CURRY W/FISH & VEGETABLES | PORK BELLY WITH 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 | STIR FRIED CABBAGE WITH THIN RICE NOODLES | STUFFED CHICKEN WINGS |
| GRILLED MARINATED PORK WITH SPICY DIP | BARBECUED PORK SERVED WITH RICE | STIR FRIED CHICKEN 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 | SPICY GRILLED EGGPLANT SALAD | FRIED NOODLES WITH PORK & SPICY HERBS |

THAI COOKING:**WEEK #1 1-5 Jan 2024 (Closed Monday, all dishes covered in remaining 4 days)**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------------------|------------------------------|--------------------------------------|-------------------------------|-----------------------------------|
| RED CURRY PASTE (prepare) | PANANG CURRY PASTE (prepare) | THAI FISH CAKES & SWEET CUCUMBER DIP | THAI BRAISED PORK NOODLE SOUP | KHAO SOY CURRY PASTE (prepare) |
| RED CURRY WITH ROAST DUCK | PANANG CURRY WITH PORK | STEAMED CURRIED SEAFOOD | STEAMED COCONUT MILK CUSTARD | KHAO SOY WITH CHICKEN |
| GOLDEN BAG | POMELO SALAD | GLASS NOODLES SALAD | | CHICKEN WRAP WITH PANDANUS LEAVES |
| GRILLED DUCK THAI-STYLE | THAI GRILLED PORK ON SKEWERS | STIR FRIED EGGPLANT WITH BASIL | | THIN RICE NOODLES IN GRAVY |
| FRIED SWEET NOODLES WITH PORK | MINCED BEEF FLAT NOODLES | STIR FRIED MORNING GLORIES | | THAI FRIED RICE WITH SOUR PORK |
| MANGO WITH STICKY RICE | PINEAPPLE FRIED RICE | | | SPICY EGG SALAD |

THAI COOKING:**WEEK #2 8-12 Jan 2024**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|----------------------------------|---|
| GREEN CURRY PASTE (prepare) | SOUTHERN SOUR SPICY CURRY PASTE (prepare) | CHICKEN SATAY + PEANUT SAUCE (prepare) | HOT & SOUR CHICKEN SOUP | STEAMED PORK LEG + DIP (prepare) |
| GREEN CURRY WITH CHICKEN | SHRIMP IN SOUTHERN SOUR SPICY CURRY | TOM YUM FRIED RICE | STIR-FRIED SHRIMP WITH ASPARAGUS | CHICKEN & RICE & SOY BEAN DIP (prepare) |
| THAI-STYLE FRIED RICE NOODLES (PAD THAI) | WINGED BEAN SALAD | AUTHENTIC THAIL GRILLED CHICKEN | STEAMED SEA BASS WITH LIME SAUCE | |
| STIR FRIED CHICKEN WITH YELLOW CURRY POWDER & PINEAPPLE | FRIED SPRING ROLLS & SWEET CHILI SAUCE (prepare) | BAKED RICE WITH CHICKEN & MUSHROOMS | CRISPY CATFISH GREEN MANGO SALAD | |
| TRIO CRISP THAI SALAD | STIR-FRIED BEEF IN OYSTER SAUCE | STEAMED BANANA PASTRY | SPARERIBS GARLIC | |
| STEAMED FISH WITH GINGER | THAI COCONUT BALLS | | | |

THAI COOKING:**WEEK #3 15-19 Jan**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------------------|--|---|--------------------------------------|---|
| MASSAMAN CURRY PASTE (prepare) | JUNGLE CURRY PASTE (prepare) | PINEAPPLE CURRY PASTE (prepare) | NORTHERN CURRY PASTE (prepare) | THAI RICE NOODLES WITH PINEAPPLE & COCONUT MILK |
| MASSAMAN CURRY WITH CHICKEN | JUNGLE CURRY CHICKEN | PINEAPPLE CURRY WITH SHRIMP | NORTHERN CURRY WITH PORK | FRUITS SERVED WITH SWEET PEANUT SAUCE |
| CHICKEN IN COCONUT MILK (TOM KHA GAI) | STIR FRIED CRAB WITH YELLOW CURRY POWDER | SLICED GRILLED SPICY PORK SALAD (NAM TOK MOO) | GREEN CURRY FRIED RICE | STIR FRIED SHRIMP 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 |
| STIR FRIED FISH WITH BLACK PEPPER | STIR-FRIED MINCED PORK WITH SPICY BASIL | SHRIMP CAKES WITH PLUM SAUCE (prepare) | SWEET CORN IN TAPIOCA & COCONUT MILK | TARO BALLS WITH SWEET COCONUT MILK |
| STIR-FRIED CHICKEN W/CASHEWS | THAI FRIED RICE | THAI CRISPY CAKE | SPICY SEAFOOD WITH HERBS | |

THAI COOKING:**WEEK #4 22-26 Jan**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------------------|--|---|---|---------------------------------------|
| YELLOW CURRY PASTE (prepare) | SOUTHERN CURRY PASTE (prepare) | HOT & SOUR TAMARIND PASTE (prepare) | TAY PO CURRY PASTE (prepare) | VEGETABLE SOUP CURRY PASTE (prepare) |
| YELLOW CURRY WITH CHICKEN | STIR-FRIED PORK WITH SOUTHERN CURRY | HOT & SOUR TAMARIND CURRY W/FISH & VEGETABLES | PORK BELLY WITH 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 | STIR FRIED CABBAGE WITH THIN RICE NOODLES | STUFFED CHICKEN WINGS |
| GRILLED MARINATED PORK WITH SPICY DIP | BARBECUED PORK SERVED WITH RICE | STIR FRIED CHICKEN 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 | SPICY GRILLED EGGPLANT SALAD | FRIED NOODLES WITH PORK & SPICY HERBS |

THAI COOKING:**WEEK #1 29 Jan-2 Feb**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------------------|------------------------------|--------------------------------------|-------------------------------|-----------------------------------|
| RED CURRY PASTE (prepare) | PANANG CURRY PASTE (prepare) | THAI FISH CAKES & SWEET CUCUMBER DIP | THAI BRAISED PORK NOODLE SOUP | KHAO SOY CURRY PASTE (prepare) |
| RED CURRY WITH ROAST DUCK | PANANG CURRY WITH PORK | STEAMED CURRIED SEAFOOD | STEAMED COCONUT MILK CUSTARD | KHAO SOY WITH CHICKEN |
| GOLDEN BAG | POMELO SALAD | GLASS NOODLES SALAD | | CHICKEN WRAP WITH PANDANUS LEAVES |
| GRILLED DUCK THAI-STYLE | THAI GRILLED PORK ON SKEWERS | STIR FRIED EGGPLANT WITH BASIL | | THIN RICE NOODLES IN GRAVY |
| FRIED SWEET NOODLES WITH PORK | MINCED BEEF FLAT NOODLES | STIR FRIED MORNING GLORIES | | THAI FRIED RICE WITH SOUR PORK |
| MANGO WITH STICKY RICE | PINEAPPLE FRIED RICE | | | SPICY EGG SALAD |

THAI COOKING:**WEEK #2 5-9 Feb**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|----------------------------------|---|
| GREEN CURRY PASTE (prepare) | SOUTHERN SOUR SPICY CURRY PASTE (prepare) | CHICKEN SATAY + PEANUT SAUCE (prepare) | HOT & SOUR CHICKEN SOUP | STEAMED PORK LEG + DIP (prepare) |
| GREEN CURRY WITH CHICKEN | SHRIMP IN SOUTHERN SOUR SPICY CURRY | TOM YUM FRIED RICE | STIR-FRIED SHRIMP WITH ASPARAGUS | CHICKEN & RICE & SOY BEAN DIP (prepare) |
| THAI-STYLE FRIED RICE NOODLES (PAD THAI) | WINGED BEAN SALAD | AUTHENTIC THAIL GRILLED CHICKEN | STEAMED SEA BASS WITH LIME SAUCE | |
| STIR FRIED CHICKEN WITH YELLOW CURRY POWDER & PINEAPPLE | FRIED SPRING ROLLS & SWEET CHILI SAUCE (prepare) | BAKED RICE WITH CHICKEN & MUSHROOMS | CRISPY CATFISH GREEN MANGO SALAD | |
| TRIO CRISP THAI SALAD | STIR-FRIED BEEF IN OYSTER SAUCE | STEAMED BANANA PASTRY | SPARERIBS GARLIC | |
| STEAMED FISH WITH GINGER | THAI COCONUT BALLS | | | |

THAI COOKING:**WEEK #3 12-16 Feb**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------------------|--|---|--------------------------------------|---|
| MASSAMAN CURRY PASTE (prepare) | JUNGLE CURRY PASTE (prepare) | PINEAPPLE CURRY PASTE (prepare) | NORTHERN CURRY PASTE (prepare) | THAI RICE NOODLES WITH PINEAPPLE & COCONUT MILK |
| MASSAMAN CURRY WITH CHICKEN | JUNGLE CURRY CHICKEN | PINEAPPLE CURRY WITH SHRIMP | NORTHERN CURRY WITH PORK | FRUITS SERVED WITH SWEET PEANUT SAUCE |
| CHICKEN IN COCONUT MILK (TOM KHA GAI) | STIR FRIED CRAB WITH YELLOW CURRY POWDER | SLICED GRILLED SPICY PORK SALAD (NAM TOK MOO) | GREEN CURRY FRIED RICE | STIR FRIED SHRIMP 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 |
| STIR FRIED FISH WITH BLACK PEPPER | STIR-FRIED MINCED PORK WITH SPICY BASIL | SHRIMP CAKES WITH PLUM SAUCE (prepare) | SWEET CORN IN TAPIOCA & COCONUT MILK | TARO BALLS WITH SWEET COCONUT MILK |
| STIR-FRIED CHICKEN W/CASHEWS | THAI FRIED RICE | THAI CRISPY CAKE | SPICY SEAFOOD WITH HERBS | |

THAI COOKING:**WEEK #4 19-23 Feb**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------------------|--|---|---|---------------------------------------|
| YELLOW CURRY PASTE (prepare) | SOUTHERN CURRY PASTE (prepare) | HOT & SOUR TAMARIND PASTE (prepare) | TAY PO CURRY PASTE (prepare) | VEGETABLE SOUP CURRY PASTE (prepare) |
| YELLOW CURRY WITH CHICKEN | STIR-FRIED PORK WITH SOUTHERN CURRY | HOT & SOUR TAMARIND CURRY W/FISH & VEGETABLES | PORK BELLY WITH 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 | STIR FRIED CABBAGE WITH THIN RICE NOODLES | STUFFED CHICKEN WINGS |
| GRILLED MARINATED PORK WITH SPICY DIP | BARBECUED PORK SERVED WITH RICE | STIR FRIED CHICKEN 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 | SPICY GRILLED EGGPLANT SALAD | FRIED NOODLES WITH PORK & SPICY HERBS |

THAI COOKING:**WEEK #1 26 Feb-1 March**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------------------|------------------------------|--------------------------------------|-------------------------------|-----------------------------------|
| RED CURRY PASTE (prepare) | PANANG CURRY PASTE (prepare) | THAI FISH CAKES & SWEET CUCUMBER DIP | THAI BRAISED PORK NOODLE SOUP | KHAO SOY CURRY PASTE (prepare) |
| RED CURRY WITH ROAST DUCK | PANANG CURRY WITH PORK | STEAMED CURRIED SEAFOOD | STEAMED COCONUT MILK CUSTARD | KHAO SOY WITH CHICKEN |
| GOLDEN BAG | POMELO SALAD | GLASS NOODLES SALAD | | CHICKEN WRAP WITH PANDANUS LEAVES |
| GRILLED DUCK THAI-STYLE | THAI GRILLED PORK ON SKEWERS | STIR FRIED EGGPLANT WITH BASIL | | THIN RICE NOODLES IN GRAVY |
| FRIED SWEET NOODLES WITH PORK | MINCED BEEF FLAT NOODLES | STIR FRIED MORNING GLORIES | | THAI FRIED RICE WITH SOUR PORK |
| MANGO WITH STICKY RICE | PINEAPPLE FRIED RICE | | | SPICY EGG SALAD |

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|----------------------------------|---|
| GREEN CURRY PASTE (prepare) | SOUTHERN SOUR SPICY CURRY PASTE (prepare) | CHICKEN SATAY + PEANUT SAUCE (prepare) | HOT & SOUR CHICKEN SOUP | STEAMED PORK LEG + DIP (prepare) |
| GREEN CURRY WITH CHICKEN | SHRIMP IN SOUTHERN SOUR SPICY CURRY | TOM YUM FRIED RICE | STIR-FRIED SHRIMP WITH ASPARAGUS | CHICKEN & RICE & SOY BEAN DIP (prepare) |
| THAI-STYLE FRIED RICE NOODLES (PAD THAI) | WINGED BEAN SALAD | AUTHENTIC THAIL GRILLED CHICKEN | STEAMED SEA BASS WITH LIME SAUCE | |
| STIR FRIED CHICKEN WITH YELLOW CURRY POWDER & PINEAPPLE | FRIED SPRING ROLLS & SWEET CHILI SAUCE (prepare) | BAKED RICE WITH CHICKEN & MUSHROOMS | CRISPY CATFISH GREEN MANGO SALAD | |
| TRIO CRISP THAI SALAD | STIR-FRIED BEEF IN OYSTER SAUCE | STEAMED BANANA PASTRY | SPARERIBS GARLIC | |
| STEAMED FISH WITH GINGER | THAI COCONUT BALLS | | | |

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------------------|--|---|--------------------------------------|---|
| MASSAMAN CURRY PASTE (prepare) | JUNGLE CURRY PASTE (prepare) | PINEAPPLE CURRY PASTE (prepare) | NORTHERN CURRY PASTE (prepare) | THAI RICE NOODLES WITH PINEAPPLE & COCONUT MILK |
| MASSAMAN CURRY WITH CHICKEN | JUNGLE CURRY CHICKEN | PINEAPPLE CURRY WITH SHRIMP | NORTHERN CURRY WITH PORK | FRUITS SERVED WITH SWEET PEANUT SAUCE |
| CHICKEN IN COCONUT MILK (TOM KHA GAI) | STIR FRIED CRAB WITH YELLOW CURRY POWDER | SLICED GRILLED SPICY PORK SALAD (NAM TOK MOO) | GREEN CURRY FRIED RICE | STIR FRIED SHRIMP 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 |
| STIR FRIED FISH WITH BLACK PEPPER | STIR-FRIED MINCED PORK WITH SPICY BASIL | SHRIMP CAKES WITH PLUM SAUCE (prepare) | SWEET CORN IN TAPIOCA & COCONUT MILK | TARO BALLS WITH SWEET COCONUT MILK |
| STIR-FRIED CHICKEN W/CASHEWS | THAI FRIED RICE | THAI CRISPY CAKE | SPICY SEAFOOD WITH HERBS | |

THAI COOKING:**WEEK #4 18-22 March**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------------------|--|---|---|---------------------------------------|
| YELLOW CURRY PASTE (prepare) | SOUTHERN CURRY PASTE (prepare) | HOT & SOUR TAMARIND PASTE (prepare) | TAY PO CURRY PASTE (prepare) | VEGETABLE SOUP CURRY PASTE (prepare) |
| YELLOW CURRY WITH CHICKEN | STIR-FRIED PORK WITH SOUTHERN CURRY | HOT & SOUR TAMARIND CURRY W/FISH & VEGETABLES | PORK BELLY WITH 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 | STIR FRIED CABBAGE WITH THIN RICE NOODLES | STUFFED CHICKEN WINGS |
| GRILLED MARINATED PORK WITH SPICY DIP | BARBECUED PORK SERVED WITH RICE | STIR FRIED CHICKEN 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 | SPICY GRILLED EGGPLANT SALAD | FRIED NOODLES WITH PORK & SPICY HERBS |

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------------------|------------------------------|--------------------------------------|-------------------------------|-----------------------------------|
| RED CURRY PASTE (prepare) | PANANG CURRY PASTE (prepare) | THAI FISH CAKES & SWEET CUCUMBER DIP | THAI BRAISED PORK NOODLE SOUP | KHAO SOY CURRY PASTE (prepare) |
| RED CURRY WITH ROAST DUCK | PANANG CURRY WITH PORK | STEAMED CURRIED SEAFOOD | STEAMED COCONUT MILK CUSTARD | KHAO SOY WITH CHICKEN |
| GOLDEN BAG | POMELO SALAD | GLASS NOODLES SALAD | | CHICKEN WRAP WITH PANDANUS LEAVES |
| GRILLED DUCK THAI-STYLE | THAI GRILLED PORK ON SKEWERS | STIR FRIED EGGPLANT WITH BASIL | | THIN RICE NOODLES IN GRAVY |
| FRIED SWEET NOODLES WITH PORK | MINCED BEEF FLAT NOODLES | STIR FRIED MORNING GLORIES | | THAI FRIED RICE WITH SOUR PORK |
| MANGO WITH STICKY RICE | PINEAPPLE FRIED RICE | | | SPICY EGG SALAD |

THAI COOKING:**WEEK #2 1-5 April**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|----------------------------------|---|
| GREEN CURRY PASTE (prepare) | SOUTHERN SOUR SPICY CURRY PASTE (prepare) | CHICKEN SATAY + PEANUT SAUCE (prepare) | HOT & SOUR CHICKEN SOUP | STEAMED PORK LEG + DIP (prepare) |
| GREEN CURRY WITH CHICKEN | SHRIMP IN SOUTHERN SOUR SPICY CURRY | TOM YUM FRIED RICE | STIR-FRIED SHRIMP WITH ASPARAGUS | CHICKEN & RICE & SOY BEAN DIP (prepare) |
| THAI-STYLE FRIED RICE NOODLES (PAD THAI) | WINGED BEAN SALAD | AUTHENTIC THAIL GRILLED CHICKEN | STEAMED SEA BASS WITH LIME SAUCE | |
| STIR FRIED CHICKEN WITH YELLOW CURRY POWDER & PINEAPPLE | FRIED SPRING ROLLS & SWEET CHILI SAUCE (prepare) | BAKED RICE WITH CHICKEN & MUSHROOMS | CRISPY CATFISH GREEN MANGO SALAD | |
| TRIO CRISP THAI SALAD | STIR-FRIED BEEF IN OYSTER SAUCE | STEAMED BANANA PASTRY | SPARERIBS GARLIC | |
| STEAMED FISH WITH GINGER | THAI COCONUT BALLS | | | |