

BANGKOK THAI COOKING ACADEMY
 THAI & PAN-ASIAN CULINARY TRAINING SCHEDULE
 8 May 2023-5 April 2024
 6 WEEKS ROTATING TRAINING SCHEDULE
 4 WEEKS THAI + 2 WEEKS OF PAN-ASIAN DISHES

THAI COOKING:

WEEK #1 8 - 12 May 2023

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 15-19 May

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 22-26 May**

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 29 May-2 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

PAN ASIAN COOKING:**WEEK #1 KOREAN & JAPANESE COOKING 5-9 June**

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

PAN ASIAN COOKING:**WEEK #2 VIETNAMESE & CHINESE COOKING 12-16 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 19-23 June 2023**

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

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

PAN ASIAN COOKING:**WEEK #2 VIETNAMESE & CHINESE COOKING 24-28 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 31 July-4 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 7-11 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 14-18 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 21-25 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

PAN ASIAN COOKING:**WEEK #1 KOREAN & JAPANESE COOKING 28 Aug-1 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

PAN ASIAN COOKING:**WEEK #2 VIETNAMESE & CHINESE COOKING 4-8 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 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

PAN ASIAN COOKING:**WEEK #1 KOREAN & JAPANESE COOKING 9-13 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

PAN ASIAN COOKING:**WEEK #2 VIETNAMESE & CHINESE COOKING 16-20 Oct**

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 23-27 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 30 Oct-3 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 6-10 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 13-17 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

PAN ASIAN COOKING:**WEEK #1 KOREAN & JAPANESE COOKING 20-24 Nov**

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

PAN ASIAN COOKING:**WEEK #2 VIETNAMESE & CHINESE COOKING 27 Nov-1 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 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

PAN ASIAN COOKING:**WEEK #1 KOREAN & JAPANESE COOKING 1-5 Jan 2024(closed Monday, all dishes covered in 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

PAN ASIAN COOKING:**WEEK #2 VIETNAMESE & CHINESE COOKING 8-12 Jan 2024**

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 15-19 Jan**

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 22-26 Jan**

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 29 Jan-2 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 5-9 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

PAN ASIAN COOKING:**WEEK #1 KOREAN & JAPANESE COOKING 12-16 Feb**

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

PAN ASIAN COOKING:**WEEK #2 VIETNAMESE & CHINESE COOKING 19-23 Feb**

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 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

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

PAN ASIAN COOKING:**WEEK #2 VIETNAMESE & CHINESE COOKING 1-5 April 2024**

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