

BANGKOK THAI COOKING ACADEMY
 THAI CULINARY TRAINING SCHEDULE
 27 Jan 2025-28 Nov 2025
 4 WEEKS ROTATING TRAINING SCHEDULE

THAI COOKING:

WEEK #1 27-31 Jan 2025

| 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 | STIR FRIED CRISPY FISH W/ CURRY PASTE | STEAMED COCONUT MILK CUSTARD | KHAO SOY WITH CHICKEN |
| LAAB SPRING ROLLS | 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 | | VEGETARIAN FRIED RICE |
| MANGO WITH STICKY RICE | PINEAPPLE FRIED RICE | | | SPICY EGG SALAD |

THAI COOKING:

WEEK #2 3-7 Feb 2025

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|----------------------------------|---|
| GREEN CURRY PASTE (prepare) | SOUTHERN CURRY PASTE (prepare) | CHICKEN SATAY + PEANUT SAUCE (prepare) | HOT & SOUR CHICKEN SOUP | STEAMED PORK LEG + DIP (prepare) |
| GREEN CURRY WITH CHICKEN | SOUTHERN CURRY PASTE W/ EGGPLANT & PORK | 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) | CRISPY FRIED MUSSEL PANCAKES | CRISPY CATFISH GREEN MANGO SALAD | |
| TRIO CRISP THAI SALAD | STIR-FRIED BEEF IN OYSTER SAUCE | THAI PUMPKIN CAKE | SPARERIBS GARLIC | |
| STEAMED FISH WITH GINGER | THAI COCONUT BALLS | | | |

THAI COOKING:**WEEK #3 10-14 Feb 2025**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------------------|--|---|--------------------------------------|-------------------------------------|
| MASSAMAN CURRY PASTE (prepare) | JUNGLE CURRY PASTE (prepare) | PINEAPPLE CURRY PASTE (prepare) | NORTHERN CURRY PASTE (prepare) | CRISPY CHILI GARLIC PRAWNS |
| MASSAMAN CURRY WITH CHICKEN | JUNGLE CURRY CHICKEN | PINEAPPLE CURRY WITH SHRIMP | NORTHERN CURRY WITH PORK | STIR-FRIED MIXED MUSHROOMS |
| 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 | DEEP FRIED BANANAS |
| 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 | GOLDEN BAG |
| STIR-FRIED CHICKEN W/CASHEWS | THAI FRIED RICE | THAI CRISPY CAKE | SPICY SEAFOOD WITH HERBS | |

THAI COOKING:**WEEK #4 17-21 Feb 2025**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------------------|--|---|---|---------------------------------------|
| YELLOW CURRY PASTE (prepare) | SOUTHERN CURRY PASTE (KUA KLING) (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 THAI MACKEREL SALAD | FRIED NOODLES WITH PORK & SPICY HERBS |

THAI COOKING:**WEEK #1 24-28 Feb 2025**

| 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 | STIR FRIED CRISPY FISH W/ CURRY PASTE | STEAMED COCONUT MILK CUSTARD | KHAO SOY WITH CHICKEN |
| LAAB SPRING ROLLS | 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 | | VEGETARIAN FRIED RICE |
| MANGO WITH STICKY RICE | PINEAPPLE FRIED RICE | | | SPICY EGG SALAD |

THAI COOKING:**WEEK #2 3-7 March 2025**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|----------------------------------|---|
| GREEN CURRY PASTE (prepare) | SOUTHERN CURRY PASTE (prepare) | CHICKEN SATAY + PEANUT SAUCE (prepare) | HOT & SOUR CHICKEN SOUP | STEAMED PORK LEG + DIP (prepare) |
| GREEN CURRY WITH CHICKEN | SOUTHERN CURRY PASTE W/ EGGPLANT & PORK | 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) | CRISPY FRIED MUSSEL PANCAKES | CRISPY CATFISH GREEN MANGO SALAD | |
| TRIO CRISP THAI SALAD | STIR-FRIED BEEF IN OYSTER SAUCE | THAI PUMPKIN CAKE | SPARERIBS GARLIC | |
| STEAMED FISH WITH GINGER | THAI COCONUT BALLS | | | |

THAI COOKING:**WEEK #3 10-14 March**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------------------|--|---|--------------------------------------|-------------------------------------|
| MASSAMAN CURRY PASTE (prepare) | JUNGLE CURRY PASTE (prepare) | PINEAPPLE CURRY PASTE (prepare) | NORTHERN CURRY PASTE (prepare) | CRISPY CHILI GARLIC PRAWNS |
| MASSAMAN CURRY WITH CHICKEN | JUNGLE CURRY CHICKEN | PINEAPPLE CURRY WITH SHRIMP | NORTHERN CURRY WITH PORK | STIR-FRIED MIXED MUSHROOMS |
| 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 | DEEP FRIED BANANAS |
| 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 | GOLDEN BAG |
| STIR-FRIED CHICKEN W/CASHEWS | THAI FRIED RICE | THAI CRISPY CAKE | SPICY SEAFOOD WITH HERBS | |

THAI COOKING:**WEEK #4 17-21 March**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------------------|--|---|---|---------------------------------------|
| YELLOW CURRY PASTE (prepare) | SOUTHERN CURRY PASTE (KUA KLING) (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 THAI MACKEREL SALAD | FRIED NOODLES WITH PORK & SPICY HERBS |

THAI COOKING:**WEEK #1 24-28 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 | STIR FRIED CRISPY FISH W/ CURRY PASTE | STEAMED COCONUT MILK CUSTARD | KHAO SOY WITH CHICKEN |
| LAAB SPRING ROLLS | 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 | | VEGETARIAN FRIED RICE |
| MANGO WITH STICKY RICE | PINEAPPLE FRIED RICE | | | SPICY EGG SALAD |

THAI COOKING:**WEEK #2 31 March-4 Apr 2025**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|----------------------------------|---|
| GREEN CURRY PASTE (prepare) | SOUTHERN CURRY PASTE (prepare) | CHICKEN SATAY + PEANUT SAUCE (prepare) | HOT & SOUR CHICKEN SOUP | STEAMED PORK LEG + DIP (prepare) |
| GREEN CURRY WITH CHICKEN | SOUTHERN CURRY PASTE W/ EGGPLANT & PORK | 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) | CRISPY FRIED MUSSEL PANCAKES | CRISPY CATFISH GREEN MANGO SALAD | |
| TRIO CRISP THAI SALAD | STIR-FRIED BEEF IN OYSTER SAUCE | THAI PUMPKIN CAKE | SPARERIBS GARLIC | |
| STEAMED FISH WITH GINGER | THAI COCONUT BALLS | | | |

THAI COOKING:**WEEK #3 7-11 Apr**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------------------|--|---|--------------------------------------|-------------------------------------|
| MASSAMAN CURRY PASTE (prepare) | JUNGLE CURRY PASTE (prepare) | PINEAPPLE CURRY PASTE (prepare) | NORTHERN CURRY PASTE (prepare) | CRISPY CHILI GARLIC PRAWNS |
| MASSAMAN CURRY WITH CHICKEN | JUNGLE CURRY CHICKEN | PINEAPPLE CURRY WITH SHRIMP | NORTHERN CURRY WITH PORK | STIR-FRIED MIXED MUSHROOMS |
| 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 | DEEP FRIED BANANAS |
| 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 | GOLDEN BAG |
| STIR-FRIED CHICKEN W/CASHEWS | THAI FRIED RICE | THAI CRISPY CAKE | SPICY SEAFOOD WITH HERBS | |

THAI COOKING:**WEEK #4 14-18 Apr (Closed Mon & Tues, all dishes covered in 3 remaining days)**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------------------|--|---|---|---------------------------------------|
| YELLOW CURRY PASTE (prepare) | SOUTHERN CURRY PASTE (KUA KLING) (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 THAI MACKEREL SALAD | FRIED NOODLES WITH PORK & SPICY HERBS |

THAI COOKING:**WEEK #1 21-25 Apr**

| 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 | STIR FRIED CRISPY FISH W/ CURRY PASTE | STEAMED COCONUT MILK CUSTARD | KHAO SOY WITH CHICKEN |
| LAAB SPRING ROLLS | 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 | | VEGETARIAN FRIED RICE |
| MANGO WITH STICKY RICE | PINEAPPLE FRIED RICE | | | SPICY EGG SALAD |

THAI COOKING:**WEEK #2 28 Apr-2 May (Closed on Thursday, all dishes covered in 4 days)**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|----------------------------------|---|
| GREEN CURRY PASTE (prepare) | SOUTHERN CURRY PASTE (prepare) | CHICKEN SATAY + PEANUT SAUCE (prepare) | HOT & SOUR CHICKEN SOUP | STEAMED PORK LEG + DIP (prepare) |
| GREEN CURRY WITH CHICKEN | SOUTHERN CURRY PASTE W/ EGGPLANT & PORK | 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) | CRISPY FRIED MUSSEL PANCAKES | CRISPY CATFISH GREEN MANGO SALAD | |
| TRIO CRISP THAI SALAD | STIR-FRIED BEEF IN OYSTER SAUCE | THAI PUMPKIN CAKE | SPARERIBS GARLIC | |
| STEAMED FISH WITH GINGER | THAI COCONUT BALLS | | | |

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------------------|--|---|--------------------------------------|-------------------------------------|
| MASSAMAN CURRY PASTE (prepare) | JUNGLE CURRY PASTE (prepare) | PINEAPPLE CURRY PASTE (prepare) | NORTHERN CURRY PASTE (prepare) | CRISPY CHILI GARLIC PRAWNS |
| MASSAMAN CURRY WITH CHICKEN | JUNGLE CURRY CHICKEN | PINEAPPLE CURRY WITH SHRIMP | NORTHERN CURRY WITH PORK | STIR-FRIED MIXED MUSHROOMS |
| 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 | DEEP FRIED BANANAS |
| 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 | GOLDEN BAG |
| STIR-FRIED CHICKEN W/CASHEWS | THAI FRIED RICE | THAI CRISPY CAKE | SPICY SEAFOOD WITH HERBS | |

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------------------|--|---|---|---------------------------------------|
| YELLOW CURRY PASTE (prepare) | SOUTHERN CURRY PASTE (KUA KLING) (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 THAI MACKEREL SALAD | FRIED NOODLES WITH PORK & SPICY HERBS |

THAI COOKING:**WEEK #1 19-23 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 | STIR FRIED CRISPY FISH W/ CURRY PASTE | STEAMED COCONUT MILK CUSTARD | KHAO SOY WITH CHICKEN |
| LAAB SPRING ROLLS | 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 | | VEGETARIAN FRIED RICE |
| MANGO WITH STICKY RICE | PINEAPPLE FRIED RICE | | | SPICY EGG SALAD |

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|----------------------------------|---|
| GREEN CURRY PASTE (prepare) | SOUTHERN CURRY PASTE (prepare) | CHICKEN SATAY + PEANUT SAUCE (prepare) | HOT & SOUR CHICKEN SOUP | STEAMED PORK LEG + DIP (prepare) |
| GREEN CURRY WITH CHICKEN | SOUTHERN CURRY PASTE W/ EGGPLANT & PORK | 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) | CRISPY FRIED MUSSEL PANCAKES | CRISPY CATFISH GREEN MANGO SALAD | |
| TRIO CRISP THAI SALAD | STIR-FRIED BEEF IN OYSTER SAUCE | THAI PUMPKIN CAKE | SPARERIBS GARLIC | |
| STEAMED FISH WITH GINGER | THAI COCONUT BALLS | | | |

THAI COOKING:**WEEK #3 2-6 June (Closed on Tuesday, all dishes covered in 4 days)**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------------------|--|---|--------------------------------------|-------------------------------------|
| MASSAMAN CURRY PASTE (prepare) | JUNGLE CURRY PASTE (prepare) | PINEAPPLE CURRY PASTE (prepare) | NORTHERN CURRY PASTE (prepare) | CRISPY CHILI GARLIC PRAWNS |
| MASSAMAN CURRY WITH CHICKEN | JUNGLE CURRY CHICKEN | PINEAPPLE CURRY WITH SHRIMP | NORTHERN CURRY WITH PORK | STIR-FRIED MIXED MUSHROOMS |
| 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 | DEEP FRIED BANANAS |
| 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 | GOLDEN BAG |
| STIR-FRIED CHICKEN W/CASHEWS | THAI FRIED RICE | THAI CRISPY CAKE | SPICY SEAFOOD WITH HERBS | |

THAI COOKING:**WEEK #4 9-13 June**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------------------|--|---|---|---------------------------------------|
| YELLOW CURRY PASTE (prepare) | SOUTHERN CURRY PASTE (KUA KLING) (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 THAI MACKEREL SALAD | FRIED NOODLES WITH PORK & SPICY HERBS |

THAI COOKING:**WEEK #1 16-20 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 | STIR FRIED CRISPY FISH W/ CURRY PASTE | STEAMED COCONUT MILK CUSTARD | KHAO SOY WITH CHICKEN |
| LAAB SPRING ROLLS | 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 | | VEGETARIAN FRIED RICE |
| MANGO WITH STICKY RICE | PINEAPPLE FRIED RICE | | | SPICY EGG SALAD |

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|----------------------------------|---|
| GREEN CURRY PASTE (prepare) | SOUTHERN CURRY PASTE (prepare) | CHICKEN SATAY + PEANUT SAUCE (prepare) | HOT & SOUR CHICKEN SOUP | STEAMED PORK LEG + DIP (prepare) |
| GREEN CURRY WITH CHICKEN | SOUTHERN CURRY PASTE W/ EGGPLANT & PORK | 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) | CRISPY FRIED MUSSEL PANCAKES | CRISPY CATFISH GREEN MANGO SALAD | |
| TRIO CRISP THAI SALAD | STIR-FRIED BEEF IN OYSTER SAUCE | THAI PUMPKIN CAKE | SPARERIBS GARLIC | |
| STEAMED FISH WITH GINGER | THAI COCONUT BALLS | | | |

THAI COOKING:**WEEK #3 30 June-4 July**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------------------|--|---|--------------------------------------|-------------------------------------|
| MASSAMAN CURRY PASTE (prepare) | JUNGLE CURRY PASTE (prepare) | PINEAPPLE CURRY PASTE (prepare) | NORTHERN CURRY PASTE (prepare) | CRISPY CHILI GARLIC PRAWNS |
| MASSAMAN CURRY WITH CHICKEN | JUNGLE CURRY CHICKEN | PINEAPPLE CURRY WITH SHRIMP | NORTHERN CURRY WITH PORK | STIR-FRIED MIXED MUSHROOMS |
| 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 | DEEP FRIED BANANAS |
| 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 | GOLDEN BAG |
| STIR-FRIED CHICKEN W/CASHEWS | THAI FRIED RICE | THAI CRISPY CAKE | SPICY SEAFOOD WITH HERBS | |

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------------------|--|---|---|---------------------------------------|
| YELLOW CURRY PASTE (prepare) | SOUTHERN CURRY PASTE (KUA KLING) (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 THAI MACKEREL SALAD | FRIED NOODLES WITH PORK & SPICY HERBS |

THAI COOKING:**WEEK #1 14-18 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 | STIR FRIED CRISPY FISH W/ CURRY PASTE | STEAMED COCONUT MILK CUSTARD | KHAO SOY WITH CHICKEN |
| LAAB SPRING ROLLS | 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 | | VEGETARIAN FRIED RICE |
| MANGO WITH STICKY RICE | PINEAPPLE FRIED RICE | | | SPICY EGG SALAD |

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|----------------------------------|---|
| GREEN CURRY PASTE (prepare) | SOUTHERN CURRY PASTE (prepare) | CHICKEN SATAY + PEANUT SAUCE (prepare) | HOT & SOUR CHICKEN SOUP | STEAMED PORK LEG + DIP (prepare) |
| GREEN CURRY WITH CHICKEN | SOUTHERN CURRY PASTE W/ EGGPLANT & PORK | 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) | CRISPY FRIED MUSSEL PANCAKES | CRISPY CATFISH GREEN MANGO SALAD | |
| TRIO CRISP THAI SALAD | STIR-FRIED BEEF IN OYSTER SAUCE | THAI PUMPKIN CAKE | SPARERIBS GARLIC | |
| STEAMED FISH WITH GINGER | THAI COCONUT BALLS | | | |

THAI COOKING:**WEEK #3 28 July-1 Aug (Closed Monday, all dishes covered in 4 days)**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------------------|--|---|--------------------------------------|-------------------------------------|
| MASSAMAN CURRY PASTE (prepare) | JUNGLE CURRY PASTE (prepare) | PINEAPPLE CURRY PASTE (prepare) | NORTHERN CURRY PASTE (prepare) | CRISPY CHILI GARLIC PRAWNS |
| MASSAMAN CURRY WITH CHICKEN | JUNGLE CURRY CHICKEN | PINEAPPLE CURRY WITH SHRIMP | NORTHERN CURRY WITH PORK | STIR-FRIED MIXED MUSHROOMS |
| 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 | DEEP FRIED BANANAS |
| 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 | GOLDEN BAG |
| STIR-FRIED CHICKEN W/CASHEWS | THAI FRIED RICE | THAI CRISPY CAKE | SPICY SEAFOOD WITH HERBS | |

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------------------|--|---|---|---------------------------------------|
| YELLOW CURRY PASTE (prepare) | SOUTHERN CURRY PASTE (KUA KLING) (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 THAI MACKEREL SALAD | FRIED NOODLES WITH PORK & SPICY HERBS |

THAI COOKING:**WEEK #1 11-15 Aug (Closed Tuesday, all dishes covered in 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 | STIR FRIED CRISPY FISH W/ CURRY PASTE | STEAMED COCONUT MILK CUSTARD | KHAO SOY WITH CHICKEN |
| LAAB SPRING ROLLS | 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 | | VEGETARIAN FRIED RICE |
| MANGO WITH STICKY RICE | PINEAPPLE FRIED RICE | | | SPICY EGG SALAD |

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|----------------------------------|---|
| GREEN CURRY PASTE (prepare) | SOUTHERN CURRY PASTE (prepare) | CHICKEN SATAY + PEANUT SAUCE (prepare) | HOT & SOUR CHICKEN SOUP | STEAMED PORK LEG + DIP (prepare) |
| GREEN CURRY WITH CHICKEN | SOUTHERN CURRY PASTE W/ EGGPLANT & PORK | 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) | CRISPY FRIED MUSSEL PANCAKES | CRISPY CATFISH GREEN MANGO SALAD | |
| TRIO CRISP THAI SALAD | STIR-FRIED BEEF IN OYSTER SAUCE | THAI PUMPKIN CAKE | SPARERIBS GARLIC | |
| STEAMED FISH WITH GINGER | THAI COCONUT BALLS | | | |

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------------------|--|---|--------------------------------------|-------------------------------------|
| MASSAMAN CURRY PASTE (prepare) | JUNGLE CURRY PASTE (prepare) | PINEAPPLE CURRY PASTE (prepare) | NORTHERN CURRY PASTE (prepare) | CRISPY CHILI GARLIC PRAWNS |
| MASSAMAN CURRY WITH CHICKEN | JUNGLE CURRY CHICKEN | PINEAPPLE CURRY WITH SHRIMP | NORTHERN CURRY WITH PORK | STIR-FRIED MIXED MUSHROOMS |
| 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 | DEEP FRIED BANANAS |
| 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 | GOLDEN BAG |
| STIR-FRIED CHICKEN W/CASHEWS | THAI FRIED RICE | THAI CRISPY CAKE | SPICY SEAFOOD WITH HERBS | |

THAI COOKING:**WEEK #4 1-5 Sept**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------------------|--|---|---|---------------------------------------|
| YELLOW CURRY PASTE (prepare) | SOUTHERN CURRY PASTE (KUA KLING) (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 THAI MACKEREL SALAD | FRIED NOODLES WITH PORK & SPICY HERBS |

THAI COOKING:**WEEK #1 8-12 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 | STIR FRIED CRISPY FISH W/ CURRY PASTE | STEAMED COCONUT MILK CUSTARD | KHAO SOY WITH CHICKEN |
| LAAB SPRING ROLLS | 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 | | VEGETARIAN FRIED RICE |
| MANGO WITH STICKY RICE | PINEAPPLE FRIED RICE | | | SPICY EGG SALAD |

THAI COOKING:**WEEK #2 15-19 Sept**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|----------------------------------|---|
| GREEN CURRY PASTE (prepare) | SOUTHERN CURRY PASTE (prepare) | CHICKEN SATAY + PEANUT SAUCE (prepare) | HOT & SOUR CHICKEN SOUP | STEAMED PORK LEG + DIP (prepare) |
| GREEN CURRY WITH CHICKEN | SOUTHERN CURRY PASTE W/ EGGPLANT & PORK | 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) | CRISPY FRIED MUSSEL PANCAKES | CRISPY CATFISH GREEN MANGO SALAD | |
| TRIO CRISP THAI SALAD | STIR-FRIED BEEF IN OYSTER SAUCE | THAI PUMPKIN CAKE | SPARERIBS GARLIC | |
| STEAMED FISH WITH GINGER | THAI COCONUT BALLS | | | |

THAI COOKING:**WEEK #3 22-26 Sept**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------------------|--|---|--------------------------------------|-------------------------------------|
| MASSAMAN CURRY PASTE (prepare) | JUNGLE CURRY PASTE (prepare) | PINEAPPLE CURRY PASTE (prepare) | NORTHERN CURRY PASTE (prepare) | CRISPY CHILI GARLIC PRAWNS |
| MASSAMAN CURRY WITH CHICKEN | JUNGLE CURRY CHICKEN | PINEAPPLE CURRY WITH SHRIMP | NORTHERN CURRY WITH PORK | STIR-FRIED MIXED MUSHROOMS |
| 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 | DEEP FRIED BANANAS |
| 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 | GOLDEN BAG |
| STIR-FRIED CHICKEN W/CASHEWS | THAI FRIED RICE | THAI CRISPY CAKE | SPICY SEAFOOD WITH HERBS | |

THAI COOKING:**WEEK #4 29 Sept-3 Oct**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------------------|--|---|---|---------------------------------------|
| YELLOW CURRY PASTE (prepare) | SOUTHERN CURRY PASTE (KUA KLING) (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 THAI MACKEREL SALAD | FRIED NOODLES WITH PORK & SPICY HERBS |

THAI COOKING:**WEEK #1 6-10 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 | STIR FRIED CRISPY FISH W/ CURRY PASTE | STEAMED COCONUT MILK CUSTARD | KHAO SOY WITH CHICKEN |
| LAAB SPRING ROLLS | 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 | | VEGETARIAN FRIED RICE |
| MANGO WITH STICKY RICE | PINEAPPLE FRIED RICE | | | SPICY EGG SALAD |

THAI COOKING:**WEEK #2 13-17 Oct (Closed Monday, all dishes covered in 4 days)**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|----------------------------------|---|
| GREEN CURRY PASTE (prepare) | SOUTHERN CURRY PASTE (prepare) | CHICKEN SATAY + PEANUT SAUCE (prepare) | HOT & SOUR CHICKEN SOUP | STEAMED PORK LEG + DIP (prepare) |
| GREEN CURRY WITH CHICKEN | SOUTHERN CURRY PASTE W/ EGGPLANT & PORK | 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) | CRISPY FRIED MUSSEL PANCAKES | CRISPY CATFISH GREEN MANGO SALAD | |
| TRIO CRISP THAI SALAD | STIR-FRIED BEEF IN OYSTER SAUCE | THAI PUMPKIN CAKE | SPARERIBS GARLIC | |
| STEAMED FISH WITH GINGER | THAI COCONUT BALLS | | | |

THAI COOKING:**WEEK #3 20-24 Oct (Closed Thursday, all dishes covered in 4 days)**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------------------|--|---|--------------------------------------|-------------------------------------|
| MASSAMAN CURRY PASTE (prepare) | JUNGLE CURRY PASTE (prepare) | PINEAPPLE CURRY PASTE (prepare) | NORTHERN CURRY PASTE (prepare) | CRISPY CHILI GARLIC PRAWNS |
| MASSAMAN CURRY WITH CHICKEN | JUNGLE CURRY CHICKEN | PINEAPPLE CURRY WITH SHRIMP | NORTHERN CURRY WITH PORK | STIR-FRIED MIXED MUSHROOMS |
| 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 | DEEP FRIED BANANAS |
| 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 | GOLDEN BAG |
| STIR-FRIED CHICKEN W/CASHEWS | THAI FRIED RICE | THAI CRISPY CAKE | SPICY SEAFOOD WITH HERBS | |

THAI COOKING:**WEEK #4 27-31 Oct**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------------------|--|---|---|---------------------------------------|
| YELLOW CURRY PASTE (prepare) | SOUTHERN CURRY PASTE (KUA KLING) (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 THAI MACKEREL SALAD | FRIED NOODLES WITH PORK & SPICY HERBS |

THAI COOKING:**WEEK #1 3-7 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 | STIR FRIED CRISPY FISH W/ CURRY PASTE | STEAMED COCONUT MILK CUSTARD | KHAO SOY WITH CHICKEN |
| LAAB SPRING ROLLS | 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 | | VEGETARIAN FRIED RICE |
| MANGO WITH STICKY RICE | PINEAPPLE FRIED RICE | | | SPICY EGG SALAD |

THAI COOKING:**WEEK #2 10-14 Nov**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|----------------------------------|---|
| GREEN CURRY PASTE (prepare) | SOUTHERN CURRY PASTE (prepare) | CHICKEN SATAY + PEANUT SAUCE (prepare) | HOT & SOUR CHICKEN SOUP | STEAMED PORK LEG + DIP (prepare) |
| GREEN CURRY WITH CHICKEN | SOUTHERN CURRY PASTE W/ EGGPLANT & PORK | 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) | CRISPY FRIED MUSSEL PANCAKES | CRISPY CATFISH GREEN MANGO SALAD | |
| TRIO CRISP THAI SALAD | STIR-FRIED BEEF IN OYSTER SAUCE | THAI PUMPKIN CAKE | SPARERIBS GARLIC | |
| STEAMED FISH WITH GINGER | THAI COCONUT BALLS | | | |

THAI COOKING:**WEEK #3 17-21 Nov**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------------------|--|---|--------------------------------------|-------------------------------------|
| MASSAMAN CURRY PASTE (prepare) | JUNGLE CURRY PASTE (prepare) | PINEAPPLE CURRY PASTE (prepare) | NORTHERN CURRY PASTE (prepare) | CRISPY CHILI GARLIC PRAWNS |
| MASSAMAN CURRY WITH CHICKEN | JUNGLE CURRY CHICKEN | PINEAPPLE CURRY WITH SHRIMP | NORTHERN CURRY WITH PORK | STIR-FRIED MIXED MUSHROOMS |
| 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 | DEEP FRIED BANANAS |
| 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 | GOLDEN BAG |
| STIR-FRIED CHICKEN W/CASHEWS | THAI FRIED RICE | THAI CRISPY CAKE | SPICY SEAFOOD WITH HERBS | |

THAI COOKING:**WEEK #4 24-28 Nov**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------------------|--|---|---|---------------------------------------|
| YELLOW CURRY PASTE (prepare) | SOUTHERN CURRY PASTE (KUA KLING) (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 THAI MACKEREL SALAD | FRIED NOODLES WITH PORK & SPICY HERBS |