

BANGKOK THAI COOKING ACADEMY  
 THAI & PAN-ASIAN CULINARY TRAINING SCHEDULE  
 27 Jan 2025-28 Nov 2025  
 6 WEEKS ROTATING TRAINING SCHEDULE  
 4 WEEKS THAI + 2 WEEKS OF PAN-ASIAN DISHES

**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

**PAN ASIAN COOKING:****WEEK #1 KOREAN & JAPANESE COOKING 24-28 Feb**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
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 3-7 March**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
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 10-14 March**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
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 17-21 March**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
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 24-28 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 31 March-4 April**

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

**PAN ASIAN COOKING:****WEEK #1 KOREAN & JAPANESE COOKING 7-11 April**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
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 VIET CHINESE COOKING 14-18 (Closed Mon & Tues for Songkran, all dishes covered in 3 days)**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
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 21-25 April**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
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 Thursday, all dishes covered in 4 days)**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
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



**PAN ASIAN COOKING:****WEEK #1 KOREAN & JAPANESE COOKING 19-23 May**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
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 26-30 May**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
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 2-6 June (Closed Tuesday, all dishes covered in 4 days)**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
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 9-13 June**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
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 16-20 June**

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 23-27 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

**PAN ASIAN COOKING:****WEEK #1 KOREAN & JAPANESE COOKING 30 June-4 July**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
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 7-11 July**

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

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

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
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**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
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

**PAN ASIAN COOKING:****WEEK #1 KOREAN & JAPANESE COOKING 11-15 Aug (Closed Tuesday, 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 18-22 Aug**

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

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

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
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 1-5 Sept**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
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 8-12 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 15-19 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

**PAN ASIAN COOKING:****WEEK #1 KOREAN & JAPANESE COOKING 22-26 Sept**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
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 29 Sept-3 Oct**

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

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

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
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)**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
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

**PAN ASIAN COOKING:****WEEK #1 KOREAN & JAPANESE COOKING 3-7 Nov**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
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 10-14 Nov**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
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 17-21 Nov**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
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 24-28 Nov**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
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			