

THAI CHEF SCHOOL
WESTERN CULINARY TRAINING
6 WEEKS ROTATING TRAINING SCHEDULE
4 November 2019-25 December 2020

NOTE: 6 weeks course is accredited by Thai Ministry of Education

FRENCH

WEEK #1 4-8 November

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
KNIFE SKILLS TRAINING	CHICKEN CONSOMME	DUCK A L'ORANGE	BEEF BOURGUIGNON	BOUILLABAISE
	FRENCH ONION SOUP	ROASTED POTATO SAUTEED SPINACH	POMME PUREE	
CHICKEN STOCK	NICOISE SALAD	PICKLED ONION	POISSON MEUNIERE	COOKING TEST
BEEF STOCK		CHICKEN CORDON BLEU	GUT & GILL FISH	
FISH STOCK	LYONNAISE SALAD	CREAM SAUCE	RATATOUILLE	
FRENCH BAGUETTE		GRILLED ASPARAGUS	TURNED POTATO	
		BAKED POTATO	BEURRE BLANC SAUCE	

ITALIAN

WEEK #2 11-15 November

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAKING PASTA 1 SPAGHETTI RAVIOLI	MAKING PASTA 2 LASAGNA	MINISTRONE SOUP	PIZZA DOUGH	COOKING TEST
	POTATO GNOCCHI	CAPRESE SALAD	PIZZA SAUCE	
RAVIOLI FILLING	POTATO GNOCCHI WITH CHEESE	PANZANELLA SALAD	MAKE PIZZA	HOMEWORK REVIEW & TEST 1
BOLOGNESE SAUCE	FONDUE	SPAGHETTI ALLE VONGOLE	TRUFFLE RISOTTO	
CARBONARA	BRUSCHETTA			

BRITISH & GERMAN

WEEK #3 18-22 November

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAKE SAUSAGE CUMBERLAND PORK & APPLES	FISH & CHIPS PREP FISH MAKE FRIES	MEATLOAF	SHEPARD'S PIE	COOKING TEST
		POTATO DELPHINOISE	GREEN PEA SOUP	
MAKE SMOKED BACON	PREPARE BATTER PREPARE TARTAR SAUCE	LEMON GARDEN SALAD	BEEF WELLINGTON	PROFESSIONAL PLATING TECHNIQUES
POTATO LEEK SOUP	BANGERS & MASH MASH POTATOES CARMELIZED ONION BRAISED GREEN PEAS	GRAVY	DUXELLES	
		SCHNITZEL	BEEF AU JUS	
		SAUERKRAUT	BRAISED MUSTARD GREENS	

OTHER EUROPEAN**WEEK #4 25-29 November**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
KNIFE SKILLS TRAINING	BEEF STROGANOFF	BEEF MOUSSAKKA	BREAKFAST FRENCH OMELETTE	SPANISH PAELLA
	MAKING EGG NOODLES	GRILLED EGGPLANT	FRIED EGGS (3 STYLES) BAKED BEANS	
	CHICKEN KIEV	ROASTED PEPPER	HASH BROWNS	
LAMB KEFTA	COMPOUND BUTTER	MASHED POTATOES	CROQUE MONSIEUR	COOKING TEST
GREEK SALAD	SAUTEED MUSHROOMS	HUNGARIAN GOULASH	CREPES	
	SAUTEED BEANS	SEAFOOD CEVICHE	EGGS BENEDICT	

NORTH & LATIN AMERICAN**WEEK #5 2-6 December (Closed on Thursday, all dishes covered in 4 days)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLAM CHOWDER	CHICKEN FAJITAS	BEEF HAMBURGERS	NEW YORK STEAK	COOKING TEST
CRAB CAKES	MEXICAN SALSA	BUNS	TRUFFLE MASHED POTATOES	
	GUACAMOLE	TOPPINGS		
CHILI CON CARNE	BARBECUE RIBS	BEEF PATTY	CHIMICHURRI SAUCE	HOMEWORK REVIEW & TEST 2
	BARBECUE SAUCE	CHICKEN POT PIE	GRILLED BROCCOLI	
TORTILLAS	COLE SLAW	CAESAR SALAD	CLUB SANDWICH	
	CHEESE CORN		CUBANO SANDWICH	

COMFORT FOOD & MEDITERRANEAN**WEEK #6 9-13 December**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AMERICAN FRIED CHICKEN	CHICKEN NOODLE SOUP	AMERICAN OMELETTE	HUMMUS	COOKING TEST
			CUCUMBER SALAD	
MACARONI & CHEESE	FETTUCINI ALFREDO	PANCAKES PLAIN	COTTAGE CHEESE	
CHICKEN BURRITO	APPLE CRUMBLE	BLUEBERRY BANANA	EGGPLANT PARMIGIANA	HOMEWORK REVIEW & TEST 3
		FRENCH TOAST	GAMBAS	
		FRITTATA	AL AJILO	

FRENCH**WEEK #1 16-20 December**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
KNIFE SKILLS TRAINING	CHICKEN CONSOMME	DUCK A L'ORANGE	BEEF BOURGUIGNON	BOUILLABAISE
	FRENCH ONION SOUP	ROASTED POTATO SAUTEED SPINACH	POMME PUREE	
CHICKEN STOCK	NICOISE SALAD	PICKLED ONION	POISSON MEUNIERE	COOKING TEST
BEEF STOCK		CHICKEN CORDON BLEU	GUT & GILL FISH	
FISH STOCK	LYONNAISE SALAD	CREAM SAUCE	RATATOUILLE	
FRENCH BAGUETTE		GRILLED ASPARAGUS	TURNED POTATO	
		BAKED POTATO	BEURRE BLANC SAUCE	

ITALIAN**WEEK #2 23-27 December**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAKING PASTA 1 SPAGHETTI RAVIOLI	MAKING PASTA 2 LASAGNA	MINISTRONE SOUP	PIZZA DOUGH	COOKING TEST
	POTATO GNOCCHI	CAPRESE SALAD	PIZZA SAUCE	
RAVIOLI FILLING	POTATO GNOCCHI WITH CHEESE	PANZANELLA SALAD	MAKE PIZZA	HOMEWORK REVIEW & TEST 1
BOLOGNESE SAUCE	FONDUE	SPAGHETTI ALLE VONGOLE	TRUFFLE RISOTTO	
CARBONARA	BRUSCHETTA			

BRITISH & GERMAN**WEEK #3 30 Dec 2019-4 Jan 2020 (Closed Tues & Wed, class on Monday and Thursday-Saturday)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAKE SAUSAGE CUMBERLAND PORK & APPLES	FISH & CHIPS PREP FISH MAKE FRIES	MEATLOAF	SHEPARD'S PIE	COOKING TEST
		POTATO DELPHINOISE	GREEN PEA SOUP	
MAKE SMOKED BACON	PREPARE BATTER PREPARE TARTAR SAUCE	LEMON GARDEN SALAD	BEEF WELLINGTON	PROFESSIONAL PLATING TECHNIQUES
POTATO LEEK SOUP	BANGERS & MASH MASH POTATOES CARMELIZED ONION BRAISED GREEN PEAS	GRAVY	DUXELLES	
		SCHNITZEL	BEEF AU JUS	
		SAUERKRAUT	BRAISED MUSTARD GREENS	

OTHER EUROPEAN**WEEK #4 6-10 January**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
KNIFE SKILLS TRAINING	BEEF STROGANOFF	BEEF MOUSSAKKA	BREAKFAST FRENCH OMELETTE	SPANISH PAELLA
	MAKING EGG NOODLES	GRILLED EGGPLANT	FRIED EGGS (3 STYLES) BAKED BEANS	
	CHICKEN KIEV	ROASTED PEPPER	HASH BROWNS	
LAMB KEFTA	COMPOUND BUTTER	MASHED POTATOES	CROQUE MONSIEUR	COOKING TEST
GREEK SALAD	SAUTEED MUSHROOMS	HUNGARIAN GOULASH	CREPES	
	SAUTEED BEANS	SEAFOOD CEVICHE	EGGS BENEDICT	

NORTH & LATIN AMERICAN**WEEK #5 13-17 January**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLAM CHOWDER	CHICKEN FAJITAS	BEEF HAMBURGERS	NEW YORK STEAK	COOKING TEST
CRAB CAKES	MEXICAN SALSA	BUNS	TRUFFLE MASHED POTATOES	
	GUACAMOLE	TOPPINGS		
CHILI CON CARNE	BARBECUE RIBS	BEEF PATTY	CHIMICHURRI SAUCE	HOMEWORK REVIEW & TEST 2
	BARBECUE SAUCE	CHICKEN POT PIE	GRILLED BROCCOLI	
TORTILLAS	COLE SLAW	CAESAR SALAD	CLUB SANDWICH	
	CHEESE CORN		CUBANO SANDWICH	

COMFORT FOOD & MEDITERRANEAN**WEEK #6 20-24 January**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AMERICAN FRIED CHICKEN	CHICKEN NOODLE SOUP	AMERICAN OMELETTE	HUMMUS	COOKING TEST
		PANCAKES	CUCUMBER SALAD	
MACARONI & CHEESE	FETTUCINI ALFREDO	PLAIN BLUEBERRY BANANA	COTTAGE CHEESE	
CHICKEN BURRITO	APPLE CRUMBLE	FRENCH TOAST	EGGPLANT PARMIGIANA	HOMEWORK REVIEW & TEST 3
		FRITTATA	GAMBAS AL AJILO	

FRENCH**WEEK #1 27-31 January**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
KNIFE SKILLS TRAINING	CHICKEN CONSOMME	DUCK A L'ORANGE	BEEF BOURGUIGNON	BOUILLABAISE
	FRENCH ONION SOUP	ROASTED POTATO SAUTEED SPINACH	POMME PUREE	
CHICKEN STOCK	NICOISE SALAD	PICKLED ONION	POISSON MEUNIERE	COOKING TEST
BEEF STOCK		CHICKEN CORDON BLEU	GUT & GILL FISH	
FISH STOCK	LYONNAISE SALAD	CREAM SAUCE	RATATOUILLE	
FRENCH BAGUETTE		GRILLED ASPARAGUS	TURNED POTATO	
		BAKED POTATO	BEURRE BLANC SAUCE	

ITALIAN**WEEK #2 3-7 February**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAKING PASTA 1 SPAGHETTI RAVIOLI	MAKING PASTA 2 LASAGNA	MINISTRONE SOUP	PIZZA DOUGH	COOKING TEST
	POTATO GNOCCHI	CAPRESE SALAD	PIZZA SAUCE	
RAVIOLI FILLING	POTATO GNOCCHI WITH CHEESE	PANZANELLA SALAD	MAKE PIZZA	HOMEWORK REVIEW & TEST 1
BOLOGNESE SAUCE	FONDUE	SPAGHETTI ALLE VONGOLE	TRUFFLE RISOTTO	
CARBONARA	BRUSCHETTA			

BRITISH & GERMAN**WEEK #3 10-14 February**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAKE SAUSAGE CUMBERLAND PORK & APPLES	FISH & CHIPS PREP FISH MAKE FRIES	MEATLOAF	SHEPARD'S PIE	COOKING TEST
		POTATO DELPHINOISE	GREEN PEA SOUP	
MAKE SMOKED BACON	PREPARE BATTER PREPARE TARTAR SAUCE	LEMON GARDEN SALAD	BEEF WELLINGTON	PROFESSIONAL PLATING TECHNIQUES
POTATO LEEK SOUP	BANGERS & MASH MASH POTATOES CARMELIZED ONION BRAISED GREEN PEAS	GRAVY	DUXELLES	
		SCHNITZEL	BEEF AU JUS	
		SAUERKRAUT	BRAISED MUSTARD GREENS	

OTHER EUROPEAN**WEEK #4 17-21 February**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
KNIFE SKILLS TRAINING	BEEF STROGANOFF	BEEF MOUSSAKKA	BREAKFAST FRENCH OMELETTE	SPANISH PAELLA
	MAKING EGG NOODLES	GRILLED EGGPLANT	FRIED EGGS (3 STYLES) BAKED BEANS	
	CHICKEN KIEV	ROASTED PEPPER	HASH BROWNS	
LAMB KEFTA	COMPOUND BUTTER	MASHED POTATOES	CROQUE MONSIEUR	COOKING TEST
GREEK SALAD	SAUTEED MUSHROOMS	HUNGARIAN GOULASH	CREPES	
	SAUTEED BEANS	SEAFOOD CEVICHE	EGGS BENEDICT	

NORTH & LATIN AMERICAN**WEEK #5 24-28 February**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLAM CHOWDER	CHICKEN FAJITAS	BEEF HAMBURGERS	NEW YORK STEAK	COOKING TEST
CRAB CAKES	MEXICAN SALSA	BUNS	TRUFFLE MASHED POTATOES	
	GUACAMOLE	TOPPINGS		
CHILI CON CARNE	BARBECUE RIBS	BEEF PATTY	CHIMICHURRI SAUCE	HOMEWORK REVIEW & TEST 2
	BARBECUE SAUCE	CHICKEN POT PIE	GRILLED BROCCOLI	
TORTILLAS	COLE SLAW	CAESAR SALAD	CLUB SANDWICH	
	CHEESE CORN		CUBANO SANDWICH	

COMFORT FOOD & MEDITERRANEAN**WEEK #6 2-6 March**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AMERICAN FRIED CHICKEN	CHICKEN NOODLE SOUP	AMERICAN OMELETTE	HUMMUS	COOKING TEST
		PANCAKES	CUCUMBER SALAD	
MACARONI & CHEESE	FETTUCINI ALFREDO	PLAIN BLUEBERRY BANANA	COTTAGE CHEESE	
CHICKEN BURRITO	APPLE CRUMBLE	FRENCH TOAST	EGGPLANT PARMIGIANA	HOMEWORK REVIEW & TEST 3
		FRITTATA	GAMBAS AL AJILO	

FRENCH**WEEK #1 9-13 March**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
KNIFE SKILLS TRAINING	CHICKEN CONSOMME	DUCK A L'ORANGE	BEEF BOURGUIGNON	BOUILLABAISE
	FRENCH ONION SOUP	ROASTED POTATO SAUTEED SPINACH	POMME PUREE	
CHICKEN STOCK	NICOISE SALAD	PICKLED ONION	POISSON MEUNIERE	COOKING TEST
BEEF STOCK		CHICKEN CORDON BLEU	GUT & GILL FISH	
FISH STOCK	LYONNAISE SALAD	CREAM SAUCE	RATATOUILLE	
FRENCH BAGUETTE		GRILLED ASPARAGUS	TURNED POTATO	
		BAKED POTATO	BEURRE BLANC SAUCE	

ITALIAN**WEEK #2 16-20 March**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAKING PASTA 1 SPAGHETTI RAVIOLI	MAKING PASTA 2 LASAGNA	MINISTRONE SOUP	PIZZA DOUGH	COOKING TEST
	POTATO GNOCCHI	CAPRESE SALAD	PIZZA SAUCE	
RAVIOLI FILLING	POTATO GNOCCHI WITH CHEESE	PANZANELLA SALAD	MAKE PIZZA	HOMEWORK REVIEW & TEST 1
BOLOGNESE SAUCE	FONDUE	SPAGHETTI ALLE VONGOLE	TRUFFLE RISOTTO	
CARBONARA	BRUSCHETTA			

BRITISH & GERMAN**WEEK #3 23-27 March**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAKE SAUSAGE CUMBERLAND PORK & APPLES	FISH & CHIPS PREP FISH MAKE FRIES	MEATLOAF	SHEPARD'S PIE	COOKING TEST
		POTATO DELPHINOISE	GREEN PEA SOUP	
MAKE SMOKED BACON	PREPARE BATTER PREPARE TARTAR SAUCE	LEMON GARDEN SALAD	BEEF WELLINGTON	PROFESSIONAL PLATING TECHNIQUES
POTATO LEEK SOUP	BANGERS & MASH MASH POTATOES CARMELIZED ONION BRAISED GREEN PEAS	GRAVY	DUXELLES	
		SCHNITZEL	BEEF AU JUS	
		SAUERKRAUT	BRAISED MUSTARD GREENS	

OTHER EUROPEAN**WEEK #4 30 March-3 April**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
KNIFE SKILLS TRAINING	BEEF STROGANOFF	BEEF MOUSSAKKA	BREAKFAST FRENCH OMELETTE	SPANISH PAELLA
	MAKING EGG NOODLES	GRILLED EGGPLANT	FRIED EGGS (3 STYLES) BAKED BEANS	
	CHICKEN KIEV	ROASTED PEPPER	HASH BROWNS	
LAMB KEFTA	COMPOUND BUTTER	MASHED POTATOES	CROQUE MONSIEUR	COOKING TEST
GREEK SALAD	SAUTEED MUSHROOMS	HUNGARIAN GOULASH	CREPES	
	SAUTEED BEANS	SEAFOOD CEVICHE	EGGS BENEDICT	

NORTH & LATIN AMERICAN**WEEK #5 6-10 April**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLAM CHOWDER	CHICKEN FAJITAS	BEEF HAMBURGERS	NEW YORK STEAK	COOKING TEST
CRAB CAKES	MEXICAN SALSA	BUNS	TRUFFLE MASHED POTATOES	
	GUACAMOLE	TOPPINGS		
CHILI CON CARNE	BARBECUE RIBS	BEEF PATTY	CHIMICHURRI SAUCE	HOMEWORK REVIEW & TEST 2
	BARBECUE SAUCE	CHICKEN POT PIE	GRILLED BROCCOLI	
TORTILLAS	COLE SLAW	CAESAR SALAD	CLUB SANDWICH	
	CHEESE CORN		CUBANO SANDWICH	

COMFORT FOOD & MEDITERRANEAN**WEEK #6 13-18 April (Closed Mon-Wed, class on Thursday-Saturday, all dishes covered)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AMERICAN FRIED CHICKEN	CHICKEN NOODLE SOUP	AMERICAN OMELETTE	HUMMUS	COOKING TEST
		PANCAKES	CUCUMBER SALAD	
MACARONI & CHEESE	FETTUCINI ALFREDO	PLAIN BLUEBERRY BANANA	COTTAGE CHEESE	
CHICKEN BURRITO	APPLE CRUMBLE	FRENCH TOAST	EGGPLANT PARMIGIANA	HOMEWORK REVIEW & TEST 3
		FRITTATA	GAMBAS AL AJILO	

FRENCH**WEEK #1 20-24 April**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
KNIFE SKILLS TRAINING	CHICKEN CONSOMME	DUCK A L'ORANGE	BEEF BOURGUIGNON	BOUILLABAISE
	FRENCH ONION SOUP	ROASTED POTATO SAUTEED SPINACH	POMME PUREE	
CHICKEN STOCK	NICOISE SALAD	PICKLED ONION	POISSON MEUNIERE	COOKING TEST
BEEF STOCK		CHICKEN CORDON BLEU	GUT & GILL FISH	
FISH STOCK	LYONNAISE SALAD	CREAM SAUCE	RATATOUILLE	
FRENCH BAGUETTE		GRILLED ASPARAGUS	TURNED POTATO	
		BAKED POTATO	BEURRE BLANC SAUCE	

ITALIAN**WEEK #2 27 April-1 May**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAKING PASTA 1 SPAGHETTI RAVIOLI	MAKING PASTA 2 LASAGNA	MINISTRONE SOUP	PIZZA DOUGH	COOKING TEST
	POTATO GNOCCHI	CAPRESE SALAD	PIZZA SAUCE	
RAVIOLI FILLING	POTATO GNOCCHI WITH CHEESE	PANZANELLA SALAD	MAKE PIZZA	HOMEWORK REVIEW & TEST 1
BOLOGNESE SAUCE	FONDUE		TRUFFLE RISOTTO	
CARBONARA	BRUSCHETTA	SPAGHETTI ALLE VONGOLE		

BRITISH & GERMAN**WEEK #3 4-8 May**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAKE SAUSAGE CUMBERLAND PORK & APPLES	FISH & CHIPS PREP FISH MAKE FRIES	MEATLOAF	SHEPARD'S PIE	COOKING TEST
		POTATO DELPHINOISE	GREEN PEA SOUP	
MAKE SMOKED BACON	PREPARE BATTER PREPARE TARTAR SAUCE	LEMON GARDEN SALAD	BEEF WELLINGTON	PROFESSIONAL PLATING TECHNIQUES
POTATO LEEK SOUP		BANGERS & MASH	SAUERKRAUT	
	MASH POTATOES	APPLE SALAD	BEEF AU JUS	
	CARMELIZED ONION BRAISED GREEN PEAS	DILL MAYONNAISE	BRAISED MUSTARD GREENS	

OTHER EUROPEAN**WEEK #4 11-15 May**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
KNIFE SKILLS TRAINING	BEEF STROGANOFF	BEEF MOUSSAKKA	BREAKFAST FRENCH OMELETTE	SPANISH PAELLA
	MAKING EGG NOODLES	GRILLED EGGPLANT	FRIED EGGS (3 STYLES) BAKED BEANS	
	CHICKEN KIEV	ROASTED PEPPER	HASH BROWNS	
LAMB KEFTA	COMPOUND BUTTER	MASHED POTATOES	CROQUE MONSIEUR	COOKING TEST
GREEK SALAD	SAUTEED MUSHROOMS	HUNGARIAN GOULASH	CREPES	
	SAUTEED BEANS	SEAFOOD CEVICHE	EGGS BENEDICT	

NORTH & LATIN AMERICAN**WEEK #5 18-22 May**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLAM CHOWDER	CHICKEN FAJITAS	BEEF HAMBURGERS	NEW YORK STEAK	COOKING TEST
CRAB CAKES	MEXICAN SALSA	BUNS	TRUFFLE MASHED POTATOES	
	GUACAMOLE	TOPPINGS		
CHILI CON CARNE	BARBECUE RIBS	BEEF PATTY	CHIMICHURRI SAUCE	HOMEWORK REVIEW & TEST 2
	BARBECUE SAUCE	CHICKEN POT PIE	GRILLED BROCCOLI	
TORTILLAS	COLE SLAW	CAESAR SALAD	CLUB SANDWICH	
	CHEESE CORN		CUBANO SANDWICH	

COMFORT FOOD & MEDITERRANEAN**WEEK #6 25-29 May**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AMERICAN FRIED CHICKEN	CHICKEN NOODLE SOUP	AMERICAN OMELETTE	HUMMUS	COOKING TEST
			CUCUMBER SALAD	
MACARONI & CHEESE	FETTUCINI ALFREDO	PANCAKES PLAIN	COTTAGE CHEESE	
CHICKEN BURRITO	APPLE CRUMBLE	BLUEBERRY BANANA	EGGPLANT PARMIGIANA	HOMEWORK REVIEW & TEST 3
		FRENCH TOAST	GAMBAS	
		FRITTATA	AL AJILO	

FRENCH**WEEK #1 1-5 June**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
KNIFE SKILLS TRAINING	CHICKEN CONSOMME	DUCK A L'ORANGE	BEEF BOURGUIGNON	BOUILLABAISE
	FRENCH ONION SOUP	ROASTED POTATO SAUTEED SPINACH	POMME PUREE	
CHICKEN STOCK	NICOISE SALAD	PICKLED ONION	POISSON MEUNIERE	COOKING TEST
BEEF STOCK		CHICKEN CORDON BLEU	GUT & GILL FISH	
FISH STOCK	LYONNAISE SALAD	CREAM SAUCE	RATATOUILLE	
FRENCH BAGUETTE		GRILLED ASPARAGUS	TURNED POTATO	
		BAKED POTATO	BEURRE BLANC SAUCE	

ITALIAN**WEEK #2 8-12 June**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAKING PASTA 1 SPAGHETTI RAVIOLI	MAKING PASTA 2 LASAGNA	MINISTRONE SOUP	PIZZA DOUGH	COOKING TEST
	POTATO GNOCCHI	CAPRESE SALAD	PIZZA SAUCE	
RAVIOLI FILLING	POTATO GNOCCHI WITH CHEESE	PANZANELLA SALAD	MAKE PIZZA	HOMEWORK REVIEW & TEST 1
BOLOGNESE SAUCE	FONDUE	SPAGHETTI ALLE VONGOLE	TRUFFLE RISOTTO	
CARBONARA	BRUSCHETTA			

BRITISH & GERMAN**WEEK #3 15-19 June**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAKE SAUSAGE CUMBERLAND PORK & APPLES	FISH & CHIPS PREP FISH MAKE FRIES	MEATLOAF	SHEPARD'S PIE	COOKING TEST
		POTATO DELPHINOISE	GREEN PEA SOUP	
MAKE SMOKED BACON	PREPARE BATTER PREPARE TARTAR SAUCE	LEMON GARDEN SALAD	BEEF WELLINGTON	PROFESSIONAL PLATING TECHNIQUES
POTATO LEEK SOUP	BANGERS & MASH MASH POTATOES CARMELIZED ONION BRAISED GREEN PEAS	GRAVY	DUXELLES	
		SCHNITZEL	BEEF AU JUS	
		SAUERKRAUT	BRAISED MUSTARD GREENS	

OTHER EUROPEAN**WEEK #4 22-26 June**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
KNIFE SKILLS TRAINING	BEEF STROGANOFF	BEEF MOUSSAKKA	BREAKFAST FRENCH OMELETTE	SPANISH PAELLA
	MAKING EGG NOODLES	GRILLED EGGPLANT	FRIED EGGS (3 STYLES) BAKED BEANS	
	CHICKEN KIEV	ROASTED PEPPER	HASH BROWNS	
LAMB KEFTA	COMPOUND BUTTER	MASHED POTATOES	CROQUE MONSIEUR	COOKING TEST
GREEK SALAD	SAUTEED MUSHROOMS	HUNGARIAN GOULASH	CREPES	
	SAUTEED BEANS	SEAFOOD CEVICHE	EGGS BENEDICT	

NORTH & LATIN AMERICAN**WEEK #5 29 June-3 July**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLAM CHOWDER	CHICKEN FAJITAS	BEEF HAMBURGERS	NEW YORK STEAK	COOKING TEST
CRAB CAKES	MEXICAN SALSA	BUNS	TRUFFLE MASHED POTATOES	
	GUACAMOLE	TOPPINGS		
CHILI CON CARNE	BARBECUE RIBS	BEEF PATTY	CHIMICHURRI SAUCE	HOMEWORK REVIEW & TEST 2
	BARBECUE SAUCE	CHICKEN POT PIE	GRILLED BROCCOLI	
TORTILLAS	COLE SLAW	CAESAR SALAD	CLUB SANDWICH	
	CHEESE CORN		CUBANO SANDWICH	

COMFORT FOOD & MEDITERRANEAN**WEEK #6 6-10 July**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AMERICAN FRIED CHICKEN	CHICKEN NOODLE SOUP	AMERICAN OMELETTE	HUMMUS	COOKING TEST
		PANCAKES	CUCUMBER SALAD	
MACARONI & CHEESE	FETTUCINI ALFREDO	PLAIN BLUEBERRY BANANA	COTTAGE CHEESE	
CHICKEN BURRITO	APPLE CRUMBLE	FRENCH TOAST	EGGPLANT PARMIGIANA	HOMEWORK REVIEW & TEST 3
		FRITTATA	GAMBAS AL AJILO	

FRENCH**WEEK #1 13-17 July**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
KNIFE SKILLS TRAINING	CHICKEN CONSOMME	DUCK A L'ORANGE	BEEF BOURGUIGNON	BOUILLABAISE
	FRENCH ONION SOUP	ROASTED POTATO SAUTEED SPINACH	POMME PUREE	
CHICKEN STOCK	NICOISE SALAD	PICKLED ONION	POISSON MEUNIERE	COOKING TEST
BEEF STOCK		CHICKEN CORDON BLEU	GUT & GILL FISH	
FISH STOCK	LYONNAISE SALAD	CREAM SAUCE	RATATOUILLE	
FRENCH BAGUETTE		GRILLED ASPARAGUS	TURNED POTATO	
		BAKED POTATO	BEURRE BLANC SAUCE	

ITALIAN**WEEK #2 20-24 July**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAKING PASTA 1 SPAGHETTI RAVIOLI	MAKING PASTA 2 LASAGNA	MINISTRONE SOUP	PIZZA DOUGH	COOKING TEST
	POTATO GNOCCHI	CAPRESE SALAD	PIZZA SAUCE	
RAVIOLI FILLING	POTATO GNOCCHI WITH CHEESE	PANZANELLA SALAD	MAKE PIZZA	HOMEWORK REVIEW & TEST 1
BOLOGNESE SAUCE	FONDUE		TRUFFLE RISOTTO	
CARBONARA	BRUSCHETTA	SPAGHETTI ALLE VONGOLE		
PESTO				

BRITISH & GERMAN**WEEK #3 27-31 July**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAKE SAUSAGE CUMBERLAND PORK & APPLES	FISH & CHIPS PREP FISH MAKE FRIES	MEATLOAF	SHEPARD'S PIE	COOKING TEST
		POTATO DELPHINOISE		
MAKE SMOKED BACON	PREPARE BATTER PREPARE TARTAR SAUCE	LEMON GARDEN SALAD	GREEN PEA SOUP	PROFESSIONAL PLATING TECHNIQUES
		GRAVY	BEEF WELLINGTON	
POTATO LEEK SOUP	BANGERS & MASH MASH POTATOES CARMELIZED ONION BRAISED GREEN PEAS	SCHNITZEL	DUXELLES	
		SAUERKRAUT	BEEF AU JUS	
		APPLE SALAD	BRAISED MUSTARD GREENS	
		DILL MAYONNAISE		

OTHER EUROPEAN**WEEK #4 3-7 August**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
KNIFE SKILLS TRAINING	BEEF STROGANOFF	BEEF MOUSSAKKA	BREAKFAST FRENCH OMELETTE	SPANISH PAELLA
	MAKING EGG NOODLES	GRILLED EGGPLANT	FRIED EGGS (3 STYLES) BAKED BEANS	
	CHICKEN KIEV	ROASTED PEPPER	HASH BROWNS	
LAMB KEFTA	COMPOUND BUTTER	MASHED POTATOES	CROQUE MONSIEUR	COOKING TEST
GREEK SALAD	SAUTEED MUSHROOMS	HUNGARIAN GOULASH	CREPES	
	SAUTEED BEANS	SEAFOOD CEVICHE	EGGS BENEDICT	

NORTH & LATIN AMERICAN**WEEK #5 10-14 August (Closed on Wed, all dishes covered on Monday, Tuesday, Thursday & Friday)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLAM CHOWDER	CHICKEN FAJITAS	BEEF HAMBURGERS	NEW YORK STEAK	COOKING TEST
CRAB CAKES	MEXICAN SALSA	BUNS	TRUFFLE MASHED POTATOES	
	GUACAMOLE	TOPPINGS		
CHILI CON CARNE	BARBECUE RIBS	BEEF PATTY	CHIMICHURRI SAUCE	HOMEWORK REVIEW & TEST 2
	BARBECUE SAUCE	CHICKEN POT PIE	GRILLED BROCCOLI	
TORTILLAS	COLE SLAW	CAESAR SALAD	CLUB SANDWICH	
	CHEESE CORN		CUBANO SANDWICH	

COMFORT FOOD & MEDITERRANEAN**WEEK #6 17-21 August**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AMERICAN FRIED CHICKEN	CHICKEN NOODLE SOUP	AMERICAN OMELETTE	HUMMUS	COOKING TEST
			CUCUMBER SALAD	
MACARONI & CHEESE	FETTUCINI ALFREDO	PANCAKES PLAIN	COTTAGE CHEESE	
CHICKEN BURRITO	APPLE CRUMBLE	BLUEBERRY BANANA	EGGPLANT PARMIGIANA	HOMEWORK REVIEW & TEST 3
		FRENCH TOAST	GAMBAS	
		FRITTATA	AL AJILO	

FRENCH**WEEK #1 24-28 August**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
KNIFE SKILLS TRAINING	CHICKEN CONSOMME	DUCK A L'ORANGE	BEEF BOURGUIGNON	BOUILLABAISE
	FRENCH ONION SOUP	ROASTED POTATO SAUTEED SPINACH	POMME PUREE	
CHICKEN STOCK	NICOISE SALAD	PICKLED ONION	POISSON MEUNIERE	COOKING TEST
BEEF STOCK		CHICKEN CORDON BLEU	GUT & GILL FISH	
FISH STOCK	LYONNAISE SALAD	CREAM SAUCE	RATATOUILLE	
FRENCH BAGUETTE		GRILLED ASPARAGUS	TURNED POTATO	
		BAKED POTATO	BEURRE BLANC SAUCE	

ITALIAN**WEEK #2 31 Aug-4 September**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAKING PASTA 1 SPAGHETTI RAVIOLI	MAKING PASTA 2 LASAGNA	MINISTRONE SOUP	PIZZA DOUGH	COOKING TEST
	POTATO GNOCCHI	CAPRESE SALAD	PIZZA SAUCE	
RAVIOLI FILLING	POTATO GNOCCHI WITH CHEESE	PANZANELLA SALAD	MAKE PIZZA	HOMEWORK REVIEW & TEST 1
BOLOGNESE SAUCE	FONDUE	SPAGHETTI ALLE VONGOLE	TRUFFLE RISOTTO	
CARBONARA	BRUSCHETTA			

BRITISH & GERMAN**WEEK #3 7-11 September**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAKE SAUSAGE CUMBERLAND PORK & APPLES	FISH & CHIPS PREP FISH MAKE FRIES	MEATLOAF	SHEPARD'S PIE	COOKING TEST
		POTATO DELPHINOISE	GREEN PEA SOUP	
MAKE SMOKED BACON	PREPARE BATTER PREPARE TARTAR SAUCE	LEMON GARDEN SALAD	BEEF WELLINGTON	PROFESSIONAL PLATING TECHNIQUES
POTATO LEEK SOUP	BANGERS & MASH MASH POTATOES CARMELIZED ONION BRAISED GREEN PEAS	GRAVY	DUXELLES	
		SCHNITZEL	BEEF AU JUS	
		SAUERKRAUT	BRAISED MUSTARD GREENS	

OTHER EUROPEAN**WEEK #4 14-18 September**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
KNIFE SKILLS TRAINING	BEEF STROGANOFF	BEEF MOUSSAKKA	BREAKFAST FRENCH OMELETTE	SPANISH PAELLA
	MAKING EGG NOODLES	GRILLED EGGPLANT	FRIED EGGS (3 STYLES) BAKED BEANS	
	CHICKEN KIEV	ROASTED PEPPER	HASH BROWNS	
LAMB KEFTA	COMPOUND BUTTER	MASHED POTATOES	CROQUE MONSIEUR	COOKING TEST
GREEK SALAD	SAUTEED MUSHROOMS	HUNGARIAN GOULASH	CREPES	
	SAUTEED BEANS	SEAFOOD CEVICHE	EGGS BENEDICT	

NORTH & LATIN AMERICAN**WEEK #5 21-25 September**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLAM CHOWDER	CHICKEN FAJITAS	BEEF HAMBURGERS	NEW YORK STEAK	COOKING TEST
CRAB CAKES	MEXICAN SALSA	BUNS	TRUFFLE MASHED POTATOES	
	GUACAMOLE	TOPPINGS		
CHILI CON CARNE	BARBECUE RIBS	BEEF PATTY	CHIMICHURRI SAUCE	HOMEWORK REVIEW & TEST 2
	BARBECUE SAUCE	CHICKEN POT PIE	GRILLED BROCCOLI	
TORTILLAS	COLE SLAW	CAESAR SALAD	CLUB SANDWICH	
	CHEESE CORN		CUBANO SANDWICH	

COMFORT FOOD & MEDITERRANEAN**WEEK #6 28 September-2 October**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AMERICAN FRIED CHICKEN	CHICKEN NOODLE SOUP	AMERICAN OMELETTE	HUMMUS	COOKING TEST
		PANCAKES	CUCUMBER SALAD	
MACARONI & CHEESE	FETTUCINI ALFREDO	PLAIN BLUEBERRY BANANA	COTTAGE CHEESE	
CHICKEN BURRITO	APPLE CRUMBLE	FRENCH TOAST	EGGPLANT PARMIGIANA	HOMEWORK REVIEW & TEST 3
		FRITTATA	GAMBAS AL AJILO	

FRENCH**WEEK #1 5-9 October**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
KNIFE SKILLS TRAINING	CHICKEN CONSOMME	DUCK A L'ORANGE	BEEF BOURGUIGNON	BOUILLABAISE
	FRENCH ONION SOUP	ROASTED POTATO SAUTEED SPINACH	POMME PUREE	
CHICKEN STOCK	NICOISE SALAD	PICKLED ONION	POISSON MEUNIERE	COOKING TEST
BEEF STOCK		CHICKEN CORDON BLEU	GUT & GILL FISH	
FISH STOCK	LYONNAISE SALAD	CREAM SAUCE	RATATOUILLE	
FRENCH BAGUETTE		GRILLED ASPARAGUS	TURNED POTATO	
		BAKED POTATO	BEURRE BLANC SAUCE	

ITALIAN**WEEK #2 12-16 October**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAKING PASTA 1 SPAGHETTI RAVIOLI	MAKING PASTA 2 LASAGNA	MINISTRONE SOUP	PIZZA DOUGH	COOKING TEST
	POTATO GNOCCHI	CAPRESE SALAD	PIZZA SAUCE	
RAVIOLI FILLING	POTATO GNOCCHI WITH CHEESE	PANZANELLA SALAD	MAKE PIZZA	HOMEWORK REVIEW & TEST 1
BOLOGNESE SAUCE	FONDUE	SPAGHETTI ALLE VONGOLE	TRUFFLE RISOTTO	
CARBONARA	BRUSCHETTA			

BRITISH & GERMAN**WEEK #3 19-23 October**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAKE SAUSAGE CUMBERLAND PORK & APPLES	FISH & CHIPS PREP FISH MAKE FRIES	MEATLOAF	SHEPARD'S PIE	COOKING TEST
		POTATO DELPHINOISE	GREEN PEA SOUP	
MAKE SMOKED BACON	PREPARE BATTER PREPARE TARTAR SAUCE	LEMON GARDEN SALAD	BEEF WELLINGTON	PROFESSIONAL PLATING TECHNIQUES
POTATO LEEK SOUP	BANGERS & MASH MASH POTATOES CARMELIZED ONION BRAISED GREEN PEAS	GRAVY	DUXELLES	
		SCHNITZEL	BEEF AU JUS	
		SAUERKRAUT	BRAISED MUSTARD GREENS	

OTHER EUROPEAN

WEEK #4 26-30 October

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
KNIFE SKILLS TRAINING	BEEF STROGANOFF	BEEF MOUSSAKKA	BREAKFAST FRENCH OMELETTE	SPANISH PAELLA
	MAKING EGG NOODLES	GRILLED EGGPLANT	FRIED EGGS (3 STYLES) BAKED BEANS	
	CHICKEN KIEV	ROASTED PEPPER	HASH BROWNS	
LAMB KEFTA	COMPOUND BUTTER	MASHED POTATOES	CROQUE MONSIEUR	COOKING TEST
GREEK SALAD	SAUTEED MUSHROOMS	HUNGARIAN GOULASH	CREPES	
	SAUTEED BEANS	SEAFOOD CEVICHE	EGGS BENEDICT	

NORTH & LATIN AMERICAN

WEEK #5 2-6 November

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLAM CHOWDER	CHICKEN FAJITAS	BEEF HAMBURGERS	NEW YORK STEAK	COOKING TEST
CRAB CAKES	MEXICAN SALSA	BUNS	TRUFFLE MASHED POTATOES	
	GUACAMOLE	TOPPINGS		
CHILI CON CARNE	BARBECUE RIBS	BEEF PATTY	CHIMICHURRI SAUCE	HOMEWORK REVIEW & TEST 2
	BARBECUE SAUCE	CHICKEN POT PIE	GRILLED BROCCOLI	
TORTILLAS	COLE SLAW	CAESAR SALAD	CLUB SANDWICH	
	CHEESE CORN		CUBANO SANDWICH	

COMFORT FOOD & MEDITERRANEAN

WEEK #6 9-13 November

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AMERICAN FRIED CHICKEN	CHICKEN NOODLE SOUP	AMERICAN OMELETTE	HUMMUS	COOKING TEST
		PANCAKES	CUCUMBER SALAD	
MACARONI & CHEESE	FETTUCINI ALFREDO	PLAIN BLUEBERRY BANANA	COTTAGE CHEESE	
CHICKEN BURRITO	APPLE CRUMBLE	FRENCH TOAST	EGGPLANT PARMIGIANA	HOMEWORK REVIEW & TEST 3
		FRITTATA	GAMBAS AL AJILO	

FRENCH**WEEK #1 16-20 November**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
KNIFE SKILLS TRAINING	CHICKEN CONSOMME	DUCK A L'ORANGE	BEEF BOURGUIGNON	BOUILLABAISE
	FRENCH ONION SOUP	ROASTED POTATO SAUTEED SPINACH	POMME PUREE	
CHICKEN STOCK	NICOISE SALAD	PICKLED ONION	POISSON MEUNIERE	COOKING TEST
BEEF STOCK		CHICKEN CORDON BLEU	GUT & GILL FISH	
FISH STOCK	LYONNAISE SALAD	CREAM SAUCE	RATATOUILLE	
FRENCH BAGUETTE		GRILLED ASPARAGUS	TURNED POTATO	
		BAKED POTATO	BEURRE BLANC SAUCE	

ITALIAN**WEEK #2 23-27 November**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAKING PASTA 1 SPAGHETTI RAVIOLI	MAKING PASTA 2 LASAGNA	MINISTRONE SOUP	PIZZA DOUGH	COOKING TEST
	POTATO GNOCCHI	CAPRESE SALAD	PIZZA SAUCE	
RAVIOLI FILLING	POTATO GNOCCHI WITH CHEESE	PANZANELLA SALAD	MAKE PIZZA	HOMEWORK REVIEW & TEST 1
BOLOGNESE SAUCE	FONDUE	SPAGHETTI ALLE VONGOLE	TRUFFLE RISOTTO	
CARBONARA	BRUSCHETTA			

BRITISH & GERMAN**WEEK #3 30 November-4 December**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAKE SAUSAGE CUMBERLAND PORK & APPLES	FISH & CHIPS PREP FISH MAKE FRIES	MEATLOAF	SHEPARD'S PIE	COOKING TEST
		POTATO DELPHINOISE	GREEN PEA SOUP	
MAKE SMOKED BACON	PREPARE BATTER PREPARE TARTAR SAUCE	LEMON GARDEN SALAD	BEEF WELLINGTON	PROFESSIONAL PLATING TECHNIQUES
POTATO LEEK SOUP	BANGERS & MASH MASH POTATOES CARMELIZED ONION BRAISED GREEN PEAS	GRAVY	DUXELLES	
		SCHNITZEL	BEEF AU JUS	
		SAUERKRAUT	BRAISED MUSTARD GREENS	

OTHER EUROPEAN**WEEK #4 7-11 December (Closed on Monday, all dishes covered Tuesday-Friday)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
KNIFE SKILLS TRAINING	BEEF STROGANOFF	BEEF MOUSSAKKA	BREAKFAST FRENCH OMELETTE	SPANISH PAELLA
	MAKING EGG NOODLES	GRILLED EGGPLANT	FRIED EGGS (3 STYLES) BAKED BEANS	
	CHICKEN KIEV	ROASTED PEPPER	HASH BROWNS	
LAMB KEFTA	COMPOUND BUTTER	MASHED POTATOES	CROQUE MONSIEUR	COOKING TEST
GREEK SALAD	SAUTEED MUSHROOMS	HUNGARIAN GOULASH	CREPES	
	SAUTEED BEANS	SEAFOOD CEVICHE	EGGS BENEDICT	

NORTH & LATIN AMERICAN**WEEK #5 14-18 December**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLAM CHOWDER	CHICKEN FAJITAS	BEEF HAMBURGERS	NEW YORK STEAK	COOKING TEST
CRAB CAKES	MEXICAN SALSA	BUNS	TRUFFLE MASHED POTATOES	
	GUACAMOLE	TOPPING		
CHILI CON CARNE	BARBECUE RIBS	BEEF PATTY	CHIMICHURRI SAUCE	HOMEWORK REVIEW & TEST 2
	BARBECUE SAUCE	CHICKEN POT PIE	GRILLED BROCCOLI	
TORTILLAS	COLE SLAW	CAESAR SALAD	CLUB SANDWICH	
	CHEESE CORN		CUBANO SANDWICH	

COMFORT FOOD & MEDITERRANEAN**WEEK #6 21-25 December**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AMERICAN FRIED CHICKEN	CHICKEN NOODLE SOUP	AMERICAN OMELETTE	HUMMUS	COOKING TEST
		PANCAKES	CUCUMBER SALAD	
MACARONI & CHEESE	FETTUCINI ALFREDO	PLAIN BLUEBERRY BANANA	COTTAGE CHEESE	
CHICKEN BURRITO	APPLE CRUMBLE	FRENCH TOAST	EGGPLANT PARMIGIANA	HOMEWORK REVIEW & TEST 3
		FRITTATA	GAMBAS AL AJILO	