

THAI CHEF SCHOOL  
 THAI, ASIAN, & PAN-ASIAN CULINARY TRAINING SCHEDULE  
 22 June 2020-26 February 2021  
 6 WEEKS ROTATING TRAINING SCHEDULE

**THAI COOKING:**

**WEEK #1 22-26 June 2020**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
RED CURRY PASTE (prepare)	PANANG CURRY PASTE (prepare)	THAI FISH CAKES & SWEET CUCUMBER DIP	BOAT NOODLES WITH PORK	KHAO SOY CURRY PASTE (prepare)
RED CURRY WITH ROAST DUCK	PANANG CURRY WITH PORK	STEAMED CURRIED SEAFOOD	NOODLES IN CLEAR PORK SOUP	KHAO SOY WITH CHICKEN
GOLDEN BAG	POMELO SALAD	GLASS NOODLES SALAD	ROSELLE TEA	CHICKEN WRAP WITH PANDANUS LEAVES
GRILLED DUCK THAI-STYLE	PINEAPPLE FRIED RICE	STIR FRIED EGGPLANT WITH MINCED CHICKEN	LEMONGRASS TEA	CRISPY EGG NOODLES IN GRAVY
FRIED SWEET NOODLES WITH PORK	SWEET & SOUR VEGETABLES WITH PORK	THAI GRILLED PORK (MOO PING)	THAI MILK TEA	STIR-FRIED CLAMS WITH CHILI PASTE
MANGO WITH STICKY RICE	STIR FRIED MORNING GLORIES		THAI COFFEE	SPICY EGG SALAD

**THAI COOKING:**

**WEEK #2 29 June-3 July**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GREEN CURRY PASTE (prepare)	CHU CHI CURRY PASTE (prepare)	CHICKEN SATAY + PEANUT SAUCE (prepare)	HOT & SOUR SPARERIBS SOUP	STEAMED PORK LEG + DIP (prepare)
GREEN CURRY WITH CHICKEN	SHRIMP IN DRIED RED CURRY	FRIED GREEN PAPAYA SALAD	STIR-FRIED SHRIMP WITH ASPARAGUS	CHICKEN & RICE & SOY BEAN DIP (prepare)
THAI-STYLE FRIED RICE NOODLES (PAD THAI)	WINGED BEAN SALAD	TOM YUM FRIED RICE	STEAMED SEA BASS WITH LIME SAUCE	CRISPY CATFISH GREEN MANGO SALAD
CRISPY FRIED MUSSEL PANCAKES	FRIED SPRING ROLLS & SWEET CHILI SAUCE (prepare)	AUTHENTIC THAI GRILLED CHICKEN	THAI SUKI YAKI SEAFOOD	THAI-STYLE CHICKEN BIRYANI W/GREEN SAUCE
STIR-FRIED FISH WITH BLACK PEPPER	STIR-FRIED BEEF IN OYSTER SAUCE	STEAMED RICE WITH CHICKEN & MUSHROOMS	SPARERIBS GARLIC	
STEAMED FISH WITH GINGER	THAI SWEET DUMPLINGS			

**THAI COOKING:****WEEK #3 6-10 July**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY VEGETARIAN DAY</b>
MASSAMAN CURRY PASTE (prepare)	JUNGLE CURRY PASTE (prepare)	TAY PHO CURRY PASTE (prepare)	NORTHERN CURRY PASTE (prepare)	MAKE TOFU AND SOY MILK
MASSAMAN CURRY WITH CHICKEN	JUNGLE CURRY CHICKEN	TAY PHO WITH PORK BELLY & MORNING GLORIES	NORTHERN CURRY WITH PORK	FRESH SPRING ROLLS + SPICY CHILI DIP (prepare)
CHICKEN IN COCONUT MILK (TOM KHA GAI)	YELLOW CURRY CRAB	SLICED GRILLED SPICY PORK SALAD (NAM TOK MOO)	SOUTHERN-STYLE FRIED CHICKEN	MIXED MUSHROOM SALAD
DEEP FRIED SHRIMP IN TAMARIND SAUCE	DEEP FRIED FISH WITH GREEN MANGO SALAD	STIR-FRIED YOUNG GREEN CHILIES WITH CHICKEN	BAKED PRAWNS & MUNG BEAN NOODLES	STIR-FRIED MIXED VEGETABLES
CHICKEN BAKED IN SOY SAUCE W/CHINESE KALE	STIR-FRIED MINCED PORK WITH SPICY BASIL	SHRIMP CAKES WITH PLUM SAUCE (prepare)	SWEET CORN IN TAPIOCA & COCONUT MILK	STEAMED TOFU WITH MUSHROOM SAUCE
STIR-FRIED CHICKEN W/CASHEWS	THAI FRIED RICE	STIR-FRIED CHICKEN WITH GINGER	SPICY SEAFOOD WITH HERBS	

**THAI COOKING:****WEEK #4 13-17 July**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
YELLOW CURRY PASTE (prepare)	SOUTHERN CURRY PASTE (prepare)	HOT & SOUR TAMARIND PASTE (prepare)	STIR-FRIED CHICKEN WITH YELLOW CURRY AND PINEAPPLE	VEGETABLE SOUP CURRY PASTE (prepare)
YELLOW CURRY WITH CHICKEN	STIR-FRIED PORK WITH SOUTHERN CURRY	HOT & SOUR TAMARIND CURRY W/FISH & VEGETABLES	CRISPY FRIED MORNING GLORIES	VEGETABLE SOUP
PAPAYA SALAD (SOM TAM)	SPICY MINCED CHICKEN SALAD (LAAB GAI)	DEEP FRIED BOILED EGG WITH TAMARIND SAUCE	GRILLED PORK SIRLOIN WITH LEMONGRASS	GRILLED CHICKEN SALAD
HOT & SOUR PRAWN SOUP (TOM YUM GOONG)	CRISPY PORK BELLY (MOO KROB)	SHRIMP WITH SPICY LEMONGRASS SALAD	BRAISED SPARERIBS IN PINEAPPLE SAUCE	STUFFED CHICKEN WINGS
GRILLED MARINATED PORK WITH SPICY DIP	BARBECUED PORK SERVED WITH RICE	FRIED FISH WITH CHILI SAUCE	DEEP FRIED FISH IN 3 FLAVOR SAUCE	DEEP FRIED FISH IN RED CURRY
DEEP FRIED FISH WITH TURMERIC	DEEP FRIED CHICKEN WINGS WITH FISH SAUCE	WATER CHESTNUTS IN COCONUT SYRUP		STIR-FRIED CHICKEN WITH SPICY HERBS

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

**ASIAN COOKING:****WEEK #2 VIETNAMESE & CHINESE COOKING 27-31 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 3-7 August**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
RED CURRY PASTE (prepare)	PANANG CURRY PASTE (prepare)	THAI FISH CAKES & SWEET CUCUMBER DIP	BOAT NOODLES WITH PORK	KHAO SOY CURRY PASTE (prepare)
RED CURRY WITH ROAST DUCK	PANANG CURRY WITH PORK	STEAMED CURRIED SEAFOOD	NOODLES IN CLEAR PORK SOUP	KHAO SOY WITH CHICKEN
GOLDEN BAG	POMELO SALAD	GLASS NOODLES SALAD	ROSELLE TEA	CHICKEN WRAP WITH PANDANUS LEAVES
GRILLED DUCK THAI-STYLE	PINEAPPLE FRIED RICE	STIR FRIED EGGPLANT WITH MINCED CHICKEN	LEMONGRASS TEA	CRISPY EGG NOODLES IN GRAVY
FRIED SWEET NOODLES WITH PORK	SWEET & SOUR VEGETABLES WITH PORK	THAI GRILLED PORK (MOO PING)	THAI MILK TEA	STIR-FRIED CLAMS WITH CHILI PASTE
MANGO WITH STICKY RICE	STIR FRIED MORNING GLORIES		THAI COFFEE	SPICY EGG SALAD

**THAI COOKING:****WEEK #2 10-14 August (Closed Wednesday, all dishes covered in remaining 4 days)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GREEN CURRY PASTE (prepare)	CHU CHI CURRY PASTE (prepare)	CHICKEN SATAY + PEANUT SAUCE (prepare)	HOT & SOUR SPARERIBS SOUP	STEAMED PORK LEG + DIP (prepare)
GREEN CURRY WITH CHICKEN	SHRIMP IN DRIED RED CURRY	FRIED GREEN PAPAYA SALAD	STIR-FRIED SHRIMP WITH ASPARAGUS	CHICKEN & RICE & SOY BEAN DIP (prepare)
THAI-STYLE FRIED RICE NOODLES (PAD THAI)	WINGED BEAN SALAD	TOM YUM FRIED RICE	STEAMED SEA BASS WITH LIME SAUCE	CRISPY CATFISH GREEN MANGO SALAD
CRISPY FRIED MUSSEL PANCAKES	FRIED SPRING ROLLS & SWEET CHILI SAUCE (prepare)	AUTHENTIC THAI GRILLED CHICKEN	THAI SUKI YAKI SEAFOOD	THAI-STYLE CHICKEN BIRYANI W/GREEN SAUCE
STIR-FRIED FISH WITH BLACK PEPPER	STIR-FRIED BEEF IN OYSTER SAUCE	STEAMED RICE WITH CHICKEN & MUSHROOMS	SPARERIBS GARLIC	
STEAMED FISH WITH GINGER	THAI SWEET DUMPLINGS			

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY VEGETARIAN DAY
MASSAMAN CURRY PASTE (prepare)	JUNGLE CURRY PASTE (prepare)	TAY PHO CURRY PASTE (prepare)	NORTHERN CURRY PASTE (prepare)	MAKE TOFU AND SOY MILK
MASSAMAN CURRY WITH CHICKEN	JUNGLE CURRY CHICKEN	TAY PHO WITH PORK BELLY & MORNING GLORIES	NORTHERN CURRY WITH PORK	FRESH SPRING ROLLS + SPICY CHILI DIP (prepare)
CHICKEN IN COCONUT MILK (TOM KHA GAI)	YELLOW CURRY CRAB	SLICED GRILLED SPICY PORK SALAD (NAM TOK MOO)	SOUTHERN-STYLE FRIED CHICKEN	MIXED MUSHROOM SALAD
DEEP FRIED SHRIMP IN TAMARIND SAUCE	DEEP FRIED FISH WITH GREEN MANGO SALAD	STIR-FRIED YOUNG GREEN CHILIES WITH CHICKEN	BAKED PRAWNS & MUNG BEAN NOODLES	STIR-FRIED MIXED VEGETABLES
CHICKEN BAKED IN SOY SAUCE W/CHINESE KALE	STIR-FRIED MINCED PORK WITH SPICY BASIL	SHRIMP CAKES WITH PLUM SAUCE (prepare)	SWEET CORN IN TAPIOCA & COCONUT MILK	STEAMED TOFU WITH MUSHROOM SAUCE
STIR-FRIED CHICKEN W/CASHEWS	THAI FRIED RICE	STIR-FRIED CHICKEN WITH GINGER	SPICY SEAFOOD WITH HERBS	

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
YELLOW CURRY PASTE (prepare)	SOUTHERN CURRY PASTE (prepare)	HOT & SOUR TAMARIND PASTE (prepare)	STIR-FRIED CHICKEN WITH YELLOW CURRY AND PINEAPPLE	VEGETABLE SOUP CURRY PASTE (prepare)
YELLOW CURRY WITH CHICKEN	STIR-FRIED PORK WITH SOUTHERN CURRY	HOT & SOUR TAMARIND CURRY W/FISH & VEGETABLES	CRISPY FRIED MORNING GLORIES	VEGETABLE SOUP
PAPAYA SALAD (SOM TAM)	SPICY MINCED CHICKEN SALAD (LAAB GAI)	DEEP FRIED BOILED EGG WITH TAMARIND SAUCE	GRILLED PORK SIRLOIN WITH LEMONGRASS	GRILLED CHICKEN SALAD
HOT & SOUR PRAWN SOUP (TOM YUM GOONG)	CRISPY PORK BELLY (MOO KROB)	SHRIMP WITH SPICY LEMONGRASS SALAD	BRAISED SPARERIBS IN PINEAPPLE SAUCE	STUFFED CHICKEN WINGS
GRILLED MARINATED PORK WITH SPICY DIP	BARBECUED PORK SERVED WITH RICE	FRIED FISH WITH CHILI SAUCE	DEEP FRIED FISH IN 3 FLAVOR SAUCE	DEEP FRIED FISH IN RED CURRY
DEEP FRIED FISH WITH TURMERIC	DEEP FRIED CHICKEN WINGS WITH FISH SAUCE	WATER CHESTNUTS IN COCONUT SYRUP		STIR-FRIED CHICKEN WITH SPICY HERBS

**ASIAN COOKING:****WEEK #1 KOREAN & JAPANESE COOKING 31 Aug-4 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

**ASIAN COOKING:****WEEK #2 VIETNAMESE & CHINESE COOKING 7-11 September**

<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 September**

<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	BOAT NOODLES WITH PORK	KHAO SOY CURRY PASTE (prepare)
RED CURRY WITH ROAST DUCK	PANANG CURRY WITH PORK	STEAMED CURRIED SEAFOOD	NOODLES IN CLEAR PORK SOUP	KHAO SOY WITH CHICKEN
GOLDEN BAG	POMELO SALAD	GLASS NOODLES SALAD	ROSELLE TEA	CHICKEN WRAP WITH PANDANUS LEAVES
GRILLED DUCK THAI-STYLE	PINEAPPLE FRIED RICE	STIR FRIED EGGPLANT WITH MINCED CHICKEN	LEMONGRASS TEA	CRISPY EGG NOODLES IN GRAVY
FRIED SWEET NOODLES WITH PORK	SWEET & SOUR VEGETABLES WITH PORK	THAI GRILLED PORK (MOO PING)	THAI MILK TEA	STIR-FRIED CLAMS WITH CHILI PASTE
MANGO WITH STICKY RICE	STIR FRIED MORNING GLORIES		THAI COFFEE	SPICY EGG SALAD

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

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
GREEN CURRY PASTE (prepare)	CHU CHI CURRY PASTE (prepare)	CHICKEN SATAY + PEANUT SAUCE (prepare)	HOT & SOUR SPARERIBS SOUP	STEAMED PORK LEG + DIP (prepare)
GREEN CURRY WITH CHICKEN	SHRIMP IN DRIED RED CURRY	FRIED GREEN PAPAYA SALAD	STIR-FRIED SHRIMP WITH ASPARAGUS	CHICKEN & RICE & SOY BEAN DIP (prepare)
THAI-STYLE FRIED RICE NOODLES (PAD THAI)	WINGED BEAN SALAD	TOM YUM FRIED RICE	STEAMED SEA BASS WITH LIME SAUCE	CRISPY CATFISH GREEN MANGO SALAD
CRISPY FRIED MUSSEL PANCAKES	FRIED SPRING ROLLS & SWEET CHILI SAUCE (prepare)	AUTHENTIC THAI GRILLED CHICKEN	THAI SUKI YAKI SEAFOOD	THAI-STYLE CHICKEN BIRYANI W/GREEN SAUCE
STIR-FRIED FISH WITH BLACK PEPPER	STIR-FRIED BEEF IN OYSTER SAUCE	STEAMED RICE WITH CHICKEN & MUSHROOMS	SPARERIBS GARLIC	
STEAMED FISH WITH GINGER	THAI SWEET DUMPLINGS			

**THAI COOKING:****WEEK #3 28 Sept-2 Oct**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY VEGETARIAN DAY
MASSAMAN CURRY PASTE (prepare)	JUNGLE CURRY PASTE (prepare)	TAY PHO CURRY PASTE (prepare)	NORTHERN CURRY PASTE (prepare)	MAKE TOFU AND SOY MILK
MASSAMAN CURRY WITH CHICKEN	JUNGLE CURRY CHICKEN	TAY PHO WITH PORK BELLY & MORNING GLORIES	NORTHERN CURRY WITH PORK	FRESH SPRING ROLLS + SPICY CHILI DIP (prepare)
CHICKEN IN COCONUT MILK (TOM KHA GAI)	YELLOW CURRY CRAB	SLICED GRILLED SPICY PORK SALAD (NAM TOK MOO)	SOUTHERN-STYLE FRIED CHICKEN	MIXED MUSHROOM SALAD
DEEP FRIED SHRIMP IN TAMARIND SAUCE	DEEP FRIED FISH WITH GREEN MANGO SALAD	STIR-FRIED YOUNG GREEN CHILIES WITH CHICKEN	BAKED PRAWNS & MUNG BEAN NOODLES	STIR-FRIED MIXED VEGETABLES
CHICKEN BAKED IN SOY SAUCE W/CHINESE KALE	STIR-FRIED MINCED PORK WITH SPICY BASIL	SHRIMP CAKES WITH PLUM SAUCE (prepare)	SWEET CORN IN TAPIOCA & COCONUT MILK	STEAMED TOFU WITH MUSHROOM SAUCE
STIR-FRIED CHICKEN W/CASHEWS	THAI FRIED RICE	STIR-FRIED CHICKEN WITH GINGER	SPICY SEAFOOD WITH HERBS	

**THAI COOKING:****WEEK #4 5-9 October**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
YELLOW CURRY PASTE (prepare)	SOUTHERN CURRY PASTE (prepare)	HOT & SOUR TAMARIND PASTE (prepare)	STIR-FRIED CHICKEN WITH YELLOW CURRY AND PINEAPPLE	VEGETABLE SOUP CURRY PASTE (prepare)
YELLOW CURRY WITH CHICKEN	STIR-FRIED PORK WITH SOUTHERN CURRY	HOT & SOUR TAMARIND CURRY W/FISH & VEGETABLES	CRISPY FRIED MORNING GLORIES	VEGETABLE SOUP
PAPAYA SALAD (SOM TAM)	SPICY MINCED CHICKEN SALAD (LAAB GAI)	DEEP FRIED BOILED EGG WITH TAMARIND SAUCE	GRILLED PORK SIRLOIN WITH LEMONGRASS	GRILLED CHICKEN SALAD
HOT & SOUR PRAWN SOUP (TOM YUM GOONG)	CRISPY PORK BELLY (MOO KROB)	SHRIMP WITH SPICY LEMONGRASS SALAD	BRAISED SPARERIBS IN PINEAPPLE SAUCE	STUFFED CHICKEN WINGS
GRILLED MARINATED PORK WITH SPICY DIP	BARBECUED PORK SERVED WITH RICE	FRIED FISH WITH CHILI SAUCE	DEEP FRIED FISH IN 3 FLAVOR SAUCE	DEEP FRIED FISH IN RED CURRY
DEEP FRIED FISH WITH TURMERIC	DEEP FRIED CHICKEN WINGS WITH FISH SAUCE	WATER CHESTNUTS IN COCONUT SYRUP		STIR-FRIED CHICKEN WITH SPICY HERBS



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

<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

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

<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 26-30 October**

<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	BOAT NOODLES WITH PORK	KHAO SOY CURRY PASTE (prepare)
RED CURRY WITH ROAST DUCK	PANANG CURRY WITH PORK	STEAMED CURRIED SEAFOOD	NOODLES IN CLEAR PORK SOUP	KHAO SOY WITH CHICKEN
GOLDEN BAG	POMELO SALAD	GLASS NOODLES SALAD	ROSELLE TEA	CHICKEN WRAP WITH PANDANUS LEAVES
GRILLED DUCK THAI-STYLE	PINEAPPLE FRIED RICE	STIR FRIED EGGPLANT WITH MINCED CHICKEN	LEMONGRASS TEA	CRISPY EGG NOODLES IN GRAVY
FRIED SWEET NOODLES WITH PORK	SWEET & SOUR VEGETABLES WITH PORK	THAI GRILLED PORK (MOO PING)	THAI MILK TEA	STIR-FRIED CLAMS WITH CHILI PASTE
MANGO WITH STICKY RICE	STIR FRIED MORNING GLORIES		THAI COFFEE	SPICY EGG SALAD

**THAI COOKING:****WEEK #2 2-6 November**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
GREEN CURRY PASTE (prepare)	CHU CHI CURRY PASTE (prepare)	CHICKEN SATAY + PEANUT SAUCE (prepare)	HOT & SOUR SPARERIBS SOUP	STEAMED PORK LEG + DIP (prepare)
GREEN CURRY WITH CHICKEN	SHRIMP IN DRIED RED CURRY	FRIED GREEN PAPAYA SALAD	STIR-FRIED SHRIMP WITH ASPARAGUS	CHICKEN & RICE & SOY BEAN DIP (prepare)
THAI-STYLE FRIED RICE NOODLES (PAD THAI)	WINGED BEAN SALAD	TOM YUM FRIED RICE	STEAMED SEA BASS WITH LIME SAUCE	CRISPY CATFISH GREEN MANGO SALAD
CRISPY FRIED MUSSEL PANCAKES	FRIED SPRING ROLLS & SWEET CHILI SAUCE (prepare)	AUTHENTIC THAI GRILLED CHICKEN	THAI SUKI YAKI SEAFOOD	THAI-STYLE CHICKEN BIRYANI W/GREEN SAUCE
STIR-FRIED FISH WITH BLACK PEPPER	STIR-FRIED BEEF IN OYSTER SAUCE	STEAMED RICE WITH CHICKEN & MUSHROOMS	SPARERIBS GARLIC	
STEAMED FISH WITH GINGER	THAI SWEET DUMPLINGS			

**THAI COOKING:****WEEK #3 9-13 November**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY VEGETARIAN DAY
MASSAMAN CURRY PASTE (prepare)	JUNGLE CURRY PASTE (prepare)	TAY PHO CURRY PASTE (prepare)	NORTHERN CURRY PASTE (prepare)	MAKE TOFU AND SOY MILK
MASSAMAN CURRY WITH CHICKEN	JUNGLE CURRY CHICKEN	TAY PHO WITH PORK BELLY & MORNING GLORIES	NORTHERN CURRY WITH PORK	FRESH SPRING ROLLS + SPICY CHILI DIP (prepare)
CHICKEN IN COCONUT MILK (TOM KHA GAI)	YELLOW CURRY CRAB	SLICED GRILLED SPICY PORK SALAD (NAM TOK MOO)	SOUTHERN-STYLE FRIED CHICKEN	MIXED MUSHROOM SALAD
DEEP FRIED SHRIMP IN TAMARIND SAUCE	DEEP FRIED FISH WITH GREEN MANGO SALAD	STIR-FRIED YOUNG GREEN CHILIES WITH CHICKEN	BAKED PRAWNS & MUNG BEAN NOODLES	STIR-FRIED MIXED VEGETABLES
CHICKEN BAKED IN SOY SAUCE W/CHINESE KALE	STIR-FRIED MINCED PORK WITH SPICY BASIL	SHRIMP CAKES WITH PLUM SAUCE (prepare)	SWEET CORN IN TAPIOCA & COCONUT MILK	STEAMED TOFU WITH MUSHROOM SAUCE
STIR-FRIED CHICKEN W/CASHEWS	THAI FRIED RICE	STIR-FRIED CHICKEN WITH GINGER	SPICY SEAFOOD WITH HERBS	

**THAI COOKING:****WEEK #4 16-20 October**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
YELLOW CURRY PASTE (prepare)	SOUTHERN CURRY PASTE (prepare)	HOT & SOUR TAMARIND PASTE (prepare)	STIR-FRIED CHICKEN WITH YELLOW CURRY AND PINEAPPLE	VEGETABLE SOUP CURRY PASTE (prepare)
YELLOW CURRY WITH CHICKEN	STIR-FRIED PORK WITH SOUTHERN CURRY	HOT & SOUR TAMARIND CURRY W/FISH & VEGETABLES	CRISPY FRIED MORNING GLORIES	VEGETABLE SOUP
PAPAYA SALAD (SOM TAM)	SPICY MINCED CHICKEN SALAD (LAAB GAI)	DEEP FRIED BOILED EGG WITH TAMARIND SAUCE	GRILLED PORK SIRLOIN WITH LEMONGRASS	GRILLED CHICKEN SALAD
HOT & SOUR PRAWN SOUP (TOM YUM GOONG)	CRISPY PORK BELLY (MOO KROB)	SHRIMP WITH SPICY LEMONGRASS SALAD	BRAISED SPARERIBS IN PINEAPPLE SAUCE	STUFFED CHICKEN WINGS
GRILLED MARINATED PORK WITH SPICY DIP	BARBECUED PORK SERVED WITH RICE	FRIED FISH WITH CHILI SAUCE	DEEP FRIED FISH IN 3 FLAVOR SAUCE	DEEP FRIED FISH IN RED CURRY
DEEP FRIED FISH WITH TURMERIC	DEEP FRIED CHICKEN WINGS WITH FISH SAUCE	WATER CHESTNUTS IN COCONUT SYRUP		STIR-FRIED CHICKEN WITH SPICY HERBS

**ASIAN COOKING:****WEEK #1 KOREAN & JAPANESE COOKING 23-27 November**

<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

**ASIAN COOKING:****WEEK #2 VIETNAMESE & CHINESE COOKING 30 Nov-4 Dec**

<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 7-11 December (Closed Monday, all dishes covered in remaining 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	BOAT NOODLES WITH PORK	KHAO SOY CURRY PASTE (prepare)
RED CURRY WITH ROAST DUCK	PANANG CURRY WITH PORK	STEAMED CURRIED SEAFOOD	NOODLES IN CLEAR PORK SOUP	KHAO SOY WITH CHICKEN
GOLDEN BAG	POMELO SALAD	GLASS NOODLES SALAD	ROSELLE TEA	CHICKEN WRAP WITH PANDANUS LEAVES
GRILLED DUCK THAI-STYLE	PINEAPPLE FRIED RICE	STIR FRIED EGGPLANT WITH MINCED CHICKEN	LEMONGRASS TEA	CRISPY EGG NOODLES IN GRAVY
FRIED SWEET NOODLES WITH PORK	SWEET & SOUR VEGETABLES WITH PORK	THAI GRILLED PORK (MOO PING)	THAI MILK TEA	STIR-FRIED CLAMS WITH CHILI PASTE
MANGO WITH STICKY RICE	STIR FRIED MORNING GLORIES		THAI COFFEE	SPICY EGG SALAD

**THAI COOKING:****WEEK #2 14-18 December**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
GREEN CURRY PASTE (prepare)	CHU CHI CURRY PASTE (prepare)	CHICKEN SATAY + PEANUT SAUCE (prepare)	HOT & SOUR SPARERIBS SOUP	STEAMED PORK LEG + DIP (prepare)
GREEN CURRY WITH CHICKEN	SHRIMP IN DRIED RED CURRY	FRIED GREEN PAPAYA SALAD	STIR-FRIED SHRIMP WITH ASPARAGUS	CHICKEN & RICE & SOY BEAN DIP (prepare)
THAI-STYLE FRIED RICE NOODLES (PAD THAI)	WINGED BEAN SALAD	TOM YUM FRIED RICE	STEAMED SEA BASS WITH LIME SAUCE	CRISPY CATFISH GREEN MANGO SALAD
CRISPY FRIED MUSSEL PANCAKES	FRIED SPRING ROLLS & SWEET CHILI SAUCE (prepare)	AUTHENTIC THAI GRILLED CHICKEN	THAI SUKI YAKI SEAFOOD	THAI-STYLE CHICKEN BIRYANI W/GREEN SAUCE
STIR-FRIED FISH WITH BLACK PEPPER	STIR-FRIED BEEF IN OYSTER SAUCE	STEAMED RICE WITH CHICKEN & MUSHROOMS	SPARERIBS GARLIC	
STEAMED FISH WITH GINGER	THAI SWEET DUMPLINGS			

**THAI COOKING:****WEEK #3 21-25 December**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY VEGETARIAN DAY
MASSAMAN CURRY PASTE (prepare)	JUNGLE CURRY PASTE (prepare)	TAY PHO CURRY PASTE (prepare)	NORTHERN CURRY PASTE (prepare)	MAKE TOFU AND SOY MILK
MASSAMAN CURRY WITH CHICKEN	JUNGLE CURRY CHICKEN	TAY PHO WITH PORK BELLY & MORNING GLORIES	NORTHERN CURRY WITH PORK	FRESH SPRING ROLLS + SPICY CHILI DIP (prepare)
CHICKEN IN COCONUT MILK (TOM KHA GAI)	YELLOW CURRY CRAB	SLICED GRILLED SPICY PORK SALAD (NAM TOK MOO)	SOUTHERN-STYLE FRIED CHICKEN	MIXED MUSHROOM SALAD
DEEP FRIED SHRIMP IN TAMARIND SAUCE	DEEP FRIED FISH WITH GREEN MANGO SALAD	STIR-FRIED YOUNG GREEN CHILIES WITH CHICKEN	BAKED PRAWNS & MUNG BEAN NOODLES	STIR-FRIED MIXED VEGETABLES
CHICKEN BAKED IN SOY SAUCE W/CHINESE KALE	STIR-FRIED MINCED PORK WITH SPICY BASIL	SHRIMP CAKES WITH PLUM SAUCE (prepare)	SWEET CORN IN TAPIOCA & COCONUT MILK	STEAMED TOFU WITH MUSHROOM SAUCE
STIR-FRIED CHICKEN W/CASHEWS	THAI FRIED RICE	STIR-FRIED CHICKEN WITH GINGER	SPICY SEAFOOD WITH HERBS	

**THAI COOKING:****WEEK #4 28 Dec-1 Jan 2021 (Closed 31 Dec & 1 Jan, all dishes covered Monday-Wednesday)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
YELLOW CURRY PASTE (prepare)	SOUTHERN CURRY PASTE (prepare)	HOT & SOUR TAMARIND PASTE (prepare)	STIR-FRIED CHICKEN WITH YELLOW CURRY AND PINEAPPLE	VEGETABLE SOUP CURRY PASTE (prepare)
YELLOW CURRY WITH CHICKEN	STIR-FRIED PORK WITH SOUTHERN CURRY	HOT & SOUR TAMARIND CURRY W/FISH & VEGETABLES	CRISPY FRIED MORNING GLORIES	VEGETABLE SOUP
PAPAYA SALAD (SOM TAM)	SPICY MINCED CHICKEN SALAD (LAAB GAI)	DEEP FRIED BOILED EGG WITH TAMARIND SAUCE	GRILLED PORK SIRLOIN WITH LEMONGRASS	GRILLED CHICKEN SALAD
HOT & SOUR PRAWN SOUP (TOM YUM GOONG)	CRISPY PORK BELLY (MOO KROB)	SHRIMP WITH SPICY LEMONGRASS SALAD	BRAISED SPARERIBS IN PINEAPPLE SAUCE	STUFFED CHICKEN WINGS
GRILLED MARINATED PORK WITH SPICY DIP	BARBECUED PORK SERVED WITH RICE	FRIED FISH WITH CHILI SAUCE	DEEP FRIED FISH IN 3 FLAVOR SAUCE	DEEP FRIED FISH IN RED CURRY
DEEP FRIED FISH WITH TURMERIC	DEEP FRIED CHICKEN WINGS WITH FISH SAUCE	WATER CHESTNUTS IN COCONUT SYRUP		STIR-FRIED CHICKEN WITH SPICY HERBS

**ASIAN COOKING:****WEEK #1 KOREAN & JAPANESE COOKING 4-8 January 2021**

<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

**ASIAN COOKING:****WEEK #2 VIETNAMESE & CHINESE COOKING 11-15 Jan 2021**

<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 18-22 January**

<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	BOAT NOODLES WITH PORK	KHAO SOY CURRY PASTE (prepare)
RED CURRY WITH ROAST DUCK	PANANG CURRY WITH PORK	STEAMED CURRIED SEAFOOD	NOODLES IN CLEAR PORK SOUP	KHAO SOY WITH CHICKEN
GOLDEN BAG	POMELO SALAD	GLASS NOODLES SALAD	ROSELLE TEA	CHICKEN WRAP WITH PANDANUS LEAVES
GRILLED DUCK THAI-STYLE	PINEAPPLE FRIED RICE	STIR FRIED EGGPLANT WITH MINCED CHICKEN	LEMONGRASS TEA	CRISPY EGG NOODLES IN GRAVY
FRIED SWEET NOODLES WITH PORK	SWEET & SOUR VEGETABLES WITH PORK	THAI GRILLED PORK (MOO PING)	THAI MILK TEA	STIR-FRIED CLAMS WITH CHILI PASTE
MANGO WITH STICKY RICE	STIR FRIED MORNING GLORIES		THAI COFFEE	SPICY EGG SALAD

**THAI COOKING:****WEEK #2 25-29 January**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
GREEN CURRY PASTE (prepare)	CHU CHI CURRY PASTE (prepare)	CHICKEN SATAY + PEANUT SAUCE (prepare)	HOT & SOUR SPARERIBS SOUP	STEAMED PORK LEG + DIP (prepare)
GREEN CURRY WITH CHICKEN	SHRIMP IN DRIED RED CURRY	FRIED GREEN PAPAYA SALAD	STIR-FRIED SHRIMP WITH ASPARAGUS	CHICKEN & RICE & SOY BEAN DIP (prepare)
THAI-STYLE FRIED RICE NOODLES (PAD THAI)	WINGED BEAN SALAD	TOM YUM FRIED RICE	STEAMED SEA BASS WITH LIME SAUCE	CRISPY CATFISH GREEN MANGO SALAD
CRISPY FRIED MUSSEL PANCAKES	FRIED SPRING ROLLS & SWEET CHILI SAUCE (prepare)	AUTHENTIC THAI GRILLED CHICKEN	THAI SUKI YAKI SEAFOOD	THAI-STYLE CHICKEN BIRYANI W/GREEN SAUCE
STIR-FRIED FISH WITH BLACK PEPPER	STIR-FRIED BEEF IN OYSTER SAUCE	STEAMED RICE WITH CHICKEN & MUSHROOMS	SPARERIBS GARLIC	
STEAMED FISH WITH GINGER	THAI SWEET DUMPLINGS			



**THAI COOKING:****WEEK #3 1-5 February**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY VEGETARIAN DAY
MASSAMAN CURRY PASTE (prepare)	JUNGLE CURRY PASTE (prepare)	TAY PHO CURRY PASTE (prepare)	NORTHERN CURRY PASTE (prepare)	MAKE TOFU AND SOY MILK
MASSAMAN CURRY WITH CHICKEN	JUNGLE CURRY CHICKEN	TAY PHO WITH PORK BELLY & MORNING GLORIES	NORTHERN CURRY WITH PORK	FRESH SPRING ROLLS + SPICY CHILI DIP (prepare)
CHICKEN IN COCONUT MILK (TOM KHA GAI)	YELLOW CURRY CRAB	SLICED GRILLED SPICY PORK SALAD (NAM TOK MOO)	SOUTHERN-STYLE FRIED CHICKEN	MIXED MUSHROOM SALAD
DEEP FRIED SHRIMP IN TAMARIND SAUCE	DEEP FRIED FISH WITH GREEN MANGO SALAD	STIR-FRIED YOUNG GREEN CHILIES WITH CHICKEN	BAKED PRAWNS & MUNG BEAN NOODLES	STIR-FRIED MIXED VEGETABLES
CHICKEN BAKED IN SOY SAUCE W/CHINESE KALE	STIR-FRIED MINCED PORK WITH SPICY BASIL	SHRIMP CAKES WITH PLUM SAUCE (prepare)	SWEET CORN IN TAPIOCA & COCONUT MILK	STEAMED TOFU WITH MUSHROOM SAUCE
STIR-FRIED CHICKEN W/CASHEWS	THAI FRIED RICE	STIR-FRIED CHICKEN WITH GINGER	SPICY SEAFOOD WITH HERBS	

**THAI COOKING:****WEEK #4 8-12 February**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
YELLOW CURRY PASTE (prepare)	SOUTHERN CURRY PASTE (prepare)	HOT & SOUR TAMARIND PASTE (prepare)	STIR-FRIED CHICKEN WITH YELLOW CURRY AND PINEAPPLE	VEGETABLE SOUP CURRY PASTE (prepare)
YELLOW CURRY WITH CHICKEN	STIR-FRIED PORK WITH SOUTHERN CURRY	HOT & SOUR TAMARIND CURRY W/FISH & VEGETABLES	CRISPY FRIED MORNING GLORIES	VEGETABLE SOUP
PAPAYA SALAD (SOM TAM)	SPICY MINCED CHICKEN SALAD (LAAB GAI)	DEEP FRIED BOILED EGG WITH TAMARIND SAUCE	GRILLED PORK SIRLOIN WITH LEMONGRASS	GRILLED CHICKEN SALAD
HOT & SOUR PRAWN SOUP (TOM YUM GOONG)	CRISPY PORK BELLY (MOO KROB)	SHRIMP WITH SPICY LEMONGRASS SALAD	BRAISED SPARERIBS IN PINEAPPLE SAUCE	STUFFED CHICKEN WINGS
GRILLED MARINATED PORK WITH SPICY DIP	BARBECUED PORK SERVED WITH RICE	FRIED FISH WITH CHILI SAUCE	DEEP FRIED FISH IN 3 FLAVOR SAUCE	DEEP FRIED FISH IN RED CURRY
DEEP FRIED FISH WITH TURMERIC	DEEP FRIED CHICKEN WINGS WITH FISH SAUCE	WATER CHESTNUTS IN COCONUT SYRUP		STIR-FRIED CHICKEN WITH SPICY HERBS

**ASIAN COOKING:****WEEK #1 KOREAN & JAPANESE COOKING 15-19 February**

<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

**ASIAN COOKING:****WEEK #2 VIETNAMESE & CHINESE COOKING 22-26 February**

<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