

Anna's Cooking Arts
MARCH 2013 CLASS SCHEDULE

<p>12 MARCH Tue 2 pm \$150 MRS CHEE</p>	<p><u>徐太马来西亚咖喱餐厅椰浆饭套餐</u> 香脆炸鸡 特制滨城咖喱鸡 三峇蛋 特味三峇辣椒酱</p>	<p><u>MRS CHEE'S MALAYSIAN CAFÉ NASI LEMAK</u> - too good to miss! Crispy Fried Chicken Sambal Telok Special Sambal Chili Sauce</p>
<p>18 MARCH Mon 2 pm / 7 pm \$50 ANNA 特别 50%折扣: 已买 3.5 马力调理机学员 Special 50% discount for 3.5hp Juice Blender customers</p>	<p><u>排毒养颜果汁</u> 润肺精力果汁 (保护肺部气管,改善抽烟不良影响) 顺畅果汁 (排尿,排毒更舒畅) 燕麦奶绿豆冰沙 (利尿,排毒,降胆固醇) 红枣珊瑚苹果汁 (天然补钙,预防骨质疏松) 南杏糙米薏仁浆 (降血压,补钙,止咳,美白,抑制癌细胞)</p>	<p><u>DETOX & SHINE FRUIT JUICE SERIES</u> Lung-nourishing Fruit Juice Digestive Fruit Juice (helps digestion and eases water retention) Ice Blended Oats Milk Green Bean (detoxifies, relieves water relation, helps lower cholesterol) Red Date Coral Apple Juice (nourishes bones, helps prevent osteoporosis) Almond Brown Rice Barley (helps lower blood pressure, increases calcium content, lightens skin and helps prevent cancer)</p>
<p>20 MARCH Wed 2 pm / 7 pm \$70 ANNA</p>	<p><u>香港甜品</u> 芋头布丁 芒果布丁配芒果雪泥 榴槤布丁 椰汁糕</p>	<p><u>HONG KONG POPULAR PUDDINGS</u> Yam Pudding Mango Pudding with Mango Sherbert Durian Pudding Coconut Milk Pudding</p>
<p>21 MARCH Thu 2 pm / 7 pm \$85 MRS CHEE</p>	<p><u>可松制作课</u> 丹麦脆皮可松面包 鸡肉派 咖喱派 苹果派 杏仁奶油馅</p>	<p><u>CROISSANT PASTRY MAKING</u> Danish Pastry Making Chicken Pie Curry Puff Apple Pie Almond Cream Filling</p>
<p>22-24 MARCH 2 pm SINGAPORE EXPO HALL 6</p>	<p style="text-align: center;"><u>YOU'RE INVITED!</u> <u>SPECIAL EVENT: 50 PLUS EXPO 2013</u> Anna will be hosting a juice-demo at the exhibition. Admission is free!</p>	<p><u>欢饮参加特别展览会!</u> 安娜老师将会示范健康果汁。 免费入场!</p>

26 MARCH Tue 2 pm / 7pm \$75 ANNA	<u>福建家乡小食</u> 福建碗粿 (栗子/冬菇/虾米馅) 特制用鱿鱼丝的铁板炒萝卜糕 配虾, 韭菜, 豆芽	<u>HOKKIEN HOMETOWN DELICACIES</u> Hokkien "Wa Kueh" (Chestnut/ Mushroom/ Dried Shrimp fillings) Special Chili & Bean Sauce Cuttlefish Floss Base Hot Plate Carrot Cake with prawn, chives and beansprout toppings
27 MARCH Wed 2 pm / 7 pm \$60 ANNA	<u>高纤养生餐</u> 高丽菜南瓜浓汤 马铃薯红萝卜浓汤 意大利香草伏卡夏面包 蕃茄燕麦面包 *已买调理机学特别优: <u>50%折扣!</u>	<u>HIGH FIBER WHOLESOME MEAL</u> Cabbage Pumpkin Chowder Potato Carrot Chowder Italian Herbs Focaccia Bread Tomato Oatmeal Bread * <u>Special 50% discount</u> for juice blender customers!
28 MARCH Thu 2 pm \$80 CHEF AKEMI	<u>日式法国甜点</u> 日式玛德琳小蛋糕 巧克力手指泡芙 日式水果泡芙	<u>JAPANESE STYLE FRENCH TEA TIME TREATS</u> Madeleine Chocolate Éclair Fruit Éclair
29 MARCH Fri 2 pm / 7 pm \$95 ANNA	<u>商业课程: 香港粥全科</u> 猪骨干贝粥底 柴鱼花生排骨粥 卤很好吃花生 皮蛋瘦肉粥 腐竹白菓粥底 北菇滑鸡粥	<u>BUSINESS CLASS: CONGEE</u> Pork Bone Scallop Base Congee Dried Fish & Peanut Pork Rib Congee Stewed Peanut Century Egg and meat Congee Bean Curd Sheet Gingko Nut Congee Chicken Mushroom Congee
30 MARCH Sat 2 pm \$75 MRS CHEE	<u>商业课程: 千层+蛋白低脂蛋糕</u> 黑枣千层蛋糕 蔓越莓蛋白千层蛋糕 黑芝麻馅料口味低脂豆腐蛋白蛋糕	<u>BUSINESS CLASS: EGG-WHITE LAPIS CAKES</u> Prune Lapis Cake Cranberry Egg White Lapis Cake Low-fat Tofu Egg White Cake with Black Sesame
31 MARCH Sun 2 pm RAFFLES CITY MALL Level 3	<u>HEALTH NO.1 MAGAZINE EVENT</u> Anna will be demonstrating creative ways to cook and enjoy bacteria-free eggs that are produced by the latest farming-tech in Singapore.	<u>健康 NO.1 特别节目</u> 安娜老师即将示范用无菌培养的鸡蛋制作的鸡蛋料理。欢迎您来参加!

Enjoy \$5 discount for early booking!

Call us at 6747 0069