

MAY 2013 CLASS SCHEDULE

(Tel:67470069, 62943588)

<p>9 MAY Wed 2 pm \$55 MRS LIM</p>	<p><u>四川招牌菜</u> 香煎锅贴 四川酸辣油 四川酸辣鸡丁面</p>	<p><u>Sze Chuan Popular Dishes</u> Fried Guo Tie Sze Chuan Hot & Sour Soup Sze Chuan Spicy & Chicken Noodles</p>
<p>10 MAY Fri 2 pm \$130 PS:学过粥 I 学员\$105 ANNA</p>	<p><u>(煲) 靓粥的秘诀 II</u> 地鱼干贝粥底 腐皮粥底 状元及第粥: (猪肚, 猪肝, 粉肠, 肉丸.) 蚝鼓咸蛋粥. 艇仔粥 (鱿鱼, 鱼, 花生, 猪皮等). 排骨菜干粥.</p>	<p><u>The Secret to Delicious Congee II</u> Sole Fish Scallop Base Congee Bean Curd Sheet Base Congee Imperial Congee (Pork Stomach, Liver, Intestines, Meatball-Making) Oyster Salted Egg Congee The Boat Congee (Squid, Fish, Peanut, Pork, etc.) Spare Ribs Pickled Vegetable Congee</p>
<p>11 MAY Sat 2 pm \$75 MRS CHEE</p>	<p><u>榴莲蛋糕经典:</u> 榴莲千层蛋糕 榴莲慕斯蛋糕 榴莲牛油蛋糕.</p>	<p><u>Classic Durian Cake Series</u> Durian Lapis Cake Durian Mousse Cake Durian Butter Cake</p>
<p>13 MAY Mon 2 pm / 7 pm \$60 ANNA P.S: 已买调理机 学生,学费 :\$30 P.S: Students with purchase of Juice Blender, class fees: \$30</p>	<p><u>健康三通 (早晨第一杯黄金水)</u> 气通,肠通,血脉通 好处: 减重,肌肤有弹性,精神好, 有活力 净血果汁 排宿便蔬果汁 日式四色蔬菜汤 (帮助减肥,痰风,降低血糖, 血压,皮肤发炎,便秘) 气通蜂蜜米浆</p>	<p><u>Triple Detox Series</u> Good Energy flow + Digestion + Blood Circulation Benefits: helps to weight Loss, Supple Skin, Good Mental Concentration, More Energy Blood Detox Juice Cleansing Vegetable Fruit Juice Japanese 4-colour Vegetable Soup Honey Brown Rice Beverage</p>

<p>18 MAY Sat 2 pm \$65 MRS CHEE</p>	<p><u>港式开花包</u></p> <p>香港叉烧包 (开花) 鸡肉开花包 千层莲蓉包 菜包 扣肉包 烤叉烧</p>	<p><u>Hong Kong Flower Pau Series</u></p> <p>Char Siew Pau (top open shape) Chicken Pau Lotus Paste Pau Vegetable Pau Stewed Pork Bun Roast Pork</p>
<p>21 MAY Tue 2pm \$65 MRS CHEE</p>	<p><u>人气娘惹糕</u></p> <p>九层糕 (新加坡式) 檳城糕各芝 牛油烘木薯糕 烤鸡肉糯米饭</p>	<p><u>Nonya Kueh Series</u></p> <p>Steam Nine Layer Kueh Penang Kueh Ko Chee Kueh Ubi Bing Kar Chicken Lemper Glutinous Rice</p>
<p>22 MAY Mon 2 pm \$60 MRS LIM</p>	<p><u>风味餐馆菜</u></p> <p>干香砂锅花雕鸡 香炸辣味排骨王 咸蛋炸豆腐</p>	<p><u>Flavor Restaurant</u></p> <p>Stir Fired Claypot Hua Tiew Chicken Hot & Spicy Ribs Fried Beancurd With Salted Egg Yolks</p>
<p>28 MAY Tue 2pm/7pm \$60 ANNA 养生课</p>	<p><u>健康养生餐</u></p> <p>台南碗糕 港式芒果冰砂 榴槿冰砂 超好吃 QQ 燕麦糕 (帮助血压, 体重往下走)</p> <p>P.S: 已买调理机学生, 学费: \$30</p>	<p><u>Healthy Desserts</u></p> <p>Taiwan Wa Kueh H.K Mango Snow Ice Durian Snow Ice Delicious QQ Oat Cake (helps to lose weight, lower blood pressure)</p> <p>P.S: Students with purchase of Juice Blender, class fees: \$30</p>
<p>30 MAY Thu 2 pm \$95 ANNA</p>	<p><u>潮州鱼头炉全套</u></p> <p>潮州式鱼生 火锅煮汤用料 特制辣椒酱</p>	<p><u>Fish Head Steamboat Course</u></p> <p>Teochew Raw Fish Salad Steamboat Soup Special Peanut Sauce</p>

Enjoy \$5 discount for early booking. Call us at 6747 0069 or 6294 3588 now!