

JUNE 2013 CLASS SCHEDULE

(Tel:67470069, 62943588)

4 June Tue 2pm \$80 ANNA	潘老师私房传统肉粽 福建炒米粽 娘惹粽 枋水粽	Anna's Traditional Rice Dumpling Series Hokkien "Bah Chang" Nonya Chang Alkaline Chang
6 June Thur 2pm \$80 ANNA	客家名菜 梅菜扣肉 东江盐焗鸡 沙煲酿豆腐	Hakka Home Favorites Steamed Mui Choy With Pork Belly Dong Jiang Salted Chicken Claypot Yong Tau Foo
8 June 2pm Sat \$65 MRS CHEE	人气娘惹糕 九层糕 (新加坡式) 檳城糕各芝 牛油烘木薯糕 烤鸡肉糯米饭	Nonya Kueh Series Steamed Nine Layer Kueh Penang Kueh Ko Chee Kueh Ubi Bing Kar Chicken Lemper Glutinous Rice
10 June Mon 2pm/7pm \$50 王香莉 台湾老师	台湾养生老师王香莉 五汁饮 中式碗糕 豆花布丁 (自己磨豆) 养生凉面 ***已买调理机学生,学费:\$30	Taiwan Nutrition Chef Wang Xiang Li Five-Juice Beverage Chinese Style Steamed Cake Homemade Tofu Pudding Nutritious Cold Noodles Students purchased Juice Blender, special fees: \$30
14 June Fri 2pm 特价学费 \$150 ANNA	潘老师生意班 鱼片米粉 炸鱼汤 上汤熬法 炸蛋丝 秘制鱼付 ***学过粥课程同学学费\$ 120	Anna's Business Class Sliced Fish Noodle Soup Fried Fish Soup Stock-making Method Fried Egg Crumbs Fired Fish Paste Secret Recipe
15 June Sat 2pm \$60 ANNA ***已买调 理机学生 学费:\$30	养生课 体内大扫除 饮食排毒法: (1)清除宿便蔬果汁 (2)超级排毒水 身体表面排毒法: 干刷身体法 刮舌苔 半日断食法 梅子、黄梨、酵素酿造法	Ultimate Detox Nutrition Class Green & Fruit Juicing & Super Detox Water Skin Brushing Detox Method Half-day Fast Detox Method Enzyme Making: Ume Plum, Pineapple Students purchased Juice Blender, class fees: \$30

18 June Tue 2pm \$75 MDM CHEE	<u>徐老师经典糕点</u> 印尼透明九层糕 蒸马拉松糕 北海道咖啡乳酪蛋糕	<u>Mdm Chee Special Cake</u> Indonesian Steamed Nine Layer Cake Steamed Ma La Ko Cake Hokkaido Coffee Cheese Cake
21 June Fri 2pm \$75 MRS CHEE	<u>蛋糕经典</u> 芒果慕斯镜蛋糕 香兰加椰蛋糕 传统牛油蛋糕（原味）	<u>Cake of Classic</u> Mango Glaze Mousse Cake Pandan Kaya Cake Traditional Butter Cake (plain)
22 June Sat 2pm \$60 MDM CHEE	<u>健康豆花</u> 无石膏嫩滑豆腐花（热） 养生黑豆豆腐花 原粒嫩椰布丁（很好吃!）	<u>Healthy Beancurd</u> Soft & Smooth Beancurd (Hot) Healthy Blackbean Beancurd Original Grain Coconut Beancurd Pudding(So delicious!)
24 June Mon 2pm/7pm \$60 ANNA ***已买调 理机学生, 学 费:\$30)	<u>养生课：活到 100 岁不痴呆的饮 食法</u> 什么食物触动你的长寿基因。 早餐、午餐、晚餐、该怎么吃。 在外面用餐时该怎样选择食物用餐 顺序。 葡萄蔬果汁：维护血管柔软并稳 定血压 美肌草莓香蕉豆奶：补充维生素 C、B6 及类黄酮 预防失智症：葡萄蓝莓果汁***已 买调理机学生,学费:\$30（半价） P.S: Students with purchase of Juice Blender, class fees: \$30	<u>Longevity & Anti-Dementia Workshop</u> Discover the top anti-aging foods that promote long, healthy life! - Easy meals for breakfast, lunch and dinner - Golden rules of choosing anti-aging foods when eating out Grape & Greens Juice: helps healthy blood pressure Youthful Skin Strawberry Banana Soy Shake: high Vitamin C & B6 for strong immunity Grape & Blueberry Juice: tip-top memory
27 June Thur 2pm \$75 MRS CHEE	<u>特制面包制作</u> 基本牛油面包 基本三文治面包团 馅料：香肠、椰子馅、红豆馅、咖 喱鸡、	<u>Special Bun Making</u> Basic Butter Buns Plain Sandwich Bread Filling: Sausage、Coconut、Red Bean Curry Chicken
29 June Sat 2pm \$90 MRS CHEE	<u>Mrs Chee 老师私房菜</u> 脆皮烧肉 玫瑰豉油鸡 香辣姜花鸡	<u>Mrs Chee 's Secret Recipe Cooking</u> Crispy Roasted Pork Chicken Soya Sauce Spicy Chicken With Lime Fragrant Ginger Chicken

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