

<p>18.07.17 星期二/Tue 2pm <b>Fees : \$18</b></p> <p><b>彬师傅 Chef Ben</b></p>	<p><b><u>彬师傅拿手好菜</u></b></p> <p>丰味 Pizza 胡椒花腩 柠檬鸡翼 金瓜薏米 香兰 Kaya</p>	<p><b><u>Special Dishes by Chef Ben</u></b></p> <p>Toyomi Pizza Pepper Pork Belly Lemon Chicken Wing Pumpkin Barley Pandan Kaya</p>
<p>19.07.17 星期三/Wed 2pm <b>Fees : \$85</b></p> <p><b>潘秀霞老师 Anna Phua</b></p>	<p><b><u>街边小吃</u></b></p> <p>失传福州炸蚝饼 马来椰丝三角粽 (枫味/香兰味配椰糖浆)</p>	<p><b><u>Traditional Street Snacks</u></b></p> <p>Lost Fuzhou fried oyster cake Malay Kueh Lopei with Gula Melacca Syrup (Alkaline/ Pandan) (Triangle Bah Chang)</p>
<p>24.07.17 星期一/Mon 2pm <b>Fees : \$125</b></p> <p><b>潘秀霞老师 Anna Phua</b></p>	<p><b><u>著名巴东咖喱 (1)</u></b></p> <p>招牌咖喱鸡 咖喱什菜 脆皮酿豆腐配酸甜辣椒酱 多用途脆浆调法</p>	<p><b><u>Famous Padang Curry (1)</u></b></p> <p>Signature Curry Chicken Curry Mixed Vegetables Crispy Stuffed Tofu with Sour &amp; Sweet Chilli Sauce Multi-purpose Crispy Skin Method</p>
<p>25.07.17 星期二/Tue 2pm <b>Fees : \$125</b></p> <p><b>潘秀霞老师 Anna Phua</b></p>	<p><b><u>著名巴东咖喱(2)</u></b></p> <p>炸鸡配参峇青色辣椒 三峇苏东 "伯拉罗"辣椒酱煮法 (可用于淋茄子, 鱼饼, 羊角豆, 豆干, 炸鱼)</p>	<p><b><u>Famous Padang Curry (2)</u></b></p> <p>Ayam Goreng with Special Green Chilli Sambal Sotong Famous Belado Chilli Sauce Making (suitable for vegetables, lady fingers, beancurd and fish cake and fish)</p>
<p>26.07.17 星期三/Wed 2pm <b>Fees : \$125</b></p> <p><b>潘秀霞老师 Anna Phua</b></p>	<p><b><u>著名巴东咖喱 (3)</u></b></p> <p>咖喱马加鱼 亚艳卡拉山(炸鸡)配峇拉煎辣椒 牛肉仁当</p> <p><b>PS : 报名 (1) - (3) 课, 学费 : \$320</b></p>	<p><b><u>Famous Padang Curry (3)</u></b></p> <p>Curry Tengiri Fish Ayam Goreng Kalasam serve + Balachan Chilli Beef Rendang</p> <p><b>PS: Register (1) -(3) three classes, fees: \$320</b></p>

## August Classes

<p>01.08.17 星期二/Tue 2pm <b>Fees: \$80</b>  潘秀霞老师 Anna Phua</p>	<p><b>失传马来经典面</b>  梭多亚艳汤面 印尼梭多马都拉配饭 榜鹅香蕉叶海鲜马来炒面</p>	<p><b>Forgotten Malay Classic Noodles</b>  Mee Soto Ayam Soto Matura with Rice Banana Leaf Seafood Fried Mee Goreng</p>
<p>08.08.17 星期二/Tue 2pm <b>Offer: \$195</b>  潘秀霞老师 Anna Phua</p>	<p><b>商业古早味卤面全套</b></p> <ul style="list-style-type: none"> <li>• 卤面汁</li> <li>• 卤肉</li> <li>• 酥炸沙鱼球,炸虾球</li> <li>• 五香卷</li> <li>• 辣椒酱</li> <li>• 秘制脆浆粉调法</li> </ul>	<p><b>Commercial Traditional Lor Mee Set</b> <b>Menu</b></p> <ul style="list-style-type: none"> <li>• Lor Mee Soup</li> <li>• Stew Pork</li> <li>• Fried Fish, Fried Prawns Fitters</li> <li>• Five Spice Roll</li> <li>• Chilli Sauce</li> <li>• Secret Batter Premix Method</li> </ul>

**上课地址: Atrix Blg (opp Aljunied MRT) 82 Lorong 23 Geylang #01-03 Singapore 388409**

**报名热线: 67470069 / 62943588 / 90605747**

**Open hours: Mon~Fri 10.30am~7pm Sat 10.30am~5pm**

HUB 都会 Ch111/825 StarHub TVB

座谈会  
**星級健康**  
WELLNESS ON THE GO SINGAPORE HEALTH SEMINAR

Date: 8 July 2017  
Time: 1pm-5pm  
Venue: Raffles City Convention Centre, Padang Ballroom Level 4

Speakers: Chee Peng Lu Tin, Anna Phua, Julia Hui

Organizer: Singapore Health Promotion Board  
Presenters: MARGOLD HL Yoghurt  
Main Sponsors: Salompas, BIOGLAN, QI A EN  
Co-Sponsors: SENSODYNE

**You can go [www.annascookingarts.com.sg](http://www.annascookingarts.com.sg) to register.**  
**Thank you!**

## Flora Sante' July Time Table

<p>12.07.17 星期三/Wed 2pm</p> <p><b>Fees : \$80</b> <b>特价 : \$38</b></p> <p>潘秀霞老师 Anna Phua</p>	<p><b><u>早晚喝汤，吃出健康 (1) (新)</u></b> <b><u>抗老化+排毒+强化免疫力及骨骼 :</u></b></p> <p>鲑鱼西兰花豆浆味噌汤 发芽米豆豆粥 美肌根菜豆腐汤</p>	<p><b><u>Drink Soup Day &amp; Night for Great Health (1) (New)</u></b> <b><u>Anti-aging +Detoxification +Strengthen Immune System+ Bones Health:</u></b></p> <p>Salmon Broccoli Soybean Milk Miso Soup Germinated Rice Bean Porridge Beauty Root Vegetables Tofu Soup</p>
<p>20.07.17 星期四/Thur 2pm</p> <p><b>Fees : \$80</b> <b>特价 : \$38</b></p> <p>潘秀霞老师 Anna Phua</p>	<p><b><u>日本超人气调味料 (新)</u></b> <b><u>加强新陈代谢，提升免疫力，排毒美肌</u></b></p> <p>盐渍柠檬酵素发酵法 盐渍柠檬味噌煎鸡肉 韩式盐渍柠檬三色蔬菜凉拌 盐渍柠檬豆腐汉堡</p>	<p><b><u>Super popular High Enzyme Japanese Side Dishes (New)</u></b> <b><u>Strengthen and improve immunity, skin detoxification</u></b></p> <p>Salted Lemon Enzyme Fermentation Salted Lemon Miso Fried Chicken Korean Pickled Lemon Tricolor Vegetable Salad Salted Lemon Tofu Burger</p>
<p>22.07.17 星期六/Sat 11am-1pm</p> <p><b>Fees : \$80</b> <b>特价 : \$38</b></p> <p>潘秀霞老师 Anna Phua</p>	<p><b><u>全营养活力早餐 (1)</u></b> <b><u>(30天减重，平小腹，降三高)</u></b></p> <p>巧克力草莓燕麦 夏威夷凤梨椰子燕麦 苹果肉桂燕麦奶昔 DIY 瘦身巧克力</p>	<p><b><u>Wholesome Vitality Breakfast (1)</u></b> <b><u>(30days slimming, lower waist line, help to control blood glucose and pressure, lower cholesterol)</u></b></p> <p>Chocolate Strawberry Oatmeal Hawaiian Pineapple Coconut Oatmeal Apple Cinnamon Oatmeal Milkshake DIY Slimming Chocolate</p>

## Flora Sante' July Time Table

<p>28.07.17 星期五/Fri 2pm</p> <p><b>Fees : \$80</b> <b>特价 : \$38</b></p> <p>潘秀霞老师 Anna Phua</p>	<p><b>早晨喝蔬果汁</b> <b>开始打造易瘦的身体，促进排毒、改善便秘、瘦身美肌：</b></p> <ul style="list-style-type: none"> <li>• 紫色蔬果汁 (延缓老化,增加记忆力)</li> <li>• 红色蔬果汁 (促进血液循环,抗衰老)</li> <li>• 绿色蔬果汁 (强化骨骼,加强造血)</li> <li>• 黑褐色蔬果汁 (提升视力,加强免疫力)</li> <li>• 白色蔬果汁 (抗肿瘤)</li> <li>• 黄色蔬果汁 (保护心血管,预防癌症)</li> <li>• 橙色蔬果汁 (保护视力,降低胆固醇)</li> </ul>	<p><b>Breakfast Vegetable Smoothies</b> <b>To achieve slim body, relieve constipation, promote detoxification and skin beautifying:</b></p> <ul style="list-style-type: none"> <li>• Purple Vegetable Fruit Juice (anti-aging, enhance memory)</li> <li>• Red Vegetable Fruit Juice (anti-aging, promote blood circulation)</li> <li>• Green Vegetable Fruit Juice (strengthening bones, strengthen haematogenous)</li> <li>• Black and Brown Fruit Juice (improve eyesight, strengthen immune system)</li> <li>• White Fruit Juice (protect cardiovascular, prevent cancer)</li> <li>• Yellow Fruit Juice (anti-tumor)</li> <li>• Orange Fruit Juice (lower cholesterol, protect vision)</li> </ul>
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**请预先报名，每班限 30 人！**

**上课地址 : Wisma Atria, 435 Orchard #16-03 Singapore 238877**  
**( lift is on the main road, opp Lucky's Plaza)**

**报名热线 : 67470069 / 62943588 / 90605747 (10.30am~7pm)**