

<p>11.01.18 星期四/Thur 2pm-4pm</p> <p><b>Fees : \$80</b></p> <p><b>潘秀霞老师</b> <b>Anna Phua</b></p>	<p><b><u>古早味(妈妈的味道)</u></b></p> <p>软 Q 椰汁蕃薯发粿 (紫蕃薯/红蕃薯/椰糖蕃薯三种) 传统开花鸡蛋糕</p>	<p><b><u>Retro Local Favourites</u></b></p> <p>Soft Coconut Sweet Potato Huat Kueh (Purple Sweet Potato / Red Sweet Potato / Gula Malacca Sweet Potato) Traditional Steamed Flower Egg Cake</p>
<p>22.01.18 星期一/Mon 2pm-4pm</p> <p><b>Fees : \$85</b></p> <p><b>潘秀霞老师</b> <b>Anna Phua</b></p>	<p><b><u>槟城特色菜谱</u></b></p> <p>槟城亚参叻沙 卤肉 (槟城式五香) 炒黑木耳芒光肉 特制辣椒酱</p>	<p><b><u>Penang Style Cooking</u></b></p> <p>Penang Assam Laksa Lor Bak (Penang Style Ngo Hiang) Stir-Fry Buang Kwang with Pork and Black Mushroom Special Chilli Dip</p>
<p>23.01.18 星期二/Tue 2pm-4pm</p> <p><b>Fees : \$18</b></p> <p><b>彬师傅</b> <b>Chef Ben</b></p>	<p><b><u>彬师傅拿手好菜</u></b></p> <p>焦糖炸肉 自然降酸茶 芝麻腰豆酱 养肾饮 吐司 榴莲冰沙</p>	<p><b><u>Special Dishes by Chef Ben</u></b></p> <p>Fried Pork with Caramel Natural Lower Uric Acid Tea Sesame Cashew Paste Nourish Kidney Drink Toast Durian Smoothie</p>
<p>27.01.18 星期六/Sat 2pm-4pm</p> <p><b>Fees : \$85</b></p> <p><b>潘秀霞老师</b> <b>Anna Phua</b></p>	<p><b><u>台湾人气消油消脂酵素水 (新)</u></b></p> <p><b><u>潘老师秘制配方 :</u></b> 台湾乌梅山楂水 (消油消脂, 帮助消化) 酿酵素杨桃 (润喉、通便、润肺、祛风热) 山楂苹果水 (开胃消滞) 雪梨无花果茶 (解烧烤食物毒素, 化痰、滋润、保湿)</p>	<p><b><u>Taiwan Popular Eliminate Fat Enzyme (New)</u></b></p> <p><b><u>Chef Anna's Secret Making:</u></b> Taiwan Ebony Hawthorn Enzyme (eliminate fat, help digestion) Fermented Starfruit Enzyme (moisten throat, relax bowels, moisten lung, dispel wind-heat) Hawthorn Apple Enzyme (appetizer and disperse stagnation) Snow Pear and Fig Tea (cleanse grilled food toxin, clear phlegm, moisturize)</p>

**Atrix Blg (opp Aljunied MRT)**

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<p>30.01.18 星期二/Tue 2pm-4pm</p> <p><b>Fees : \$85</b></p> <p><b>潘秀霞老师</b> <b>Anna Phua</b></p>	<p><b><u>年夜饭佳肴 (新)</u></b></p> <p>金牌蟹肉黄金炒饭 坚果烟肉虾卷 (配沙拉酱) 蜜汁烤排骨配馒头</p>	<p><b><u>Family Reunion Dinner (New)</u></b></p> <p>Famous Crab Meat Golden Fried Rice Nuts Smoked Meat Prawn Rolls (with salad sauce) Honey Grilled Pork Ribs with Steamed Bread</p>
<p>01.02.18 星期四/Thur 2pm-4pm</p> <p><b>Fees : \$85</b></p> <p><b>潘秀霞老师</b> <b>Anna Phua</b></p>	<p><b><u>新年佳肴 (新)</u></b></p> <p>瑶柱菜园鸡 (凤凰寻宝) 菜粒冬菇腊味饭 茶树菇干贝炖黑鸡</p>	<p><b><u>New Year's Delicacies (New)</u></b></p> <p>Free-range Chicken with Scallop Sauce Preserved Meat Rice with Vegetables and Winter Mushroom Stewed Black Chicken with Tea Tree Mushroom Dried Scallop</p>

**请预先报名，名额有限！每班仅限 30 人！**

***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***

**HAPPY  
NEW YEAR**



# Flora Sante' January Time Table

<p>09.01.18 星期二/ Tue 2pm-4pm <b>Fees : \$80</b> <b>特价 : \$28</b></p> <p><b>潘秀霞老师</b> <b>Anna Phua</b></p>	<p><b><u>每天一杯好茶 (新) (美肤养颜瘦身)</u></b></p> <p>龙眼姜枣茶 (让脾胃温暖及润泽, 补气补血) 党参杞子茶 (补气补血, 养肝) 百合雪梨润喉茶 (清肺、化痰) 洛神决明子消脂茶</p>	<p><b><u>Daily a Cup of Good Tea (New) (beauty, slimming)</u></b></p> <p>Longan Ginger Red Dates Tea (let spleen and stomach warm and moist, nourish blood) Dang Shen Wolfberry Tea (nourish blood and liver) Lily Water Pear Moisturize Throat Tea (clear lung and phlegm) Roselle Cassia Seed Eliminate Fat Tea</p>
<p>12.01.18 星期五/Fri 2pm-4pm <b>Fees : \$80</b> <b>特价 : \$18</b></p> <p><b>潘秀霞老师</b> <b>Anna Phua</b></p>	<p><b><u>这样煮小孩才爱吃</u></b> <b><u>(潘秀霞老师&amp;杨志龙新书)</u></b></p> <p><b><u>烹饪示范品尝会 :</u></b> 煎三文鱼配芒果莎莎酱 超好吃豆腐沙拉拌味增肉酱 (可以配凉饭、面、粥、面包等) 自制鸡蛋豆腐配肉碎 天那鱼马铃薯饼</p>	<p><b><u>Healthy Meals for Kids</u></b> <b><u>(Anna Phua &amp; Ben Yeo New Book)</u></b></p> <p><b><u>Cooking demo tasting:</u></b> Pan-fried Salmon with Mango Salsa Super Delicious Bean Curd Salad with Miso Minced Pork (with cold rice, noodles, porridge, bread etc) Homemade Egg Bean Curd with Minced Pork Tuna Croquettes</p>
<p>24.01.18 星期三/Wed 2pm-4pm <b>Fees : \$80</b> <b>特价 : \$38</b></p> <p><b>潘秀霞老师</b> <b>Anna Phua</b></p>	<p><b><u>新年养生餐</u></b></p> <p>养生菇菌粥底火锅 泰酱七彩捞鲍鱼 梅子金桔旺梨汁 (消油脂, 帮助消化)</p>	<p><b><u>New Year Healthy Dishes</u></b></p> <p>Healthy Mushroom Porridge Based Hot Pot Colorful Thai style Abalone "Lo Hei" Kumquat Pineapple Lemon Juice (eliminate grease, help digestion)</p>
<p>26.01.18 星期五/Fri 2pm-4pm <b>Fees : \$80</b> <b>特价 : \$38</b></p> <p><b>潘秀霞老师</b> <b>Anna Phua</b></p>	<p><b><u>新年必备年糕</u></b></p> <p>桂花马蹄年糕 紫米椰汁年糕 红豆糕</p>	<p><b><u>New Year Cake</u></b></p> <p>Osmanthus Water Chestnut cake Purple Rice Coconut Milk "Nian Gao" Steamed Red Bean Cake</p>

## Flora Sante' January Time Table

31.01.18 星期三/Wed 2pm-4pm <b>Fees : \$80</b>  潘秀霞老师 Anna Phua	<b><u>传统新年菜 (潘老师家传菜)</u></b>  妈妈福建五香 古早味福建虾枣 腌萝卜泡菜(消脂, 消胃胀气)	<b><u>Traditional New Year food (Domestic Dishes)</u></b>  Mum's Hokkien "Ngor Heang " Hokkien Prawns Ball Pickled Radish (eliminate fat, help digestion)
03.02.18 星期六/Sat 11am-1pm <b>Fees : \$80</b> <b>特价 : \$38</b>  潘秀霞老师 Anna Phua	<b><u>养生甜品 (新)</u></b>  杨枝甘露 (芒果草莓西米露) 红枣桃胶龙眼糖水 香茅爱玉鲜果酸柑水	<b><u>Healthy Dessert (New)</u></b>  Sago Pamelomango Red Dates Peach Gum Longan Syrup Refreshing Lemongrass Ice Jelly Drink with Mixed Fruit Lime

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**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**

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