

## Medical Conditions Vegetarian Cuisine Lunch and Dinner Menu (08 - 12 October 2018)

### MONDAY, 08 OCTOBER 2018

#### I. LUNCH (INDONESIAN CUISINE)

**Menu**

Tumis Buncis Jagung Paprika  
Pastel Vegetarian  
Nasi Merah Organik  
Buah Segar

#### DINNER (INDONESIAN CUISINE)

**Menu**

Sup Kimlo  
Telur Bumbu Kalasan  
Nasi Merah Organik  
Buah Segar

### TUESDAY, 09 OCTOBER 2018

#### II. LUNCH (MEDITERRANEAN CUISINE)

**Menu**

Carrot And Beetroot Salad With Mint Orange Dressing  
Baked Chickpea Balls With Thyme Tomato Sauce  
Whole Wheat Penne Con Funghi  
Fresh Fruit

#### DINNER (MEDITERRANEAN CUISINE)

**Menu**

Stuffed Vegetable With Cheese  
Morrocan Kidney Bean Triangles With  
Organic Moroccan Brown Rice  
Fresh Fruit

### WEDNESDAY, 10 OCTOBER 2018

#### III. LUNCH (JAPANESE CUISINE)

**Menu**

Kabocha Soup  
Tofu Hakusai  
Shiso Brown Rice Onigiri  
Fresh Fruit

#### DINNER (JAPANESE CUISINE)

**Menu**

Japanese Style Tomato Salad  
Renkon Shogayaki  
Organic Brown Rice  
Fresh Fruit

### THURSDAY, 11 OCTOBER 2018

#### IV. LUNCH (WESTERN CUISINE)

**Menu**

Summer Vegetable Stew  
Southern Barbecue Bean Steak  
Mashed Sweet Potato  
Fresh Fruit

#### DINNER (WESTERN CUISINE)

**Menu**

Fall Vegetable Soup  
Galveston Roasted Mushroom Skewers  
Whole Wheat Spaghetti Aglio Olio  
Fresh Fruit

### FRIDAY, 12 OCTOBER 2018

#### V. LUNCH (ASIAN CUISINE)

**Menu**

Thai Glass Noodle Salad  
Vegetarian Sio Mai  
Organic Brown Rice  
Fresh Fruit

#### DINNER (ASIAN CUISINE)

**Menu**

Asian Style Sauteed Kailan In Hoisin Sauce  
Baked Tempeh In Button Mushroom Sauce  
Organic Brown Rice  
Fresh Fruit