

Extreme Weight Loss Indonesian Cuisine

Lunch and Dinner Menu

(13 – 17 November 2017)

MONDAY, 13 NOVEMBER 2017

I. LUNCH (INDONESIAN CUISINE)

Menu

Salad Buah Tropis
Bistik Ayam
Buah Segar

DINNER (INDONESIAN CUISINE)

Menu

Tumis Putren Buncis
Ikan Asam Padeh
Buah Segar

TUESDAY, 14 NOVEMBER 2017

II. LUNCH (MEDITERRANEAN CUISINE)

Menu

Sup Kacang Merah
Empal Daging
Buah Segar

DINNER (MEDITERRANEAN CUISINE)

Menu

Selat Solo
Rolade Ayam Sayuran
Buah Segar

WEDNESDAY, 15 NOVEMBER 2017

III. LUNCH (JAPANESE CUISINE)

Menu

Tumis Tauge Labu Kuning
Pindang Ikan Kakap
Buah Segar

DINNER (JAPANESE CUISINE)

Menu

Sup Tahu Jamur
Daging Masak Kecap
Buah Segar

THURSDAY, 16 NOVEMBER 2017

IV. LUNCH (WESTERN CUISINE)

Menu

Gado - Gado Padang
Ayam Panggang Taliwang
Buah Segar

DINNER (WESTERN CUISINE)

Menu

Tumis Brokoli Wortel
Ikan Garang Asam
Buah Segar

FRIDAY, 17 NOVEMBER 2016

V. LUNCH (ASIAN CUISINE)

Menu

Sup Krim Jagung
Semur Daging
Buah Segar

DINNER (ASIAN CUISINE)

Menu

Salad Medan
Rolade Ayam Saus Lada Hitam
Buah Segar