

**Extreme Weight Loss Indonesian Cuisine**  
**Lunch and Dinner Menu**  
**(15 - 19 January 2018)**

**MONDAY, 15 JANUARY 2018**

**LUNCH**

**Menu**

Salad Pengantin  
Ayam Bakar Bumbu Rujak  
Buah Segar

**DINNER**

**Menu**

Cah Jagung Muda Brokoli  
Pindang Ikan Kakap  
Buah Segar

**TUESDAY, 16 JANUARY 2018**

**LUNCH**

**Menu**

Bobor Bayam  
Daging Tumis Paprika  
Fresh Fruit

**DINNER**

**Menu**

Selada Bangka  
Ayam Masak Tomat  
Fresh Fruit

**WEDNESDAY, 17 JANUARY 2018**

**LUNCH**

**Menu**

Tumis Buncis Wortel  
Ikan Kukus Bumbu Jahe  
Fresh Fruit

**DINNER**

**Menu**

Sup Sawi Putih Jamur  
Empal Daging  
Fresh Fruit

**THURSDAY, 18 JANUARY 2018**

**LUNCH**

**Menu**

Acar Kuning  
Kancah Ayam  
Fresh Fruit

**DINNER**

**Menu**

Tumis Labu Kuning Paprika  
Tuna Asam Manis  
Fresh Fruit

**FRIDAY, 19 JANUARY 2018**

**LUNCH**

**Menu**

Sup Jamur Paprika  
Bistik Daging  
Fresh Fruit

**DINNER**

**Menu**

Gado - Gado  
Pepes Ayam Kuning  
Fresh Fruit