

**Extreme Weight Loss Multiple Cuisine  
Lunch and Dinner Menu  
(10 - 14 September 2018)**

---

**MONDAY, 10 SEPTEMBER 2018**

**I. LUNCH (INDONESIAN CUISINE)**

**Menu**

Sup Tri Selera  
Tim Ikan Taucu  
Buah Segar

**DINNER (INDONESIAN CUISINE)**

**Menu**

Asinan Sayur Bogor  
Daging Sapi Saus Manis  
Buah Segar

---

**TUESDAY, 11 SEPTEMBER 2018**

**PUBLIC HOLIDAY**

---

**WEDNESDAY, 12 SEPTEMBER 2018**

**III. LUNCH (JAPANESE CUISINE)**

**Menu**

Chuka Mori Salad  
Beef Yakiniuku  
Fresh Fruit

**DINNER (JAPANESE CUISINE)**

**Menu**

Yasai Itame  
Tori Tsukune  
Fresh Fruit

---

**THURSDAY, 13 SEPTEMBER 2018**

**IV. LUNCH (WESTERN CUISINE)**

**Menu**

Tomato Basil Clear Soup  
Baked Fish In Lemon And Herb Sauce  
Fresh Fruit

**DINNER (WESTERN CUISINE)**

**Menu**

Waldorf Salad  
Albondigas Beef  
Fruit Pudding

---

**FRIDAY, 14 SEPTEMBER 2018**

**V. LUNCH (ASIAN CUISINE)**

**Menu**

Vegetable Moo Shu  
Green Chicken Curry  
Fresh Fruit

**DINNER (ASIAN CUISINE)**

**Menu**

Spiced Cauliflower Puree Soup With Yoghurt  
Szechuan Steamed Fish  
Fresh Fruit