

**Extreme Weight Loss Multiple 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

Coriander Vegetable Soup
Beef in Rosemary And Sage Leaf Sauce
Fresh Fruit

DINNER (MEDITERRANEAN CUISINE)

Menu

Mixed Salad With Celery Dressing
Stuffed Chicken With Chickpea And Mushroom
Fresh Fruit

WEDNESDAY, 15 NOVEMBER 2017

III. LUNCH (JAPANESE CUISINE)

Menu

Yasai Okra
Snapper Teppanyaki
Fresh Fruit

DINNER (JAPANESE CUISINE)

Menu

Suimono Soup
Gyu Yawarakani
Fresh Fruit

THURSDAY, 16 NOVEMBER 2017

IV. LUNCH (WESTERN CUISINE)

Menu

Margarita Salad
Delicious Chicken
Fresh Fruit

DINNER (WESTERN CUISINE)

Menu

Sauteed Broccoli With Basil
Baked Fish in Caper Sauce
Fresh Fruit

FRIDAY, 17 NOVEMBER 2016

V. LUNCH (ASIAN CUISINE)

Menu

Sweet Corn Low Fat Creamy Soup
Beef Stew in Soy And Ginger Sauce
Fresh Fruit

DINNER (ASIAN CUISINE)

Menu

Chicken Gourmet Salad
Rolled Chicken in Chinese Black Pepper Sauce
Fresh Fruit