

**Extreme Weight Loss Multiple Cuisine  
Lunch and Dinner Menu  
(4 - 8 December 2017)**

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**MONDAY, 04 DECEMBER 2017**

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**I. LUNCH (INDONESIAN CUISINE)**

*Menu*

Urap Sayur  
Ayam Masak Kemangi  
Buah Segar

**DINNER (INDONESIAN CUISINE)**

*Menu*

Tumis Sawi Putih Labu Parang  
Ikan Bakar Colo - Colo  
Buah Segar

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**TUESDAY, 05 DECEMBER 2017**

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**II. LUNCH (MEDITERRANEAN CUISINE)**

*Menu*

Red Cabbage And Bean Soup  
Parmesan Meatloaf  
Fresh Fruit

**DINNER (MEDITERRANEAN CUISINE)**

*Menu*

Classic Greek Salad  
Oatmeal Crusted Chicken in Honey Cumin  
Sauce  
Fresh Fruit

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**WEDNESDAY, 06 DECEMBER 2017**

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**III. LUNCH (JAPANESE CUISINE)**

*Menu*

Kabocha Inakani  
Tuna in Ponzu Sauce  
Fresh Fruit

**DINNER (JAPANESE CUISINE)**

*Menu*

Niku Somen Clear Soup  
Gyu Niku Sharotto Tare  
Fresh Fruit

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**THURSDAY, 07 DECEMBER 2017**

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**IV. LUNCH (WESTERN CUISINE)**

*Menu*

Cobb Salad  
Tuscan Garlic Chicken  
Fresh Fruit

**DINNER (WESTERN CUISINE)**

*Menu*

Baked Vegetable Barbeque  
Baked Fish in Genovese Sauce  
Fresh Fruit

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**FRIDAY, 08 DECEMBER 2017**

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**V. LUNCH (ASIAN CUISINE)**

*Menu*

Chicken Herbal Soup  
Malaysian Beef Curry  
Fresh Fruit

**DINNER (ASIAN CUISINE)**

*Menu*

Thai Mango Salad  
Moo Goo Gai Pan  
Fresh Fruit