

**Extreme Weight Loss Multiple Cuisine  
Lunch and Dinner Menu  
(7 - 11 May 2018)**

**MONDAY, 7 MAY 2018**

**I. LUNCH (INDONESIAN CUISINE)**

**Menu**

Sup Jamur Ayam  
Kakap Masak Tauco Berempah  
Buah Segar

**DINNER (INDONESIAN CUISINE)**

**Menu**

Gado-Gado Padang  
Daging Cincang Saus Kari  
Buah Segar

**TUESDAY, 8 MAY 2018**

**II. LUNCH (MEDITERRANEAN CUISINE)**

**Menu**

Sauteed Eggplant With Mushroom And Basil  
Sumac Roasted Chicken  
Fresh Fruit

**DINNER (MEDITERRANEAN CUISINE)**

**Menu**

Three Beans Soup  
Tuna Casserole  
Fresh Fruit

**WEDNESDAY, 9 MAY 2018**

**III. LUNCH (JAPANESE CUISINE)**

**Menu**

Yasai Salad  
Niku Jaga  
Fresh Fruit

**DINNER (JAPANESE CUISINE)**

**Menu**

Cauliflower No Itame  
Tori Tamago Toji  
Fresh Fruit

**THURSDAY, 10 MAY 2018**

**PUBLIC HOLIDAY**

**FRIDAY, 11 MAY 2018**

**V. LUNCH (ASIAN CUISINE)**

**Menu**

Asian Sauteed Garlic Vegetable  
Rolled Chicken in Chinese Blackpepper Sauce  
Fresh Fruit

**DINNER (ASIAN CUISINE)**

**Menu**

Low Fat Creamy Sweet Corn Soup  
Dory in Hong Kong Sauce  
Fresh Fruit