

**Extreme Weight Loss Multiple Cuisine
Lunch and Dinner Menu
(9 - 13 July 2018)**

MONDAY, 9 JULY 2018

I. LUNCH (INDONESIAN CUISINE)

Menu

Sup Tri Selera
Kakap Acar Kuning
Buah Segar

DINNER (INDONESIAN CUISINE)

Menu

Salad Buah Tropis
Semur Daging Khas Betawi
Buah Segar

TUESDAY, 10 JULY 2018

II. LUNCH (MEDITERRANEAN CUISINE)

Menu

Sauteed Mushroom With Bell Pepper And
Chickpea
Chicken in Lemon Sage Sauce
Fresh Fruit

DINNER (MEDITERRANEAN CUISINE)

Menu

Watercress Clear Soup
Fish Creole Jambalaya
Fresh Fruit

WEDNESDAY, 11 JULY 2018

III. LUNCH (JAPANESE CUISINE)

Menu

Tori Tamanegi Salad
Gyu Yawarakani
Fresh Fruit

DINNER (JAPANESE CUISINE)

Menu

Ganmodoki to Yasai
Tori Amiyaki
Fresh Fruit

THURSDAY, 12 JULY 2018

IV. LUNCH (WESTERN CUISINE)

Menu

Country Vegetable Soup
Spanish Cod
Fresh Fruit

DINNER (WESTERN CUISINE)

Menu

Mixed Salad With Avocado Dressing
Meatball Nirvana
Fresh Fruit

FRIDAY, 13 JULY 2018

V. LUNCH (ASIAN CUISINE)

Menu

Thai Style Stir Fried Mixed Vegetable
Chicken A La Thailand
Fresh Fruit

DINNER (ASIAN CUISINE)

Menu

Cauliflower Soup With Yoghurt
Steamed Fish in Apple and Coriander Sauce
Fresh Fruit