

**Extreme Weight Loss Vegetarian Cuisine  
Lunch and Dinner Menu  
(12 - 16 February 2018)**

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**MONDAY, 12 FEBRUARY 2018**

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**I. LUNCH (INDONESIAN CUISINE)**

**Menu**

Sup Tekwan Vegetarian  
Tahu Saus Pasmol  
Buah Segar

**DINNER (INDONESIAN CUISINE)**

**Menu**

Asinan Sayur Bogor  
Tempe Panggang Saus Manis  
Buah Segar

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**TUESDAY, 13 FEBRUARY 2018**

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**II. LUNCH (MEDITERRANEAN CUISINE)**

**Menu**

Stuffed Zucchini  
Broccoli Patties a la Brasa  
Fresh Fruit

**DINNER (MEDITERRANEAN CUISINE)**

**Menu**

Watercress Clear Soup  
Mediterranean Frittata With Ginger Mint Orange  
Sauce  
Fresh Fruit

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**WEDNESDAY, 14 FEBRUARY 2018**

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**III. LUNCH (JAPANESE CUISINE)**

**Menu**

Wakame Salad  
Inari Roll Yakiniku  
Fresh Fruit

**DINNER (JAPANESE CUISINE)**

**Menu**

Yasai Itame  
Enoki Finger Tsukune  
Fresh Fruit

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**THURSDAY, 15 FEBRUARY 2018**

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**IV. LUNCH (WESTERN CUISINE)**

**Menu**

Tomato Basil Clear Soup  
Vegetarian Schotel With Lemon And Herb Sauce  
Fresh Fruit

**DINNER (WESTERN CUISINE)**

**Menu**

Waldorf Salad  
Albondigas Vegetarian Croquette  
Fresh Fruit

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**FRIDAY, 16 FEBRUARY 2018**

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**PUBLIC HOLIDAY**