

## Extreme Weight Loss Vegetarian Cuisine

### Lunch and Dinner Menu

(13 – 17 November 2017)

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#### MONDAY, 13 NOVEMBER 2017

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##### I. LUNCH (INDONESIAN CUISINE)

###### *Menu*

Salad Buah Tropis  
Bistik Telur  
Buah Segar

##### DINNER (INDONESIAN CUISINE)

###### *Menu*

Tumis Putren Buncis  
Kroket Sayuran  
Buah Segar

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#### TUESDAY, 14 NOVEMBER 2017

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##### II. LUNCH (MEDITERRANEAN CUISINE)

###### *Menu*

Coriander Vegetable Soup  
Beetroot Patties With Rosemary And Sage Leaf  
Sauce  
Fresh Fruit

##### DINNER (MEDITERRANEAN CUISINE)

###### *Menu*

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

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#### WEDNESDAY, 15 NOVEMBER 2017

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##### III. LUNCH (JAPANESE CUISINE)

###### *Menu*

Yasai Okra  
Vegetarian Inari Roll  
Fresh Fruit

##### DINNER (JAPANESE CUISINE)

###### *Menu*

Suimono Soup  
Edamame Steak Yawarakani  
Fresh Fruit

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#### THURSDAY, 16 NOVEMBER 2017

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##### IV. LUNCH (WESTERN CUISINE)

###### *Menu*

Margarita Salad  
Delicious Mushroom Patties  
Fresh Fruit

##### DINNER (WESTERN CUISINE)

###### *Menu*

Sauteed Broccoli With Basil  
Baked Kidney Bean Finger With Caper Sauce  
Fresh Fruit

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#### FRIDAY, 17 NOVEMBER 2016

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##### V. LUNCH (ASIAN CUISINE)

###### *Menu*

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

##### DINNER (ASIAN CUISINE)

###### *Menu*

Asian Gourmet Salad  
Vegetable Rice Paper Roll  
Fresh Fruit