

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

MONDAY, 04 DECEMBER 2017

I. LUNCH (INDONESIAN CUISINE)

Menu

Urap Sayur
Telur Masak Kemangi
Buah Segar

DINNER (INDONESIAN CUISINE)

Menu

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

TUESDAY, 05 DECEMBER 2017

II. LUNCH (MEDITERRANEAN CUISINE)

Menu

Red Cabbage And Bean Soup
Parmesan Vegetarian Loaf
Fresh Fruit

DINNER (MEDITERRANEAN CUISINE)

Menu

Classic Greek Salad
Oatmeal Crusted Chickpea Triangles With
Honey Cumin Sauce
Fresh Fruit

WEDNESDAY, 06 DECEMBER 2017

III. LUNCH (JAPANESE CUISINE)

Menu

Kabocha Inakani
Tofu Filled Vegetable in Ponzu Sauce
Fresh Fruit

DINNER (JAPANESE CUISINE)

Menu

Yasai Somen Clear Soup
Tamago Roll With Sharotto Tare
Fresh Fruit

THURSDAY, 07 DECEMBER 2017

IV. LUNCH (WESTERN CUISINE)

Menu

Cobb Salad
Tuscan Garlic Mushroom Finger
Fresh Fruit

DINNER (WESTERN CUISINE)

Menu

Baked Vegetable Barbeque
Red Cabbage Rolls With Genovese Sauce
Fresh Fruit

FRIDAY, 08 DECEMBER 2017

V. LUNCH (ASIAN CUISINE)

Menu

Mixed Vegetable Herbal Soup
Vegetarian Samosa
Fresh Fruit

DINNER (ASIAN CUISINE)

Menu

Thai Mango Salad
Asian Tempeh Stew in Vegetarian Oyster Sauce
Fresh Fruit