

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

MONDAY, 9 JULY 2018

I. LUNCH (INDONESIAN CUISINE)

Menu

Sup Tri Selera
Tahu Acar Kuning
Buah Segar

DINNER (INDONESIAN CUISINE)

Menu

Salad Buah Tropis
Semur Telur Khas Betawi
Buah Segar

TUESDAY, 10 JULY 2018

II. LUNCH (MEDITERRANEAN CUISINE)

Menu

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

DINNER (MEDITERRANEAN CUISINE)

Menu

Watercress Clear Soup
Vegetarian Calzone
Fresh Fruit

WEDNESDAY, 11 JULY 2018

III. LUNCH (JAPANESE CUISINE)

Menu

Yasai Tamanegi Salad
Edamame Steak Yawarakani
Fresh Fruit

DINNER (JAPANESE CUISINE)

Menu

Ganmodoki to Yasai
Renkon Amiyaki
Fresh Fruit

THURSDAY, 12 JULY 2018

IV. LUNCH (WESTERN CUISINE)

Menu

Country Vegetable Soup
Spanish Omelette
Fresh Fruit

DINNER (WESTERN CUISINE)

Menu

Mixed Salad With Avocado Dressing
Mixed Bean Finger Nirvana
Fresh Fruit

FRIDAY, 13 JULY 2018

V. LUNCH (ASIAN CUISINE)

Menu

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

DINNER (ASIAN CUISINE)

Menu

Cauliflower Soup With Yoghurt
Tofu Patties With Apple and Coriander Sauce
Fresh Fruit