

Healthy Bento (15 - 19 January 2018)

MONDAY, 15 JANUARY 2018

LUNCH

Menu

Tumis Keputren Céciwis
Ayam Bundu - Bundu
Nasi Putih Organik
Buah Segar

DINNER

Menu

Tumis Buncis Tomat
Perkedel Ayam Jamur
Nasi Putih Organik
Buah Segar

TUESDAY, 16 JANUARY 2018

LUNCH

Menu

Tumis Sawi Putih Cabe Ijo
Dori Masak Rica - Rica
Nasi Putih Organik
Buah Segar

DINNER

Menu

Selat Solo
Bistik Ayam
Nasi Putih Organik
Buah Segar

WEDNESDAY, 17 JANUARY 2018

LUNCH

Menu

Pecel Madiun
Ayam Bakar Kalasan
Nasi Putih Organik
Buah Segar

DINNER

Menu

Tumis Kacang Merah
Siomay Tahu
Nasi Putih Organik
Buah Segar

THURSDAY, 18 JANUARY 2018

LUNCH

Menu

Orak - Arik Sayuran
Ikan Saus Kencong
Nasi Uduk Organik
Buah Segar

DINNER

Menu

Acar Kuning
Botok Telur
Nasi Putih Organik
Buah Segar

FRIDAY, 19 JANUARY 2018

LUNCH

Menu

Tumis Oyong Soun
Rendang Daging
Nasi Putih Organik
Buah Segar

DINNER

Menu

Tumis Sawi Putih Wortel
Bakwan Jagung Telur
Nasi Putih Organik
Buah Segar