

## Healthy Bento (27 November - 1 December 2017)

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### MONDAY, 27 NOVEMBER 2017

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**LUNCH**

*Menu*

Urap Sayur  
Ayam Bumbu Kecap  
Nasi Putih Organik  
Buah Segar

**DINNER**

*Menu*

Tumis Tahu Wortel Kacang Polong  
Rolade Jamur Saus Tomat  
Nasi Putih Organik  
Buah Segar

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### TUESDAY, 28 NOVEMBER 2017

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**LUNCH**

*Menu*

Terong Balado  
Daging Sapi Giling Bumbu Maranggi  
Nasi Putih Organik  
Buah Segar

**DINNER**

*Menu*

Salad Tahu Ketumbar  
Bistik Telur  
Nasi Putih Organik  
Buah Segar

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### WEDNESDAY, 29 NOVEMBER 2017

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**LUNCH**

*Menu*

Tumis Jagung Bayam  
Lumpia Sayur  
Nasi Goreng Organik  
Buah Segar

**DINNER**

*Menu*

Tumis Labu Siam Pok Choy  
Ikan Bakar Parahyangan  
Nasi Putih Organik  
Buah Segar

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### THURSDAY, 30 NOVEMBER 2017

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**LUNCH**

*Menu*

Lawar Kacang Panjang  
Ayam Masak Merah Kalimantan  
Nasi Uduk Organik  
Buah Segar

**DINNER**

*Menu*

Tumis Jamur Tiram  
Pepes Tahu  
Nasi Putih Organik  
Buah Segar

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### FRIDAY, 01 DECEMBER 2017

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**PUBLIC HOLIDAY**