

**Extreme Weight Loss Multiple Cuisine
Lunch and Dinner Menu
(08 - 12 October 2018)**

MONDAY, 08 OCTOBER 2018

I. LUNCH (INDONESIAN CUISINE)

Menu

Tumis Buncis Jagung Paprika
Rendang Daging
Buah Segar

DINNER (INDONESIAN CUISINE)

Menu

Sup Kimlo
Ayam Bakar Kalasan
Buah Segar

TUESDAY, 09 OCTOBER 2018

II. LUNCH (MEDITERRANEAN CUISINE)

Menu

Carrot And Beetroot Salad With Mint Orange Dressing
Baked Dory In Thyme Tomato Sauce
Fresh Fruit

DINNER (MEDITERRANEAN CUISINE)

Menu

Stuffed Vegetable With Cheese
Morrocan Beef With Cauliflower
Fresh Fruit

WEDNESDAY, 10 OCTOBER 2018

III. LUNCH (JAPANESE CUISINE)

Menu

Kabocha Soup
Tori Hakusai
Fresh Fruit

DINNER (JAPANESE CUISINE)

Menu

Japanese Style Tomato Salad
Dory Shogayaki
Fresh Fruit

THURSDAY, 11 OCTOBER 2018

IV. LUNCH (WESTERN CUISINE)

Menu

Summer Vegetable Stew
Southern Barbecue Beef
Fresh Fruit

DINNER (WESTERN CUISINE)

Menu

Fall Vegetable Soup
Galveston Roasted Chicken
Fresh Fruit

FRIDAY, 12 OCTOBER 2018

V. LUNCH (ASIAN CUISINE)

Menu

Thai Glass Noodle Salad
Baked Fish In Pineapple Sauce
Fresh Fruit

DINNER (ASIAN CUISINE)

Menu

Asian Style Sauteed Kailan In Hoisin Sauce
Ground Beef In Button Mushroom Sauce
Fresh Fruit