

Medical Conditions 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
Nasi Merah Organik
Buah Segar

DINNER (INDONESIAN CUISINE)

Menu

Salad Buah Tropis
Semur Telur Khas Betawi
Nasi Merah Organik
Puding Buah

TUESDAY, 10 JULY 2018

II. LUNCH (MEDITERRANEAN CUISINE)

Menu

Sauteed Mushroom With Bell Pepper And Chickpea
Broccoli Balls in Lemon Sage Sauce
Organic Arabic Brown Rice
Fresh Fruit

DINNER (MEDITERRANEAN CUISINE)

Menu

Watercress Clear Soup
Vegetarian Calzone
Potato Wedges
Fresh Fruit

WEDNESDAY, 11 JULY 2018

III. LUNCH (JAPANESE CUISINE)

Menu

Yasai Tamanegi Salad
Edamame Steak Yawarakani
Jako Brown Rice Onigiri
Fresh Fruit

DINNER (JAPANESE CUISINE)

Menu

Ganmodoki to Yasai
Renkon Amiyaki
Organic Brown Rice
Fresh Fruit

THURSDAY, 12 JULY 2018

IV. LUNCH (WESTERN CUISINE)

Menu

Country Vegetable Soup
Spanish Omelette
Cheesy Cassava
Fresh Fruit

DINNER (WESTERN CUISINE)

Menu

Mixed Salad With Avocado Dressing
Mixed Bean Finger Nirvana
Whole Wheat Spaghetti in Homemade Tomato Sauce
Fresh Fruit

FRIDAY, 13 JULY 2018

V. LUNCH (ASIAN CUISINE)

Menu

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

DINNER (ASIAN CUISINE)

Menu

Cauliflower Soup With Yoghurt
Tofu Patties With Apple and Coriander Sauce

Organic Brown Rice

Fresh Fruit

