

**Weight Loss Vegetarian Cuisine
Lunch and Dinner Menu
(29 October - 02 November 2018)**

MONDAY, 29 OCTOBER 2018

I. LUNCH (INDONESIAN CUISINE)

Menu

Tumis Sawi Putih Brokoli
Rolade Jamur Saus Tomat
Nasi Uduk Organik

DINNER (INDONESIAN CUISINE)

Menu

Soto Lamongan
Tempe Panggang Bumbu Rujak
Batik Gulung

TUESDAY, 30 OCTOBER 2018

II. LUNCH (MEDITERRANEAN CUISINE)

Menu

Green Salad With Vinaigrette Dressing
Chermoula Green Peas Fingers
Mediterranean Style Spaghetti

DINNER (MEDITERRANEAN CUISINE)

Menu

Pumpkin Croquette
Stuffed Eggplant Bolognese
Fresh Fruit

WEDNESDAY, 31 OCTOBER 2018

III. LUNCH (JAPANESE CUISINE)

Menu

Tamago To Moyashi Soup
Adzuki Patties Pinappuru
Organic White Rice Sushi

DINNER (JAPANESE CUISINE)

Menu

Wafu Salad
Edamame Balls With Lemon Sauce
Matcha Cake

THURSDAY, 01 NOVEMBER 2018

IV. LUNCH (WESTERN CUISINE)

Menu

Sauteed Vegetable With Cilantro
Vegetarian Fajitas
Patatas Bravas

DINNER (WESTERN CUISINE)

Menu

Low Fat Creamy Mushroom Soup
Carrot Empanada
Chocolate Pudding With Vanilla Sauce

FRIDAY, 02 NOVEMBER 2018

V. LUNCH (ASIAN CUISINE)

Menu

Asian Fruit Salad With Mango Dressing
Thai Spicy Vegetable Cake
Organic Brown Rice

DINNER (ASIAN CUISINE)

Menu

Sauteed Chinese Okra And Glass Noodle
Honey Vegetable Roll With Sesame Seed
Pastel Nanas