

**Weight Loss Indonesian Cuisine  
Lunch and Dinner Menu  
(12 - 16 February 2018)**

**MONDAY, 12 FEBRUARY 2018**

**LUNCH**

*Menu*

Sup Tekwan  
Ikan Saus Pasmol  
Nasi Putih Organik

**DINNER**

*Menu*

Asinan Sayur Bogor  
Daging Sapi Saus Manis  
Puding Sagu Mutiara

**TUESDAY, 13 FEBRUARY 2018**

**LUNCH**

*Menu*

Tumis Sawi Putih Cabe Ijo  
Ayam Klaten  
Nasi Merah Organik

**DINNER**

*Menu*

Sup Buncis Paprika  
Ikan Panggang Dabu - Dabu  
Blueberry Cheese Cake

**WEDNESDAY, 14 FEBRUARY 2018**

**LUNCH**

*Menu*

Pecel Madiun  
Rendang Daging  
Nasi Putih Organik

**DINNER**

*Menu*

Tumis Kol Wortel  
Bola-Bola Ayam Saus Lada Hitam  
Fresh Fruit

**THURSDAY, 15 FEBRUARY 2018**

**LUNCH**

*Menu*

Sup Tomat Jagung  
Ikan Saus Kencong  
Nasi Merah Organik

**DINNER**

*Menu*

Salad Buah Bogor  
Rolade Daging Masak Rica-Rica  
Banana Cake

**FRIDAY, 16 FEBRUARY 2018**

**PUBLIC HOLIDAY**