

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

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**MONDAY, 12 FEBRUARY 2018**

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**I. LUNCH (INDONESIAN CUISINE)**

**Menu**

Sup Tekwan  
Ikan Saus Pesmol  
Nasi Putih Organik

**DINNER (INDONESIAN CUISINE)**

**Menu**

Asinan Sayur Bogor  
Daging Sapi Saus Manis  
Puding Sagu Mutiara

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**TUESDAY, 13 FEBRUARY 2018**

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**II. LUNCH (MEDITERRANEAN CUISINE)**

**Menu**

Stuffed Zucchini  
Pollo a la Brasa  
Sweet Potato With Mint Leaf

**DINNER (MEDITERRANEAN CUISINE)**

**Menu**

Watercress Clear Soup  
Baked Fish in Ginger Mint Orange Sauce  
Blueberry Cheese Cake

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**WEDNESDAY, 14 FEBRUARY 2018**

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**III. LUNCH (JAPANESE CUISINE)**

**Menu**

Chuka Mori Salad  
Beef Yakiniiku  
Organic Brown Rice

**DINNER (JAPANESE CUISINE)**

**Menu**

Yasai Itame  
Tori Tsukune  
Fresh Fruit

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**THURSDAY, 15 FEBRUARY 2018**

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**IV. LUNCH (WESTERN CUISINE)**

**Menu**

Tomato Basil Clear Soup  
Baked Fish in Lemon And Herb Sauce  
Organic Carrot Rice

**DINNER (WESTERN CUISINE)**

**Menu**

Waldorf Salad  
Albondigas Beef  
Banana Cake

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**FRIDAY, 16 FEBRUARY 2018**

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**PUBLIC HOLIDAY**