

**Weight Loss Multiple Cuisine  
Lunch and Dinner Menu  
(13 - 17 August 2018)**

**MONDAY, 13 AUGUST 2018**

**I. LUNCH (INDONESIAN CUISINE)**

**Menu**

Rujak Halus Manis  
Ayam Bumbu Bali  
Nasi Putih Organik

**DINNER (INDONESIAN CUISINE)**

**Menu**

Tumis Putren Kacang Panjang  
Ikan Sambal Matah  
Sagu Keju

**TUESDAY, 14 AUGUST 2018**

**II. LUNCH (MEDITERRANEAN CUISINE)**

**Menu**

Mediterranean Vegetable Soup  
Beef Kofta  
Organic Herb Rice

**DINNER (MEDITERRANEAN CUISINE)**

**Menu**

Green Herb Salad With Sage Dressing  
Minty Chicken  
Caramel Pudding

**WEDNESDAY, 15 AUGUST 2018**

**III. LUNCH (JAPANESE CUISINE)**

**Menu**

Chikuzen Ni  
Tuna In Ponzu Sauce  
Yakimeshi

**DINNER (JAPANESE CUISINE)**

**Menu**

Dobin Mushi  
Beef Teriyaki  
Black Sesame Muffin

**THURSDAY, 16 AUGUST 2018**

**IV. LUNCH (WESTERN CUISINE)**

**Menu**

Margarita Salad  
Delicious Chicken  
Spaghetti Aglio Olio

**DINNER (WESTERN CUISINE)**

**Menu**

Mixed Vegetable Stew  
Fish Escabeche  
Fresh Fruit

**FRIDAY, 17 AUGUST 2018**

**PUBLIC HOLIDAY**