

**Weight Loss Multiple Cuisine  
Lunch and Dinner Menu  
(16 - 20 April 2018)**

**MONDAY, 16 APRIL 2018**

**I. LUNCH (INDONESIAN CUISINE)**

**Menu**

Sayur Lodeh Jakarta  
Ikan Acar Kuning  
Nasi Merah Organik

**DINNER (INDONESIAN CUISINE)**

**Menu**

Karedok  
Daging Sapi Giling Maranggi  
Buah Segar

**TUESDAY, 17 APRIL 2018**

**II. LUNCH (MEDITERRANEAN CUISINE)**

**Menu**

Stuffed Tomato  
Pan Seared Chicken in Chickpeas And Oregano  
Sauce  
Sauteed Baby Potato With Herbs

**DINNER (MEDITERRANEAN CUISINE)**

**Menu**

Vegetable Clear Soup With Lemon Grass  
Snapper in Romesco Sauce  
Marble Cake

**WEDNESDAY, 18 APRIL 2018**

**III. LUNCH (JAPANESE CUISINE)**

**Menu**

Smoked Salmon Salad  
Saikoro Steak  
Kamameshi

**DINNER (JAPANESE CUISINE)**

**Menu**

Tofu To Yasai Ni  
Chicken Enoki Roll  
Japanese Cotton Cheese Cake

**THURSDAY, 19 APRIL 2018**

**IV. LUNCH (WESTERN CUISINE)**

**Menu**

Chicken And Vegetable Soup  
Baked Tuna in Genovese Sauce  
Organic Cilantro Lime Rice

**DINNER (WESTERN CUISINE)**

**Menu**

Mixed Salad With Mustard Dressing  
Roasted Beef With Sundried Tomato And Bean  
Peach Pudding With Vanilla Sauce

**FRIDAY, 20 APRIL 2018**

**V. LUNCH (ASIAN CUISINE)**

**Menu**

Sauteed Baby Bok Choy And Tofu  
Vietnamese Chicken  
Organic Chinese Fried Noodle

**DINNER (ASIAN CUISINE)**

**Menu**

Asian Style Vegetable Clear Soup  
Steamed Snapper Szechuan  
Pandan Roll