

**Weight Loss Vegetarian Cuisine**  
**Lunch and Dinner Menu**  
**(13 - 17 November 2017)**

**MONDAY, 13 NOVEMBER 2017**

**I. LUNCH (INDONESIAN CUISINE)**

**Menu**

Salad Buah Tropis  
Bistik Telur  
Nasi Merah Organik

**DINNER (INDONESIAN CUISINE)**

**Menu**

Tumis Putren Buncis  
Kroket Sayuran  
Getuk

**TUESDAY, 14 NOVEMBER 2017**

**II. LUNCH (MEDITERRANEAN CUISINE)**

**Menu**

Coriander Vegetable Soup  
Beetroot Patties With Rosemary And Sage Leaf Sauce  
Sauteed Baby Potatoes With Herbs

**DINNER (MEDITERRANEAN CUISINE)**

**Menu**

Mixed Salad With Celery Dressing  
Stuffed Zucchini With Chickpea And Mushroom  
Churros

**WEDNESDAY, 15 NOVEMBER 2017**

**III. LUNCH (JAPANESE CUISINE)**

**Menu**

Yasai Okra  
Vegetarian Inari Roll  
Organic Sushi Rice

**DINNER (JAPANESE CUISINE)**

**Menu**

Suimono Soup  
Edamame Steak Yawarakani  
Fresh Fruit

**THURSDAY, 16 NOVEMBER 2017**

**IV. LUNCH (WESTERN CUISINE)**

**Menu**

Margarita Salad  
Delicious Mushroom Patties  
Lyonnaisse Potato

**DINNER (WESTERN CUISINE)**

**Menu**

Sauteed Broccoli With Basil  
Baked Kidney Bean Finger With Caper Sauce  
Red Velvet

**FRIDAY, 17 NOVEMBER 2016**

**V. LUNCH (ASIAN CUISINE)**

**Menu**

Sweet Corn Cream Soup  
Asian Tempeh Stew in Soy And Ginger Sauce  
Organic White Rice

**DINNER (ASIAN CUISINE)**

**Menu**

Asian Gourmet Salad  
Vegetable Rice Paper Roll  
Nata De Coco Pudding