

**Weight Loss Vegetarian Cuisine**  
**Lunch and Dinner Menu**  
**(7 - 11 May 2018)**

**MONDAY, 7 MAY 2018**

**I. LUNCH (INDONESIAN CUISINE)**

**Menu**

Sup Jamur  
Tempe Panggang Tauco Berempah  
Nasi Putih Organik

**DINNER (INDONESIAN CUISINE)**

**Menu**

Gado-Gado Padang  
Bola-Bola Tahu Saus Kari  
Buah Segar

**TUESDAY, 8 MAY 2018**

**II. LUNCH (MEDITERRANEAN CUISINE)**

**Menu**

Sauteed Eggplant With Mushroom And Basil  
Spanish Frittata  
Roasted Purple Yam

**DINNER (MEDITERRANEAN CUISINE)**

**Menu**

Three Beans Soup  
Red Cabbage Rolls  
Strawberry Choux

**WEDNESDAY, 9 MAY 2018**

**III. LUNCH (JAPANESE CUISINE)**

**Menu**

Yasai Salad  
Japanese Stuffed Eggplant  
White Rice Sushi

**DINNER (JAPANESE CUISINE)**

**Menu**

Cauliflower No Itame  
Inari Filled Vegetable  
Mung Bean Dorayaki

**THURSDAY, 10 MAY 2018**

**PUBLIC HOLIDAY**

**FRIDAY, 11 MAY 2018**

**V. LUNCH (ASIAN CUISINE)**

**Menu**

Asian Sauteed Garlic Vegetable  
Vegetarian Sio Mai  
Organic Brown Rice

**DINNER (ASIAN CUISINE)**

**Menu**

Sweet Corn Cream Soup  
Tofu Rollade With Hong Kong Sauce  
Kuih Bika