

**Weight Loss Vegetarian Cuisine**  
**Lunch and Dinner Menu**  
**(9 - 13 July 2018)**

**MONDAY, 9 JULY 2018**

**I. LUNCH (INDONESIAN CUISINE)**

*Menu*

Sup Tri Selera  
Tahu Acar Kuning  
Nasi Putih Organik

**DINNER (INDONESIAN CUISINE)**

*Menu*

Salad Buah Tropis  
Semur Telur Khas Betawi  
Klepon

**TUESDAY, 10 JULY 2018**

**II. LUNCH (MEDITERRANEAN CUISINE)**

*Menu*

Sauteed Mushroom With Bell Pepper and Chickpea  
Broccoli Balls in Lemon Sage Sauce  
Organic Arabic Rice

**DINNER (MEDITERRANEAN CUISINE)**

*Menu*

Watercress Clear Soup  
Vegetarian Calzone  
Fresh Fruit

**WEDNESDAY, 11 JULY 2018**

**III. LUNCH (JAPANESE CUISINE)**

*Menu*

Yasai Tamanegi Salad  
Edamame Steak Yawarakani  
Jako Onigiri

**DINNER (JAPANESE CUISINE)**

*Menu*

Ganmodoki to Yasai  
Renkon Amiyaki  
Green Tea Creme Brulee

**THURSDAY, 12 JULY 2018**

**IV. LUNCH (WESTERN CUISINE)**

*Menu*

Country Vegetable Soup  
Spanish Omelette  
Cheesy Cassava

**DINNER (WESTERN CUISINE)**

*Menu*

Mixed Salad With Avocado Dressing  
Mixed Bean Finger Nirvana  
Cake Pop

**FRIDAY, 13 JULY 2018**

**V. LUNCH (ASIAN CUISINE)**

*Menu*

Thai Style Stir Fried Mixed Vegetable  
Tempeh A La Thailand  
Pad Thai

**DINNER (ASIAN CUISINE)**

*Menu*

Spiced Cauliflower Soup With Yoghurt  
Tofu Patties With Apple and Coriander Sauce  
Ginger Milk Pudding