

**Weight Maintenance Indonesian Cuisine  
Lunch and Dinner Menu  
(10 - 14 September 2018)**

---

**MONDAY, 10 SEPTEMBER 2018**

---

**LUNCH**

**Menu**

Sup Tri Selera  
Tim Ikan Tauco  
Nasi Putih Organik

**DINNER**

**Menu**

Asinan Sayur Bogor  
Daging Sapi Saus Manis  
Puding Sagu Mutiara

---

**TUESDAY, 11 SEPTEMBER 2018**

---

**PUBLIC HOLIDAY**

---

**WEDNESDAY, 12 SEPTEMBER 2018**

---

**LUNCH**

**Menu**

Karedok  
Semur Daging  
Nasi Merah Organik

**DINNER**

**Menu**

Tumis Jagung Labu Siam  
Ayam Masak Kecap  
Fresh Fruit

---

**THURSDAY, 13 SEPTEMBER 2018**

---

**LUNCH**

**Menu**

Sup Sawi Hijau Wortel  
Ikan Panggang Saus Lemon  
Nasi Putih Organik

**DINNER**

**Menu**

Salad Buah  
Bola-Bola Daging Masak Tomat  
Sweet Bread With Choco Custard

---

**FRIDAY, 14 SEPTEMBER 2018**

---

**LUNCH**

**Menu**

Tumis Brokoli Tauge  
Ayam Masak Kare  
Nasi Putih Organik

**DINNER**

**Menu**

Sup Kembang Kol Kentang  
Ikan Kukus Daun Bawang  
Pandan Roll