

Weight Maintenance Indonesian Cuisine
Lunch and Dinner Menu
(13 - 17 November 2017)

MONDAY, 13 NOVEMBER 2017

LUNCH

Menu

Salad Buah Tropis
Bistik Ayam
Nasi Merah Organik

DINNER

Menu

Tumis Putren Buncis
Ikan Asam Padeh
Getuk

TUESDAY, 14 NOVEMBER 2017

LUNCH

Menu

Sup Kacang Merah
Empal Daging
Nasi Putih Organik

DINNER

Menu

Selat Solo
Rolade Ayam Sayuran
Churros

WEDNESDAY, 15 NOVEMBER 2017

LUNCH

Menu

Tumis Tauge Labu Kuning
Pindang Ikan Kakap
Nasi Merah Organik

DINNER

Menu

Sup Tahu Jamur
Daging Masak Kecap
Buah Segar

THURSDAY, 16 NOVEMBER 2017

LUNCH

Menu

Gado - Gado Padang
Ayam Panggang Taliwang
Nasi Putih Organik

DINNER

Menu

Tumis Brokoli Wortel
Ikan Garang Asam
Red Velvet

FRIDAY, 17 NOVEMBER 2016

LUNCH

Menu

Sup Krim Jagung
Semur Daging
Nasi Putih Organik

DINNER

Menu

Salad Medan
Rolade Ayam Saus Lada Hitam
Nata De Coco Pudding