

**Weight Maintenance Indonesian Cuisine
Lunch and Dinner Menu
(15 - 19 January 2018)**

MONDAY, 15 JANUARY 2018

LUNCH

Menu

Salad Pengantin
Ayam Bakar Bumbu Rujak
Nasi Merah Organik

DINNER

Menu

Cah Jagung Muda Brokoli
Pindang Ikan Kakap
Putri Salju

TUESDAY, 16 JANUARY 2018

LUNCH

Menu

Bobor Bayam
Daging Tumis Paprika
Nasi Putih Organik

DINNER

Menu

Selada Bangka
Ayam Masak Tomat
Carrot Muffin

WEDNESDAY, 17 JANUARY 2018

LUNCH

Menu

Tumis Buncis Wortel
Ikan Kukus Bumbu Jahe
Nasi Merah Organik

DINNER

Menu

Sup Sawi Putih Jamur
Empal Daging
Tofu Pudding

THURSDAY, 18 JANUARY 2018

LUNCH

Menu

Acar Kuning
Kancah Ayam
Nasi Putih Organik

DINNER

Menu

Tumis Labu Kuning Paprika
Tuna Asam Manis
Pineapple Crumble Cake

FRIDAY, 19 JANUARY 2018

LUNCH

Menu

Sup Jamur Paprika
Bistik Daging
Nasi Merah Organik

DINNER

Menu

Gado - Gado
Pepes Ayam Kuning
Buah Segar