

**Weight Maintenance Indonesian Cuisine**  
**Lunch and Dinner Menu**  
**(4 - 8 December 2017)**

**MONDAY, 04 DECEMBER 2017**

**LUNCH**

**Menu**

Urap Sayur  
Ayam Masak Kemangi  
Nasi Kuning Organik

**DINNER**

**Menu**

Tumis Sawi Putih Labu Parang  
Ikan Bakar Colo - Colo  
Buah Segar

**TUESDAY, 05 DECEMBER 2017**

**LUNCH**

**Menu**

Sup Brokoli Kol  
Rolade Daging Bumbu Maranggi  
Nasi Merah Organik

**DINNER**

**Menu**

Salad Sayur Betawi  
Ayam Bakar Madu  
Marble Cake

**WEDNESDAY, 06 DECEMBER 2017**

**LUNCH**

**Menu**

Tumis Labu Kuning Kapri  
Tuna Woku  
Nasi Putih Organik

**DINNER**

**Menu**

Sup Bayam Jamur  
Daging Masak Lada Hitam  
Orange Sesame Cookies

**THURSDAY, 07 DECEMBER 2017**

**LUNCH**

**Menu**

Asinan Sayur Bogor  
Ayam Pop  
Nasi Merah Organik

**DINNER**

**Menu**

Tumis Kacang Polong Wortel  
Kakap Arsik  
Milky Strawberry Pudding

**FRIDAY, 08 DECEMBER 2017**

**LUNCH**

**Menu**

Sup Ayam Jagung Manis  
Daging Masak Kare  
Nasi Putih Organik

**DINNER**

**Menu**

Pecel Madiun  
Semur Ayam  
Pandan Roll