

**Weight Maintenance Indonesian Cuisine**  
**Lunch and Dinner Menu**  
**(7 - 11 May 2018)**

**MONDAY, 7 MAY 2018**

**LUNCH**

**Menu**

Sup Jamur Ayam  
Kakap Masak Tauco Berempah  
Nasi Putih Organik

**DINNER**

**Menu**

Gado-Gado Padang  
Daging Cincang Saus Kari  
Buah Segar

**TUESDAY, 8 MAY 2018**

**LUNCH**

**Menu**

Tumis Terong Jamur  
Ayam Panggang Rica-Rica  
Nasi Putih Organik

**DINNER**

**Menu**

Sup Ala Brenebon  
Bistik Tuna  
Strawberry Choux

**WEDNESDAY, 9 MAY 2018**

**LUNCH**

**Menu**

Pecel Madiun  
Bacem Daging  
Nasi Merah Organik

**DINNER**

**Menu**

Tumis Kembang Kol Buncis  
Orak-Arik Ayam Dan Telur  
Mung Bean Dorayaki

**THURSDAY, 10 MAY 2018**

**PUBLIC HOLIDAY**

**FRIDAY, 11 MAY 2018**

**LUNCH**

**Menu**

Tumis Sawi Putih Wortel  
Ayam Lada Hitam  
Nasi Merah Organik

**DINNER**

**Menu**

Sup Krim Jagung  
Ikan Asam Padeh  
Kuih Bika