

Weight Maintenance Indonesian Cuisine
Lunch and Dinner Menu
(9 - 13 July 2018)

MONDAY, 9 JULY 2018

LUNCH

Menu

Sup Tri Selera
Kakap Acar Kuning
Nasi Putih Organik

DINNER

Menu

Salad Buah Tropis
Semur Daging Khas Betawi
Klepon

TUESDAY, 10 JULY 2018

LUNCH

Menu

Terong Balado
Ayam Bumbu Maranggi
Nasi Merah Organik

DINNER

Menu

Sup Selada Air
Ikan Panggang Bumbu Paprika
Buah Segar

WEDNESDAY, 11 JULY 2018

LUNCH

Menu

Gado-Gado
Gepuk Bandung
Nasi Putih Organik

DINNER

Menu

Tumis Labu Siam Pok Choy
Ayam Bakar Parahyangan
Green Tea Creme Brulee

THURSDAY, 12 JULY 2018

LUNCH

Menu

Sup Buncis Jamur Tiram
Ikan Masak Merah Kalimantan
Nasi Merah Organik

DINNER

Menu

Salad Sayuran
Bola-Bola Daging Masak Tomat
Cake Pop

FRIDAY, 13 JULY 2018

LUNCH

Menu

Cah Toge Kucai
Ayam Bumbu Bali
Nasi Putih Organik

DINNER

Menu

Sayur Lodeh
Ikan Bumbu Kuning
Ginger Milk Pudding