

**Weight Maintenance Multiple Cuisine  
Lunch and Dinner Menu  
(12 - 16 February 2018)**

**MONDAY, 12 FEBRUARY 2018**

**I. LUNCH (INDONESIAN CUISINE)**

**Menu**

Sup Tekwan  
Ikan Saus Pesmol  
Nasi Putih Organik

**DINNER (INDONESIAN CUISINE)**

**Menu**

Asinan Sayur Bogor  
Daging Sapi Saus Manis  
Puding Sagu Mutiara

**TUESDAY, 13 FEBRUARY 2018**

**II. LUNCH (MEDITERRANEAN CUISINE)**

**Menu**

Stuffed Zucchini  
Pollo a la Brasa  
Sweet Potato With Mint Leaf

**DINNER (MEDITERRANEAN CUISINE)**

**Menu**

Watercress Clear Soup  
Baked Fish in Ginger Mint Orange Sauce  
Blueberry Cheese Cake

**WEDNESDAY, 14 FEBRUARY 2018**

**III. LUNCH (JAPANESE CUISINE)**

**Menu**

Chuka Mori Salad  
Beef Yakiniku  
Organic Brown Rice

**DINNER (JAPANESE CUISINE)**

**Menu**

Yasai Itame  
Tori Tsukune  
Fresh Fruit

**THURSDAY, 15 FEBRUARY 2018**

**IV. LUNCH (WESTERN CUISINE)**

**Menu**

Tomato Basil Clear Soup  
Baked Fish in Lemon And Herb Sauce  
Organic Carrot Rice

**DINNER (WESTERN CUISINE)**

**Menu**

Waldorf Salad  
Albondigas Beef  
Banana Cake

**FRIDAY, 16 FEBRUARY 2018**

**PUBLIC HOLIDAY**