

**Weight Maintenance Multiple Cuisine  
Lunch and Dinner Menu  
(13 - 17 November 2017)**

**MONDAY, 13 NOVEMBER 2017**

**I. LUNCH (INDONESIAN CUISINE)**

*Menu*

Salad Buah Tropis  
Bistik Ayam  
Nasi Merah Organik

**DINNER (INDONESIAN CUISINE)**

*Menu*

Tumis Putren Buncis  
Ikan Asam Padeh  
Getuk

**TUESDAY, 14 NOVEMBER 2017**

**II. LUNCH (MEDITERRANEAN CUISINE)**

*Menu*

Coriander Vegetable Soup  
Beef in Rosemary And Sage Leaf Sauce  
Sauteed Baby Potatoes With Herbs

**DINNER (MEDITERRANEAN CUISINE)**

*Menu*

Mixed Salad With Celery Dressing  
Stuffed Chicken With Chickpea And Mushroom  
Churros

**WEDNESDAY, 15 NOVEMBER 2017**

**III. LUNCH (JAPANESE CUISINE)**

*Menu*

Yasai Okra  
Snapper Teppanyaki  
Beef Floss Sushi

**DINNER (JAPANESE CUISINE)**

*Menu*

Suimono Soup  
Gyu Yawarakani  
Fresh Fruit

**THURSDAY, 16 NOVEMBER 2017**

**IV. LUNCH (WESTERN CUISINE)**

*Menu*

Margarita Salad  
Delicious Chicken  
Lyonnaisse Potato

**DINNER (WESTERN CUISINE)**

*Menu*

Sauteed Broccoli With Basil  
Baked Fish in Caper Sauce  
Red Velvet

**FRIDAY, 17 NOVEMBER 2016**

**V. LUNCH (ASIAN CUISINE)**

*Menu*

Sweet Corn Cream Soup  
Beef Stew in Soy And Ginger Sauce  
Organic White Rice

**DINNER (ASIAN CUISINE)**

*Menu*

Chicken Gourmet Salad  
Rolled Chicken in Chinese Black Pepper Sauce  
Nata De Coco Pudding