

**Weight Maintenance Multiple Cuisine  
Lunch and Dinner Menu  
(16 - 20 April 2018)**

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**MONDAY, 16 APRIL 2018**

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**I. LUNCH (INDONESIAN CUISINE)**

*Menu*

Sayur Lodeh Jakarta  
Ikan Acar Kuning  
Nasi Merah Organik

**DINNER (INDONESIAN CUISINE)**

*Menu*

Karedok  
Daging Sapi Giling Maranggi  
Buah Segar

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**TUESDAY, 17 APRIL 2018**

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**II. LUNCH (MEDITERRANEAN CUISINE)**

*Menu*

Stuffed Tomato  
Pan Seared Chicken in Chickpeas And Oregano  
Sauce  
Sauteed Baby Potato With Herbs

**DINNER (MEDITERRANEAN CUISINE)**

*Menu*

Vegetable Clear Soup With Lemon Grass  
Snapper in Romesco Sauce  
Marble Cake

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**WEDNESDAY, 18 APRIL 2018**

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**III. LUNCH (JAPANESE CUISINE)**

*Menu*

Smoked Salmon Salad  
Saikoro Steak  
Kamameshi

**DINNER (JAPANESE CUISINE)**

*Menu*

Tofu To Yasai Ni  
Chicken Enoki Roll  
Japanese Cotton Cheese Cake

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**THURSDAY, 19 APRIL 2018**

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**IV. LUNCH (WESTERN CUISINE)**

*Menu*

Chicken And Vegetable Soup  
Baked Tuna in Genovese Sauce  
Organic Cilantro Lime Rice

**DINNER (WESTERN CUISINE)**

*Menu*

Mixed Salad With Mustard Dressing  
Roasted Beef With Sundried Tomato And Bean  
Peach Pudding With Vanilla Sauce

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**FRIDAY, 20 APRIL 2018**

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**V. LUNCH (ASIAN CUISINE)**

*Menu*

Sauteed Baby Bok Choy And Tofu  
Vietnamese Chicken  
Organic Chinese Fried Noodle

**DINNER (ASIAN CUISINE)**

*Menu*

Asian Style Vegetable Clear Soup  
Steamed Snapper Szechuan  
Pandan Roll