

Weight Maintenance Vegetarian Cuisine

Lunch and Dinner Menu

(16 - 20 April 2018)

MONDAY, 16 APRIL 2018

I. LUNCH (INDONESIAN CUISINE)

Menu

Sayur Lodeh Jakarta
Tahu Acar Kuning
Nasi Merah Organik

DINNER (INDONESIAN CUISINE)

Menu

Karedok
Sate Tempe Maranggi
Buah Segar

TUESDAY, 17 APRIL 2018

II. LUNCH (MEDITERRANEAN CUISINE)

Menu

Stuffed Tomato
Pan Seared Falafel With Oregano Sauce
Sauteed Baby Potato With Herbs

DINNER (MEDITERRANEAN CUISINE)

Menu

Vegetable Clear Soup With Lemon Grass
Vegetable Frittata With Romesco Sauce
Marble Cake

WEDNESDAY, 18 APRIL 2018

III. LUNCH (JAPANESE CUISINE)

Menu

Yasai Salad
Cauliflower Steak
Kamameshi

DINNER (JAPANESE CUISINE)

Menu

Tofu To Yasai Ni
Enoki Roll
Japanese Cotton Cheese Cake

THURSDAY, 19 APRIL 2018

IV. LUNCH (WESTERN CUISINE)

Menu

Green Peas And Vegetable Soup

Baked Pumpkin Balls With Genovese Sauce

Organic Cilantro Lime Rice

DINNER (WESTERN CUISINE)

Menu

Mixed Salad With Mustard Dressing

Wholemeal Mini Roasted Vegetarian Pizza With Sundried Tomato And Bean Sauce

Peach Pudding With Vanilla Sauce

FRIDAY, 20 APRIL 2018

V. LUNCH (ASIAN CUISINE)

Menu

Sauteed Baby Bok Choy And Tofu
Vietnamese Steamed Egg
Organic Chinese Fried Noodle

DINNER (ASIAN CUISINE)

Menu

Asian Style Vegetable Clear Soup
Vegetarian Fritters
Pandan Roll