

Weight Maintenance Vegetarian Cuisine
Lunch and Dinner Menu
(4 - 8 December 2017)

MONDAY, 04 DECEMBER 2017

I. LUNCH (INDONESIAN CUISINE)

Menu

Urap Sayur
Telur Masak Kemangi
Nasi Kuning Organik

DINNER (INDONESIAN CUISINE)

Menu

Tumis Sawi Putih Labu Parang
Tempe Bakar Colo - Colo
Buah Segar

TUESDAY, 05 DECEMBER 2017

II. LUNCH (MEDITERRANEAN CUISINE)

Menu

Red Cabbage And Bean Soup
Parmesan Vegetarian Loaf
Roasted Purple Yam

DINNER (MEDITERRANEAN CUISINE)

Menu

Classic Greek Salad
Oatmeal Crusted Chickpea Triangles With
Honey Cumin Sauce
Marble Cake

WEDNESDAY, 06 DECEMBER 2017

III. LUNCH (JAPANESE CUISINE)

Menu

Kabocha Inakani
Tofu Filled Vegetable in Ponzu Sauce
Yaki Udon

DINNER (JAPANESE CUISINE)

Menu

Yasai Somen Clear Soup
Tamago Roll With Sharotto Tare
Orange Sesame Cookies

THURSDAY, 07 DECEMBER 2017

IV. LUNCH (WESTERN CUISINE)

Menu

Cobb Salad
Tuscan Garlic Mushroom Finger
Penne Marinara

DINNER (WESTERN CUISINE)

Menu

Baked Vegetable Barbeque
Red Cabbage Rolls With Genovese Sauce
Milky Strawberry Pudding

FRIDAY, 08 DECEMBER 2017

V. LUNCH (ASIAN CUISINE)

Menu

Mixed Vegetable Herbal Soup
Vegetarian Samosa
Organic White Rice

DINNER (ASIAN CUISINE)

Menu

Thai Mango Salad
Asian Tempeh Stew in Vegetarian Oyster Sauce
Pandan Roll