

Extreme Weight Loss Indonesian Cuisine
Lunch and Dinner Menu
(08 - 12 October 2018)

MONDAY, 08 OCTOBER 2018

LUNCH

Menu

Tumis Buncis Jagung Paprika

Rendang Daging

Buah Segar

DINNER

Menu

Sup Kimlo

Ayam Bakar Kalasan

Buah Segar

TUESDAY, 09 OCTOBER 2018

LUNCH

Menu

Urap Sayur

Dori Panggang Bumbu Pasmol

Buah Segar

DINNER

Menu

Tumis Aneka Sayuran

Oseng Daging Dan Kembang Kol

Buah Segar

WEDNESDAY, 10 OCTOBER 2018

LUNCH

Menu

Sayur Lodeh

Ayam Masak Merah Kemangi

Buah Segar

DINNER

Menu

Salad Sayuran

Dori Masak Kecap

Buah Segar

THURSDAY, 11 OCTOBER 2018

LUNCH

Menu

Tumis Brokoli Jagung Manis

Daging Lada Hitam

Buah Segar

DINNER

Menu

Sup Jamur Kembang Kol

Ayam Balado

Buah Segar

FRIDAY, 12 OCTOBER 2018

LUNCH

Menu

Asinan Sayur

Ikan Panggang Saus Nanas

Buah Segar

DINNER

Menu

Tumis Keputren Wortel

Daging Saus Jamur

Buah Segar