

**Weight Loss Multiple Cuisine
Lunch and Dinner Menu
(21 - 25 January 2019)**

MONDAY, 21 JANUARY 2019

I. LUNCH (INDONESIAN CUISINE)

Menu

Tumis Buncis Jagung Paprika
Rendang Daging
Nasi Putih Organik

DINNER (INDONESIAN CUISINE)

Menu

Sup Kimlo
Ayam Bakar Kalasan
Buah Segar

TUESDAY, 22 JANUARY 2019

II. LUNCH (MEDITERRANEAN CUISINE)

Menu

Carrot And Beetroot Salad With Mint Orange Dressing
Baked Dory In Thyme Tomato Sauce
Penne Con Funghi

DINNER (MEDITERRANEAN CUISINE)

Menu

Stuffed Vegetable With Cheese
Morrocan Beef With Cauliflower
Ganache Cake

WEDNESDAY, 23 JANUARY 2019

III. LUNCH (JAPANESE CUISINE)

Menu

Kabocha Soup
Tori Hakusai
Shiso Onigiri

DINNER (JAPANESE CUISINE)

Menu

Japanese Style Tomato Salad
Dory Shogayaki
Ocha Pudding

THURSDAY, 24 JANUARY 2019

IV. LUNCH (WESTERN CUISINE)

Menu

Summer Vegetable Stew
Southern Barbecue Beef
Mashed Sweet Potato

DINNER (WESTERN CUISINE)

Menu

Fall Vegetable Soup
Galveston Roasted Chicken
Ombre Cake

FRIDAY, 25 JANUARY 2019

V. LUNCH (ASIAN CUISINE)

Menu

Thai Glass Noodle Salad
Baked Fish In Pinneapple Sauce
Organic Brown Rice

DINNER (ASIAN CUISINE)

Menu

Asian Style Sauteed Kailan In Hoisin Sauce
Ground Beef In Button Mushroom Sauce
Wintermelon Cake