

## Weight Loss Multiple Cuisine Lunch and Dinner Menu (08 - 12 October 2018)

### MONDAY, 08 OCTOBER 2018

#### 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, 09 OCTOBER 2018

#### 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, 10 OCTOBER 2018

#### III. LUNCH (JAPANESE CUISINE)

**Menu**

Kabocha Soup  
Tori Hakusai  
Shiso Onigiri

#### DINNER (JAPANESE CUISINE)

**Menu**

Japanese Style Tomato Salad  
Dory Shogayaki  
Ocha Pudding

### THURSDAY, 11 OCTOBER 2018

#### 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, 12 OCTOBER 2018

#### V. LUNCH (ASIAN CUISINE)

**Menu**

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

#### DINNER (ASIAN CUISINE)

**Menu**

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