

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

MONDAY, 21 JANUARY 2019

I. LUNCH (INDONESIAN CUISINE)

Menu

Tumis Buncis Jagung Paprika
Pastel Vegetarian
Nasi Putih Organik

DINNER (INDONESIAN CUISINE)

Menu

Sup Kimlo
Telur Bumbu Kalasan
Buah Segar

TUESDAY, 22 JANUARY 2019

II. LUNCH (MEDITERRANEAN CUISINE)

Menu

Carrot And Beetroot Salad With Mint Orange Dressing
Baked Chickpea Balls With Thyme Tomato Sauce
Penne Con Funghi

DINNER (MEDITERRANEAN CUISINE)

Menu

Stuffed Vegetable With Cheese
Morrocan Kidney Bean Triangles With Cauliflower
Ganache Cake

WEDNESDAY, 23 JANUARY 2019

III. LUNCH (JAPANESE CUISINE)

Menu

Kabocha Soup
Tofu Hakusai
Shiso Onigiri

DINNER (JAPANESE CUISINE)

Menu

Japanese Style Tomato Salad
Renkon Shogayaki
Ocha Pudding

THURSDAY, 24 JANUARY 2019

IV. LUNCH (WESTERN CUISINE)

Menu

Summer Vegetable Stew
Southern Barbecue Bean Steak
Mashed Sweet Potato

DINNER (WESTERN CUISINE)

Menu

Fall Vegetable Soup
Galveston Roasted Mushroom Skewers
Ombre Cake

FRIDAY, 25 JANUARY 2019

V. LUNCH (ASIAN CUISINE)

Menu

Thai Glass Noodle Salad
Vegetarian Sio Mai
Organic Brown Rice

DINNER (ASIAN CUISINE)

Menu

Asian Style Sauteed Kailan In Hoisin Sauce
Baked Tempeh In Button Mushroom Sauce
Wintermelon Cake