

Weight Maintenance Indonesian Cuisine

Lunch and Dinner Menu

(08 - 12 October 2018)

MONDAY, 08 OCTOBER 2018

LUNCH

Menu

Tumis Buncis Jagung Paprika
Rendang Daging
Nasi Putih Organik

DINNER

Menu

Sup Kimlo
Ayam Bakar Kalasan
Buah Segar

TUESDAY, 09 OCTOBER 2018

LUNCH

Menu

Urap Sayur
Dori Panggang Bumbu Pasmol
Nasi Putih Organik

DINNER

Menu

Tumis Aneka Sayuran
Oseng Daging Dan Kembang Kol
Ganache Cake

WEDNESDAY, 10 OCTOBER 2018

LUNCH

Menu

Sayur Lodeh
Ayam Masak Merah Kemangi
Nasi Putih Organik

DINNER

Menu

Salad Sayuran
Dori Masak Kecap
Ocha Pudding

THURSDAY, 11 OCTOBER 2018

LUNCH

Menu

Tumis Brokoli Jagung Manis
Daging Lada Hitam
Nasi Putih Organik

DINNER

Menu

Sup Jamur Kembang Kol
Ayam Balado
Ombre Cake

FRIDAY, 12 OCTOBER 2018

LUNCH

Menu

Asinan Sayur
Ikan Panggang Saus Nanas
Nasi Putih Organik

DINNER

Menu

Tumis Keputren Wortel
Daging Saus Jamur
Wintermelon Cake