

## Medical Conditions Multiple Cuisine Lunch and Dinner Menu (08 - 12 October 2018)

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### MONDAY, 08 OCTOBER 2018

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#### I. LUNCH (INDONESIAN CUISINE)

##### *Menu*

Tumis Buncis Jagung Paprika  
Rendang Daging  
Nasi Merah Organik  
Buah Segar

#### DINNER (INDONESIAN CUISINE)

##### *Menu*

Sup Kimlo  
Ayam Bakar Kalasan  
Nasi Merah Organik  
Buah Segar

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### TUESDAY, 09 OCTOBER 2018

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#### II. LUNCH (MEDITERRANEAN CUISINE)

##### *Menu*

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

#### DINNER (MEDITERRANEAN CUISINE)

##### *Menu*

Stuffed Vegetable With Cheese  
Morrocan Beef With Cauliflower  
Organic Moroccan Brown Rice  
Fresh Fruit

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### WEDNESDAY, 10 OCTOBER 2018

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#### III. LUNCH (JAPANESE CUISINE)

##### *Menu*

Kabocha Soup  
Tori Hakusai  
Shiso Brown Rice Onigiri  
Fresh Fruit

#### DINNER (JAPANESE CUISINE)

##### *Menu*

Japanese Style Tomato Salad  
Dory Shogayaki  
Organic Brown Rice  
Fresh Fruit

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### THURSDAY, 11 OCTOBER 2018

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#### IV. LUNCH (WESTERN CUISINE)

##### *Menu*

Summer Vegetable Stew  
Southern Barbecue Beef  
Mashed Sweet Potato  
Fresh Fruit

#### DINNER (WESTERN CUISINE)

##### *Menu*

Fall Vegetable Soup  
Galveston Roasted Chicken  
Whole Wheat Spaghetti Aglio Olio  
Fresh Fruit

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### FRIDAY, 12 OCTOBER 2018

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#### V. LUNCH (ASIAN CUISINE)

##### *Menu*

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

#### DINNER (ASIAN CUISINE)

##### *Menu*

Asian Style Sauteed Kailan In Hoisin Sauce  
Ground Beef In Button Mushroom Sauce  
Organic Brown Rice  
Fresh Fruit