

**Weight Loss Multiple Cuisine  
Lunch and Dinner Menu  
(29 October - 02 November 2018)**

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**MONDAY, 29 OCTOBER 2018**

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**I. LUNCH (INDONESIAN CUISINE)**

**Menu**

Tumis Sawi Putih Brokoli  
Rolade Daging Bayam  
Nasi Uduk Organik

**DINNER (INDONESIAN CUISINE)**

**Menu**

Soto Lamongan  
Ayam Bakar Bumbu Rujak  
Batik Gulung

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**TUESDAY, 30 OCTOBER 2018**

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**II. LUNCH (MEDITERRANEAN CUISINE)**

**Menu**

Green Salad With Vinaigrette Dressing  
Chermoula Snapper  
Mediterranean Style Spaghetti

**DINNER (MEDITERRANEAN CUISINE)**

**Menu**

Pumpkin Croquette  
Roasted Beef In Eggplant Bolognese Sauce  
Fresh Fruit

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**WEDNESDAY, 31 OCTOBER 2018**

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**III. LUNCH (JAPANESE CUISINE)**

**Menu**

Tamago To Moyashi Soup  
Tori Pinappuru  
Organic White Rice Sushi

**DINNER (JAPANESE CUISINE)**

**Menu**

Wafu Salad  
Dory Shoyu Butter Lemon Sauce  
Matcha Cake

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**THURSDAY, 01 NOVEMBER 2018**

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**IV. LUNCH (WESTERN CUISINE)**

**Menu**

Sauteed Vegetable With Cilantro  
Beef Fajitas  
Patatas Bravas

**DINNER (WESTERN CUISINE)**

**Menu**

Low Fat Creamy Mushroom Soup  
Baked Chicken In Carrot And Bell Pepper Sauce  
Chocolate Pudding With Vanilla Sauce

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**FRIDAY, 02 NOVEMBER 2018**

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**V. LUNCH (ASIAN CUISINE)**

**Menu**

Asian Fruit Salad With Mango Dressing  
Tod Man Pla  
Organic Brown Rice

**DINNER (ASIAN CUISINE)**

**Menu**

Sauteed Chinese Okra And Glass Noodle  
Honey Beef Roll With Sesame Seed  
Pastel Nanas