

Every meal consists of :

- Baguette
- An appetizer
- Main course (2 options)
- A dessert

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Week 04-08</p> <p>WESTERN or ORIENTAL</p>	<p>Pumpkin cream soup with crouton</p> <p>Beef goulash, sauted potatoes Or fish nugget homemade, rice and sauteed veg</p> <p>Mango</p>	<p>Devilled boiled egg</p> <p>Roast beef roast potatoes and pumpkin Or beef pho</p> <p>Devil cup cake</p>	<p>Tomato bruschetta</p> <p>Spaghetti bolognaise, green salad Or Oriental fried rice, egg, acar</p> <p>salade de fruit</p>	<p>Spring roll</p> <p>Grill fish, potatoes and tomatoes & zucchini or chicken karaage teriyaki sc, rice and salad</p> <p>ice cream</p>	<p>mixed salad</p> <p>Beef pastry, gratin potatoes, sauteed baby green bean Or Beef udon</p> <p>Fruit</p>
<p>Week 11-15</p> <p>WESTERN or ORIENTAL</p>	<p>Miso soup</p> <p>Lamb tagine, couscous Or chicken yakiniku, rice and salad</p> <p>Crepe</p>	<p>Grated Carrot</p> <p>Beef bourguignon, potatoes, veg Or Fish kuluyuk, rice and salad</p> <p>Orange slice</p>	<p>Nicoise salad</p> <p>Chicken cordon bleu, ratatouille Or mie ayam bakso</p> <p>Strawberry Yogurt</p>	<p>Tomato gazpacho</p> <p>fusilli cream cheese, green salad Or Nasi Goreng jivas, omelette, acar</p> <p>Watermelon</p>	<p>corn and cucumber salad</p> <p>chicken enchiladas, salad Or Soto betawi, rice</p> <p>potatoes donuts</p>
<p>Week (Date) 18-22</p> <p>WESTERN or ORIENTAL</p>	<p>Tzatziki</p> <p>Poulet yassa, carrot and basmati rice Or beef sauteed with oyster sc, rice and vegetable</p> <p>Mix fruits</p>	<p>Coleslaw</p> <p>Beef & cheese burger, fries, veggies Or Grill fish teriyaki sc, rice and salad</p> <p>Pukis Pandan</p>	<p>Tomato cerise with basil</p> <p>Beef carbonara, green salad Or sapo tofu, rice</p> <p>Fresh banana</p>	<p>vegetable cream soup</p> <p>pan fried fish, vegetable rice Or chicken katsu, rice and salad</p> <p>Banana cake with choco</p>	<p>Italian meat salad</p> <p>pizza et salad Or sushi</p> <p>Fruits tanghulu</p>
<p>Week 25-29</p> <p>WESTERN or ORIENTAL</p>	<p>mexican salad</p> <p>arroz con pollo mexican rice Or beef semur, nasi uduk, cucumber slice</p> <p>Roast pineapple</p>	<p>Edamame</p> <p>Grill sausage, sauteed potatoes, and mixed vegetables Or Chicken curry udon</p> <p>Brownie</p>	<p>macaroni and tuna salad,</p> <p>Croque monsieur, green salad Or fish curry, yellow rice, vegetable</p> <p>Fruits</p>	<p>Pumpkin soup</p> <p>Roast Chicken, mashed Potatoes, baby green bean Or thai fried noodle, egg</p> <p>Classic Apple pie</p>	<p>cheese Croquette</p> <p>vegetarian cannelloni, green salad Or Chicken pepes kemangi, nasi jeruk, veggies</p> <p>Chocolate ice cream</p>

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<p>Week 02-06</p> <p>WESTERN or ORIENTAL</p>	<p>Egg mimosa</p> <p>Chicken tarragon, potatoes , veg Or oriental beef braised, rice and veg sauteed</p> <p>chocolate cake</p>	<p>Minestrone</p> <p>beef lasagna, green salad Or roast fish with soy sc, rice and vegetable</p> <p>Milk & cookie</p>	<p>Greek salad</p> <p>Beef and vegetable moussaka, salad Or Yellow rice, tempeh orek and egg, fresh vegetables</p> <p>Watermelon</p>	<p>Veg stick with cream cheese sc</p> <p>grill fish with tomatoes, potatoes Or chicken katsu, rice and salad</p> <p>Strawberry Sorbet</p>	<p>Tortilla and salsa</p> <p>chicken chasseur , polenta Or Beef curry, pita bread</p> <p>Grapes</p>
<p>Week 09-13</p> <p>WESTERN or ORIENTAL</p>	<p>macedoine salad</p> <p>hachis parmentier, green salad Or Fish karaage, rice and salad</p> <p>Yogurt</p>	<p>Grated carrots and jicama</p> <p>chicken piccata, rice with vegetables Or Beef ramen</p> <p>Fresh Fruits</p>	<p>tomato and feta salad</p> <p>breaded fish, fries Or Nasi Goreng special, omelette, acar,</p> <p>Tiramisu</p>	<p>Corn, cucumber salad</p> <p>beef stew tomato, fettuccine and green salad Or sauteed chicken ,rice & veg</p> <p>Fruits</p>	<p>Zucchini gazpacho</p> <p>baked gnocchi, salad Or soto mie Bogor (beef)</p> <p>dadar gulung</p>
<p>Week 16-20</p> <p>WESTERN or ORIENTAL</p>	<p>vegetable cream soup with crouton grill chicken , vegetable rice Or korean beef bbq, noodle,</p> <p>Fruit</p>	<p>Thai vegetable salad</p> <p>macaroni and cheese gratin, green salad Or indian vegetarian wraps + Scramble egg</p> <p>Muffin</p>	<p>Lumpia</p> <p>Beef tagine, couscous Or chicken mongolian, rice, vegetable sauteed</p> <p>Fresh Strawberry</p>	<p>waldorf salad</p> <p>minute steak, mashed potatoes, baby green bean Or fish & vegetables tempura, steamed rice</p> <p>Swiss roll chocolate</p>	<p>Guacamole</p> <p>chicken patty grilled steak, fries, veggies Or Yaki udon</p> <p>fruit</p>