

Every meal consists of :

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week					
WESTERN or ORIENTAL					
Week 10-14	<p>Cobb salad (American dish that consists of lettuce topped with beef bacon, boiled eggs, tomatoes)</p> <p>Roast chicken, mashed potato and sweet potato, Saute vegetable or Beef ramen</p> <p>Fresh Banana</p>	<p>Tomato ceres and basil</p> <p>Fish finger, fries, Vichy carrots or Bœuf Empal Serundeng, Riz uduk, Légumes frais</p> <p>Banana Choco muffin</p>	<p>Spinach puff</p> <p>Beef goulash, with tagliatelle or Japanese steam fish, rice & Yasai Itame</p> <p>Apple Compote</p>	<p>Nicoise salad (tomatoes, hard-boiled eggs, anchovies, with olives)</p> <p>Vegetable tagine and couscous or javanese fried rice, omelette, fresh vegetables</p> <p>strawberry yogurt</p>	<p>Italian mixed salad (lettuce, tomatoes, red onion, olives, and croutons)</p> <p>Grilled polenta, Moroccan meatball, Green salad or sushi, onigiri & Green Salad</p> <p>Grapes</p>
Week 17-21	<p>Greek salad (sliced cucumbers, tomatoes, green pepper, onion, olives and feta cheese)</p> <p>Beef stifado Baked potatoes Or Indian grilled chicken basmati rice, tomato</p> <p>Pear</p>	<p>pan con tomato</p> <p>chicken piccata spaghetti, green salad or Cantonese fried rice, chicken Satay, Achar</p> <p>fruit salad</p>	<p>miso soup</p> <p>hachis parmentier, mixed lettuce or Fish Kaarage, Steamed rice and japanese salad</p> <p>muffin</p>	<p>Edamame, tomato and cucumber salad</p> <p>fish papillote broccoli and Steamed potatoes or beef and vegetables with oyster sc, noodle</p> <p>Watermelon</p>	<p>Corn and butter</p> <p>Vegetarian quesadilla (beans, cheese and vegetables), green salad or Beef Soto Betawi</p> <p>eclair</p>
Week 24-28	<p>Tortilla and salsa</p> <p>mexican rice Arroz con Pollo or Beef Nikujaga Steam carrots & potatoes</p> <p>Fresh Pineapples</p>	<p>Grated carrot and jicama</p> <p>Beef lasagna mixed lettuce Or Udon with eggs and vegetables</p> <p>Tiramisu</p>	<p>Parmesan garlic bread</p> <p>Lamb navarin potatoes or Asian roast fish rice and cauliflower</p> <p>Sunkish</p>	<p>Vegetable cream soup</p> <p>Tuna brandade green salad or chicken katsu Rice and salad</p> <p>Fresh Strawberry</p>	<p>Spring roll</p> <p>Grill chicken patty Hash brown potatoes, vegetable or Brochette de kebab d'agneau Pain pita, yaourt sc</p> <p>Mix berry sorbet</p>
WESTERN or ORIENTAL					

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<p>Week 02-04</p> <p>WESTERN or ORIENTAL</p>			<p>Caesar salad</p> <p>Roast beef, vegetables jardiniere or Fish cake Thai fried noodle, cucumber</p> <p>Brownie cup</p>	<p>Tomato Bruschetta</p> <p>Bean and Cheese Tacos</p> <p>Or</p> <p>Tso chicken, rice and salad</p> <p>Tangerine</p>	<p>Tzatziki dip and fresh vegetables</p> <p>Grilled beef Sausage, Potatoes and Broccoli Or Chicken cheese kebab Wrap</p> <p>Grapes</p>
<p>Week 07-11</p> <p>WESTERN or ORIENTAL</p>	<p>cucumber salad</p> <p>Beef moussaka Green salad Or Fish teriyaki, rice sautéed vegetable</p> <p>Apple pie</p>	<p>Tabouleh</p> <p>Mediterranean beef & carrots stew steam potatoes or Korean Honey Butter Fried Chicken, rice and Capcay</p> <p>watermelon</p>	<p>mini skewer of cheese, tomatoes and olives</p> <p>Braised chicken with mushrooms and lentils, small green beans Or egg and vegetable ramen</p> <p>strawberry sorbet</p>	<p>Grated carrots and cumin</p> <p>Oven-Baked Fish Sticks with Tartar Sauce, cauliflower and broccoli gratin, Or beef and vegetables with oysters, noodles</p> <p>Piscok</p>	<p>Italian salad (romaine lettuce, croutons, tomatoes, black olives, parmesan)</p> <p>Meat lover Pizza green salad Or Chicken Noodles Laksa</p> <p>kelengkeng</p>
<p>Week 14-18</p> <p>WESTERN or ORIENTAL</p>	<p>Vegetable dip hummus</p> <p>Pasta with creamy chicken sc, Green Salad or Lamb curry fried rice</p> <p>Crepes with berry</p>	<p>Green apple salad</p> <p>Beef filet with garlic and herbs, pdt, pumpkin and broccoli in the oven Or Beef Pho</p> <p>Honeydew melon</p>	<p>Tuna bruschetta</p> <p>Fish meunière, rice pilaf, pan with tomatoes Or Chicken katsu, rice and Japanese salad</p> <p>Yogurt</p>	<p>Mexican salad (romaine lettuce, cherry tomatoes, bean, corn, avocado)</p> <p>Vegetables, Bean Chili con Carne, Tortilla</p> <p>Or</p> <p>Vegetables, cheak peas & egg curry, naan Doughnut</p>	
<p>Week 21-25</p> <p>WESTERN or ORIENTAL</p>	<p>Asinan Bogor (not spicy)</p> <p>Mie aceh, chicken Satay, Achar Or Beef Rendang, stir-fried beans and putren (young corn), Rice or Dadar Gulung (pandan Crepe with sweet grated coconut)</p>	<p>Red cabbage and carrot salad</p> <p>Hot dog, fries, mixed salad Or chicken teppanyaki, Japanese rice, Salad</p> <p>Cookies and milk</p>	<p>Broccoli and cheese croquette</p> <p>Beef blanquette Potatoes Or Fu Yung Hai with peas, capcay and rice</p> <p>Grapes</p>	<p>Onion soup with garlic bread</p> <p>Chicken mustard sauce, roast potatoes and sweet potatoes, or Beef vegetables noodle stir fry</p> <p>Far breton with prunes</p>	<p>Turkish Shepherd Salad, (tomatoes, cucumbers, bell peppers, and red onions, rocket)</p> <p>beef & cheese panini, green salad or Chicken Katsu Ramen</p> <p>ice cream vanilla with Mixed Berry sauce</p>