

Every meal consists of :

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 02-04 WESTERN or ORIENTAL			Green salad Minute steak, mashed potatoes, sautéed vegetables or Chicken yakitori, seaweed rice, grilled zucchini and mushrooms Grapes	Cucumber Salad Breaded fish, homemade fries, mixed salad or Rice uduk, Egg, Tofu in Coconut Milk (Opor), Tempeh orek, Fresh Vegetables Crêpe	Edamame Chicken quesadilla with salsa and salad or Beef Soto Betawi Strawberry skewer with chocolate fondue
Week 07-11 WESTERN or ORIENTAL	Miso soup Lamb tagine, couscous or Chicken yakiniku, rice and salad Watermelon	Carrots and cucumbers with sesame sauce Beef Bourguignon Steamed potatoes or "Kuluyuk" fish Rice and capcay Ice cream	Pumpkin Soup Chicken mushroom Risotto or Beef and egg ramen Fruit skewer	Mixed lettuce Pasta alla Norma, mixed lettuce or Vegetarian curry, lentil kofta, and naan Strawberry yogurt	Tomato and feta salad Greek Meatball, sweet potatoes puree or Roasted Chicken Taliwang, Jeruk rice, veggies Pumpkin Donut
Week 14-18 WESTERN or ORIENTAL	Coleslaw Chili dog, Potato wedges, mixed salad or Pineapple chicken, Rice and vegetables Banana	Vegetable sticks and tzatziki Poulet yassa, basmati rice, carrots or Korean beef and veg bbq, fried noodle Choco banana cake	Vegetable spring roll Cheesy beef pasta Green salad or Tofu, tempeh, veggie kung pao, fuyunghai, Steamed Rice Dragon Fruit	Cherry tomatoes and basil Grilled fish à la meuniere, sauteed potatoes and vegetables or Chicken katsu, rice, salad Lemon yogurt cake	Cheese puff Grilled chicken, polenta, salad or Beef sauteed, baby kailan, rice Sweet pineapple
Week 21-25 WESTERN or ORIENTAL	Grated carrot salad with raisins Chicken Cordon Bleu, ratatouille, Rice or Beef Kalio, rice, and fresh vegetables Mandarin orange	Avocado and corn salad Roast beef, roasted potatoes, and vegetables or Indonesian-style fried rice, sunny-side-up egg, acar Mini oatmeal cookie and milk	Mini pizza Chicken roulade, potatoes, cauliflower or Fish Karaage, rice and salad Slice apple	Cherry tomato, pesto, and mozzarella skewer Grilled fish with herb butter and roasted potatoes or Beef Rawon, hard-boiled egg, and rice Pandan Pukis	Korean-style cucumber salad Croque-monsieur, salad or Vegetarian Japchae, Gyeran-mari Honeydew melon

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Week 28-30 Sept to 01-02 Oct WESTERN or ORIENTAL	Grated carrots with raisins Beef Cheese burger, homemade fries, mixed salad or Chicken teriyaki, rice and salad Fruit salad	Olive focaccia Chicken piccata, baby green beans and sauteed potatoes or Chinese Beef stir fry noodle, vegetable fresh Apple pie	Corn cream soup Chicken steak mushroom sauce, jardiniere de legumes, Steamed Potatoes or Sweet and sour fish Rice and salad Grapes	Egg Mimosa Spaghetti with pesto, insalata or  Hainan-style chicken, Hainan rice, cucumber Churros	Cheese croquette Beef tacos (corn tortillas), pico de gallo or Sushi (maki/norimaki, nigiri, uramaki) Fresh strawberries
Week 05-09 WESTERN or ORIENTAL	Chicken Lumpia Beef and Carrot Stifado, steamed potatoes or Honey-grilled Dory (Dori Bakar Madu), rice, and orek tempeh Pineapple	Tomato and basil soup Tacos bean cheese, mexican  rice, Guacamole or Yakimeshi and tamagoyaki, cucumber  Brownie	Coleslaw Papillote Fish, broccoli, potatoes or Korean garlic honey chicken, rice, and cucumber salad Fruit salad	Moroccan-style carrot salad Chicken tagine Couscous or Beef Nikujaga with steamed potatoes Piscok (banana-choco pastry)	Gyoza Beef shawarma, mixed salad, or Chicken Katsu curry ramen Fruit
Week 12-16 WESTERN or ORIENTAL	Shredded carrots and jicama Lamb Navarin with potatoes or Tori Baitan (chicken) udon Fresh Mixed Berry fruit sorbet	Tuna bruschetta Mediterranean chicken and garbanzo bean stew, roasted veggies, bulgur or Beef rendang, herb rice, tomatoes Sliced oranges	Tortilla and salsa Mexican stir fry beef, Mexican rice or Pad Thai Watermelon	Minestrone soup Carbonara, mixed lettuce or  Beef teppanyaki, yasai itame, Gohan Tiramisu	Cucumber and mint "Meat Lovers" pizza, Green salad or Chicken noodles, Pangsit Yogurt with fresh mixed berries