

HEALTHY MEAL



| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|---|---|--------------------------|-----------------------------------|---------------------------|
| Lunch | Baked Sweet Potato | Baked Potato | Brown Rice | Sweet Potato Wedges | Konyaku Rice |
| | Chicken Saute with Apple | Orange Beef Stir Fry with Broccoli and Pepper | Sweet Sour Fish Soup | Fish Katsu | Jantung Pisang Ayam Suwir |
| | Mix Salad | | Surprise Local Vegetable | Coleslaw Salad | Tumis Daun Labu |
| Dinner | Bakso Ikan (Kwetiaw, bakso ikan, sawi hijau, sambal, kecap) | Penne with Tomato and Eggplant | Chicken Pot Pie | Vegetarian Paella | Tuna Fusilli Aglio Olio |
| | | Grill Tempeh | | Sauteed Snowpeas, Corn and Carrot | Moussaka |

NO SALT MENU

WEEK 1

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|---------------------------------|---|---|--------------------------|--|
| Lunch | Kentang Tumbuk | Nasi Merah Daun Jeruk | Paella | Nasi Bakar Tempe Rica | Burrito Shredded Chicken and kidney bean |
| | Ayam Betutu dan sambal matah | Sate Buntel Sapi Kecap Manis | Dori and cube vegetable in rich mediterranean sauce | | |
| | Lawar Kacang Panjang Khas Bali | Acar Kuning Timun Wortel | | Ca Buncis Telur | |
| Dinner | Fried Tom Yum Shirataki Noodle | Steamed Cassava | Pasta | Mie ayam jamur rica-rica | Baked Half Potato |
| | Grilled Fish | Grilled Tom Kha Ghai (Thai Grilled Chicken) | Beef Stroganoff | | Sate Jamur |
| | Sautee Broccoli and Cauliflower | Sautee Mixed Greens with Soy Sauce | Cube Carrot and Chayote | Sautee Kailan and Carrot | Cap Cay |

NO SALT MENU

WEEK 2

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|---|--------------------------------|-------------------------------------|-------------------------------|---|
| Lunch | Soba | Nasi Kuning Beras Cokelat | Mashed Potato | Nasi Mix Cokelat Merah | Assorted Sushi Vegan: - Mushroom teriyaki - Tamago Nigiri - VeggieMaki |
| | Japanese Sweet Spicy Fish | Ayam Woku | Swedish Meatball with onion sauce | Fu Yung Hai | |
| | Roasted Green Bellpepper and pickled carrot salad | Ca Kacang Panjang Bumbu Kuning | Roasted Balsamic Carrot and Chayote | Mix Vegetable | Japanese Salad |
| Dinner | Baked Potato | Cube Potato | Mashed Sweet Potato | Kwetiauw | Boiled Potato |
| | Spicy Tamarind Chicken | Sapo Tahu Jamur | Cashew coated baked Salmon | Fish Cake with Thai Sauce | Gado-gado with Boiled Egg |
| | Sautee Cauliflower and Carrot | | Sautee Green Bean | Sauteed Young Corn and Tomato | |

ESSEN MOTHERHOOD



ESSEN MOTHERHOOD WEEK 1

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|------------------------------------|------------------------------|--------------------------------|----------------------------|---|
| Lunch | Mashed Potato | Lontong Sayur Betawi Komplit | Chicken Alfredo Burger | Nasi Coklat | Potato Wedges |
| | Scotch Egg with Creamy Onion Sauce | | | Dory Cabai Hijau | Chicken Oat Parmigiana with Creamy Garlic Sauce |
| | Steamed Greenbean and Carrot | | | Steamed Carrot and Corn | Tumis Labu Siam Bumbu Kuning |
| Snack | Jus Jambu | Crunchy Spiced Pumpkin Puree | Kue Putri Ayu | Puding Susu Pandan Vanilla | Avocado Smoothies |
| Dinner | Cheesy Chicken Broccoli Bake | Pasta | Sweet Potato Wedges | Baked Egg Shasuka | Kentang Kukus |
| | | Dory Marinara | Salmon Caramelized Honey Lemon | | Daging Gulung Saus Tomat |
| | Sauteed Mix Vegetable | Steamed Greenbean | Sauteed Snowpeas and Carrot | Brenebon | Sauteed Greenbean |
| Snack | Salad Buah | Banana Oat | Jus Wortel | Sandwich Telur | Fruit Jelly |

ESSEN MOTHERHOOD



ESSEN MOTHERHOOD WEEK 2

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|--|----------------------|--------------------------------|---------------------------------------|-------------------------|
| Lunch | Swedish Meatball with spaghetti and Strawberry Jam | Vegetarian Paella | Yang Chow Fried Rice | Brown Rice | Sweet Potato Wedges |
| | | Moussaka | Sesame Chicken with Cashew Nut | Dory Rolled with Vegetables | Caprese Stuffed Chicken |
| | Steamed Greenbean | | | Ca Kailan | Sauteed Cube Chayote |
| Snack | Infused Water Strawberry Mint | Green Juice | Crepes with Apple Cinnamon | Lemongrass Water with Lemon and Honey | Jus Tomat |
| Dinner | Nasi Biryani | Mashed Sweet Potato | Dory Creamy Fish Pie | Spinach Lasagna | Mashed Potato |
| | Chicken Tika | Salmon Tuscan Butter | | | Tennessee Meatloaf |
| | Sauteed Cauliflower and Carrot | Sauteed Broccoli | Ratatouille | Boiled Egg | Sauteed Greenbean |
| Snack | Jus Bit | Pecel Sayur | Banana Berry Smoothies | Puding Cokelat | Pancake |