

HEALTHY MEAL

6-10 Feb



	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Tropicana Slim Brown rice	Bihun Jagung Goreng	Baked potato	Tropicana Slim Brown rice	Tropicana Slim Brown rice
	Ikan Panggang Sambal Dabu- dabu	Tumis Ayam Jamur	Terong isi Daging Cincang	Ayam Woku	Pepes Ikan Kemangi
	Pencok Kacang Panjang	Ca Sawi Hijau	Ca Bayam Bawang Putih	Ca Sawi Putih	Ca Kangkung Jagung Manis
Dinner	Perkedel kentang	Jagung Rebus	Nasi Gila (Tropicana Slim Brown rice mix with Bihun Jagung)	Labu Panggang	Singkong rebus
	Ayam Tuteuruga	Pecak Ikan	Ayam Panggang Bumbu Rujak	Tuna Kohu-Kohu	Bacem Daging Sengkel
	Ca Buncis	Ca Putren Kacang Polong	Ca Labu Siam	Ca Wortel Bawang Bombay	Ca Buncis Kacang Polong

Note:

1) To order, please go to www.essenfoodservice.com or contact us at:



0812 8348 7640



essen_foodservice



we.care@essenfoodservice.com

2) Fruits and snacks options are based on availability.

3) Fruits are based on availability.

4) Package contents are subject to ingredients availability. We may change the package content without reducing the value of our product.

5) Package price (for 5 work-days delivery)

Lunch or Dinner only

Rp 400.000

Lunch & Dinner

Rp.625.000

6) Delivery cost is **included** in package price.

7) We will send our account information along with your order confirmation.