

Muscle Building Multiple Cuisine Lunch and Dinner Menu (08 - 12 October 2018)

MONDAY, 08 OCTOBER 2018

I. LUNCH (INDONESIAN CUISINE)

Menu

Tumis Buncis Jagung Paprika
Rendang Daging
Nasi Putih Organik

DINNER (INDONESIAN CUISINE)

Menu

Sup Kimlo
Ayam Bakar Kalasan
Buah Segar

TUESDAY, 09 OCTOBER 2018

II. LUNCH (MEDITERRANEAN CUISINE)

Menu

Carrot And Beetroot Salad With Mint Orange Dressing
Baked Dory In Thyme Tomato Sauce
Penne Con Funghi

DINNER (MEDITERRANEAN CUISINE)

Menu

Stuffed Vegetable With Cheese
Morrocan Beef With Cauliflower
Ganache Cake

WEDNESDAY, 10 OCTOBER 2018

III. LUNCH (JAPANESE CUISINE)

Menu

Kabocha Soup
Tori Hakusai
Shiso Onigiri

DINNER (JAPANESE CUISINE)

Menu

Japanese Style Tomato Salad
Dory Shogayaki
Ocha Pudding

THURSDAY, 11 OCTOBER 2018

IV. LUNCH (WESTERN CUISINE)

Menu

Summer Vegetable Stew
Southern Barbecue Beef
Mashed Sweet Potato

DINNER (WESTERN CUISINE)

Menu

Fall Vegetable Soup
Galveston Roasted Chicken
Ombre Cake

FRIDAY, 12 OCTOBER 2018

V. LUNCH (ASIAN CUISINE)

Menu

Thai Glass Noodle Salad
Baked Fish In Pineapple Sauce
Organic Brown Rice

DINNER (ASIAN CUISINE)

Menu

Asian Style Sauteed Kailan In Hoisin Sauce
Ground Beef In Button Mushroom Sauce
Wintermelon Cake