

**Muscle Building Indonesian Cuisine  
Lunch and Dinner Menu  
(13 - 17 November 2017)**

**MONDAY, 13 NOVEMBER 2017**

**LUNCH**

*Menu*

Salad Buah Tropis  
Bistik Ayam  
Nasi Merah Organik

**DINNER**

*Menu*

Tumis Putren Buncis  
Ikan Asam Padeh  
Getuk

**TUESDAY, 14 NOVEMBER 2017**

**LUNCH**

*Menu*

Sup Kacang Merah  
Empal Daging  
Nasi Putih Organik

**DINNER**

*Menu*

Selat Solo  
Rolade Ayam Sayuran  
Churros

**WEDNESDAY, 15 NOVEMBER 2017**

**LUNCH**

*Menu*

Tumis Tauge Labu Kuning  
Pindang Ikan Kakap  
Nasi Merah Organik

**DINNER**

*Menu*

Sup Tahu Jamur  
Daging Masak Kecap  
Buah Segar

**THURSDAY, 16 NOVEMBER 2017**

**LUNCH**

*Menu*

Gado - Gado Padang  
Ayam Panggang Taliwang  
Nasi Putih Organik

**DINNER**

*Menu*

Tumis Brokoli Wortel  
Ikan Garang Asam  
Red Velvet

**FRIDAY, 17 NOVEMBER 2016**

**LUNCH**

*Menu*

Sup Krim Jagung  
Semur Daging  
Nasi Putih Organik

**DINNER**

*Menu*

Salad Medan  
Rolade Ayam Saus Lada Hitam  
Nata De Coco Pudding