

**Muscle Building Indonesian Cuisine  
Lunch and Dinner Menu  
(15 - 19 January 2018)**

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**MONDAY, 15 JANUARY 2018**

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**LUNCH**

**Menu**

Salad Pengantin  
Ayam Bakar Bumbu Rujak  
Nasi Merah Organik

**DINNER**

**Menu**

Cah Jagung Muda Brokoli  
Pindang Ikan Kakap  
Putri Salju

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**TUESDAY, 16 JANUARY 2018**

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**LUNCH**

**Menu**

Bobor Bayam  
Daging Tumis Paprika  
Nasi Putih Organik

**DINNER**

**Menu**

Selada Bangka  
Ayam Masak Tomat  
Carrot Muffin

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**WEDNESDAY, 17 JANUARY 2018**

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**LUNCH**

**Menu**

Tumis Buncis Wortel  
Ikan Kukus Bumbu Jahe  
Nasi Merah Organik

**DINNER**

**Menu**

Sup Sawi Putih Jamur  
Empal Daging  
Tofu Pudding

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**THURSDAY, 18 JANUARY 2018**

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**LUNCH**

**Menu**

Acar Kuning  
Kancah Ayam  
Nasi Putih Organik

**DINNER**

**Menu**

Tumis Labu Kuning Paprika  
Tuna Asam Manis  
Pineapple Crumble Cake

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**FRIDAY, 19 JANUARY 2018**

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**LUNCH**

**Menu**

Sup Jamur Paprika  
Bistik Daging  
Nasi Merah Organik

**DINNER**

**Menu**

Gado - Gado  
Pepes Ayam Kuning  
Buah Segar