

Muscle Building Indonesian Cuisine

Lunch and Dinner Menu

(16 - 20 April 2018)

MONDAY, 16 APRIL 2018

LUNCH

Menu

Sayur Lodeh Jakarta
Ikan Acar Kuning
Nasi Merah Organik

DINNER

Menu

Karedok
Daging Sapi Giling Maranggi
Buah Segar

TUESDAY, 17 APRIL 2018

LUNCH

Menu

Terong Balado
Ayam Garang Asem
Nasi Putih Organik

DINNER

Menu

Sayur Asem
Ikan Balado
Marble Cake

WEDNESDAY, 18 APRIL 2018

LUNCH

Menu

Selada Bangka
Malbi Daging
Nasi Merah Organik

DINNER

Menu

Tumis Tahu Sayuran
Ayam Gulung Isi Jamur
Japanese Cotton Cheese Cake

THURSDAY, 19 APRIL 2018

LUNCH

Menu

Sup Ayam Sayuran
Tuna Masak Tomat
Nasi Putih Organik

DINNER

Menu

Pecel Madiun
Bacem Daging
Peach Pudding With Vanilla Sauce

FRIDAY, 20 APRIL 2018

LUNCH

Menu

Cah Tauge Kucai
Ayam Bumbu Kuning
Nasi Merah Organik

DINNER

Menu

Sup Telur Sawi Putih
Kakap Mangut
Pandan Roll