

Muscle Building Indonesian Cuisine
Lunch and Dinner Menu
(4 - 8 December 2017)

MONDAY, 04 DECEMBER 2017

LUNCH

Menu

Urap Sayur
Ayam Masak Kemangi
Nasi Kuning Organik

DINNER

Menu

Tumis Sawi Putih Labu Parang
Ikan Bakar Colo - Colo
Buah Segar

TUESDAY, 05 DECEMBER 2017

LUNCH

Menu

Sup Brokoli Kol
Rolade Daging Bumbu Maranggi
Nasi Merah Organik

DINNER

Menu

Salad Sayur Betawi
Ayam Bakar Madu
Marble Cake

WEDNESDAY, 06 DECEMBER 2017

LUNCH

Menu

Tumis Labu Kuning Kapri
Tuna Woku
Nasi Putih Organik

DINNER

Menu

Sup Bayam Jamur
Daging Masak Lada Hitam
Orange Sesame Cookies

THURSDAY, 07 DECEMBER 2017

LUNCH

Menu

Asinan Sayur Bogor
Ayam Pop
Nasi Merah Organik

DINNER

Menu

Tumis Kacang Polong Wortel
Kakap Arsik
Milky Strawberry Pudding

FRIDAY, 08 DECEMBER 2017

LUNCH

Menu

Sup Ayam Jagung Manis
Daging Masak Kare
Nasi Putih Organik

DINNER

Menu

Pecel Madiun
Semur Ayam
Pandan Roll