

**Muscle Building Multiple Cuisine
Lunch and Dinner Menu
(12 - 16 February 2018)**

MONDAY, 12 FEBRUARY 2018

I. LUNCH (INDONESIAN CUISINE)

Menu

Sup Tekwan
Ikan Saus Pesmol
Nasi Putih Organik

DINNER (INDONESIAN CUISINE)

Menu

Asinan Sayur Bogor
Daging Sapi Saus Manis
Puding Sagu Mutiara

TUESDAY, 13 FEBRUARY 2018

II. LUNCH (MEDITERRANEAN CUISINE)

Menu

Stuffed Zucchini
Pollo a la Brasa
Sweet Potato With Mint Leaf

DINNER (MEDITERRANEAN CUISINE)

Menu

Watercress Clear Soup
Baked Fish in Ginger Mint Orange Sauce
Blueberry Cheese Cake

WEDNESDAY, 14 FEBRUARY 2018

III. LUNCH (JAPANESE CUISINE)

Menu

Chuka Mori Salad
Beef Yakiniiku
Organic Brown Rice

DINNER (JAPANESE CUISINE)

Menu

Yasai Itame
Tori Tsukune
Fresh Fruit

THURSDAY, 15 FEBRUARY 2018

IV. LUNCH (WESTERN CUISINE)

Menu

Tomato Basil Clear Soup
Baked Fish in Lemon And Herb Sauce
Organic Carrot Rice

DINNER (WESTERN CUISINE)

Menu

Waldorf Salad
Albondigas Beef
Banana Cake

FRIDAY, 16 FEBRUARY 2018

PUBLIC HOLIDAY