

**Muscle Building Multiple Cuisine
Lunch and Dinner Menu
(13 - 17 August 2018)**

MONDAY, 13 AUGUST 2018

I. LUNCH (INDONESIAN CUISINE)

Menu

Rujak Halus Manis
Ayam Bumbu Bali
Nasi Putih Organik

DINNER (INDONESIAN CUISINE)

Menu

Tumis Putren Kacang Panjang
Ikan Sambal Matah
Sagu Keju

TUESDAY, 14 AUGUST 2018

II. LUNCH (MEDITERRANEAN CUISINE)

Menu

Mediterranean Vegetable Soup
Beef Kofta
Organic Herb Rice

DINNER (MEDITERRANEAN CUISINE)

Menu

Green Herb Salad With Sage Dressing
Minty Chicken
Caramel Pudding

WEDNESDAY, 15 AUGUST 2018

III. LUNCH (JAPANESE CUISINE)

Menu

Chikuzen Ni
Tuna In Ponzu Sauce
Yakimeshi

DINNER (JAPANESE CUISINE)

Menu

Dobin Mushi
Beef Teriyaki
Black Sesame Muffin

THURSDAY, 16 AUGUST 2018

IV. LUNCH (WESTERN CUISINE)

Menu

Margarita Salad
Delicious Chicken
Spaghetti Aglio Olio

DINNER (WESTERN CUISINE)

Menu

Mixed Vegetable Stew
Fish Escabeche
Fresh Fruit

FRIDAY, 17 AUGUST 2018

PUBLIC HOLIDAY