

**Muscle Building Multiple Cuisine
Lunch and Dinner Menu
(13 - 17 November 2017)**

MONDAY, 13 NOVEMBER 2017

I. LUNCH (INDONESIAN CUISINE)

Menu

Salad Buah Tropis
Bistik Ayam
Nasi Merah Organik

DINNER (INDONESIAN CUISINE)

Menu

Tumis Putren Buncis
Ikan Asam Padeh
Getuk

TUESDAY, 14 NOVEMBER 2017

II. LUNCH (MEDITERRANEAN CUISINE)

Menu

Coriander Vegetable Soup
Beef in Rosemary And Sage Leaf Sauce
Sauteed Baby Potatoes With Herbs

DINNER (MEDITERRANEAN CUISINE)

Menu

Mixed Salad With Celery Dressing
Stuffed Chicken With Chickpea And Mushroom
Churros

WEDNESDAY, 15 NOVEMBER 2017

III. LUNCH (JAPANESE CUISINE)

Menu

Yasai Okra
Snapper Teppanyaki
Beef Floss Sushi

DINNER (JAPANESE CUISINE)

Menu

Suimono Soup
Gyu Yawarakani
Fresh Fruit

THURSDAY, 16 NOVEMBER 2017

IV. LUNCH (WESTERN CUISINE)

Menu

Margarita Salad
Delicious Chicken
Lyonnaise Potato

DINNER (WESTERN CUISINE)

Menu

Sauteed Broccoli With Basil
Baked Fish in Caper Sauce
Red Velvet

FRIDAY, 17 NOVEMBER 2016

V. LUNCH (ASIAN CUISINE)

Menu

Sweet Corn Cream Soup
Beef Stew in Soy And Ginger Sauce
Organic White Rice

DINNER (ASIAN CUISINE)

Menu

Chicken Gourmet Salad
Rolled Chicken in Chinese Black Pepper Sauce
Nata De Coco Pudding