

**Muscle Building Multiple Cuisine
Lunch and Dinner Menu
(15 - 19 January 2018)**

MONDAY, 15 JANUARY 2018

I. LUNCH (INDONESIAN CUISINE)

Menu

Salad Pengantin
Ayam Bakar Bumbu Rujak
Nasi Merah Organik

DINNER (INDONESIAN CUISINE)

Menu

Cah Jagung Muda Brokoli
Pindang Ikan Kakap
Putri Salju

TUESDAY, 16 JANUARY 2018

II. LUNCH (MEDITERRANEAN CUISINE)

Menu

Cold Cucumber Soup
Braised Beef in Creole Sauce
Potato Wedges

DINNER (MEDITERRANEAN CUISINE)

Menu

Chickpea Salad
Baked Chicken in Tahini And Tomato Sauce
Carrot Muffin

WEDNESDAY, 17 JANUARY 2018

III. LUNCH (JAPANESE CUISINE)

Menu

Mixed Yasai To Oba Puree
Dory Shogayaki
Kamameshi

DINNER (JAPANESE CUISINE)

Menu

Kabocha to Hakusai Yonsu
Beef Teriyaki
Tofu Pudding

THURSDAY, 18 JANUARY 2018

IV. LUNCH (WESTERN CUISINE)

Menu

Fattoush Salad
Hungarian Chicken
Garlic Spaghetti

DINNER (WESTERN CUISINE)

Menu

Celebration Vegetable Style
Sesame Breaded Fish in Tomato Sauce
Pineapple Crumble Cake

FRIDAY, 19 JANUARY 2018

V. LUNCH (ASIAN CUISINE)

Menu

Vegetable Sweet And Sour Soup
Beef Ala Hongkong
Organic White Rice

DINNER (ASIAN CUISINE)

Menu

Thai Glass Noodle Salad
Chicken Ala Thailand
Fresh Fruit