

**Muscle Building Multiple Cuisine
Lunch and Dinner Menu
(16 - 20 April 2018)**

MONDAY, 16 APRIL 2018

I. LUNCH (INDONESIAN CUISINE)

Menu

Sayur Lodeh Jakarta
Ikan Acar Kuning
Nasi Merah Organik

DINNER (INDONESIAN CUISINE)

Menu

Karedok
Daging Sapi Giling Maranggi
Buah Segar

TUESDAY, 17 APRIL 2018

II. LUNCH (MEDITERRANEAN CUISINE)

Menu

Stuffed Tomato
Pan Seared Chicken in Chickpeas And Oregano
Sauce
Sauteed Baby Potato With Herbs

DINNER (MEDITERRANEAN CUISINE)

Menu

Vegetable Clear Soup With Lemon Grass
Snapper in Romesco Sauce
Marble Cake

WEDNESDAY, 18 APRIL 2018

III. LUNCH (JAPANESE CUISINE)

Menu

Smoked Salmon Salad
Saikoro Steak
Kamameshi

DINNER (JAPANESE CUISINE)

Menu

Tofu To Yasai Ni
Chicken Enoki Roll
Japanese Cotton Cheese Cake

THURSDAY, 19 APRIL 2018

IV. LUNCH (WESTERN CUISINE)

Menu

Chicken And Vegetable Soup
Baked Tuna in Genovese Sauce
Organic Cilantro Lime Rice

DINNER (WESTERN CUISINE)

Menu

Mixed Salad With Mustard Dressing
Roasted Beef With Sundried Tomato And Bean
Peach Pudding With Vanilla Sauce

FRIDAY, 20 APRIL 2018

V. LUNCH (ASIAN CUISINE)

Menu

Sauteed Baby Bok Choy And Tofu
Vietnamese Chicken
Organic Chinese Fried Noodle

DINNER (ASIAN CUISINE)

Menu

Asian Style Vegetable Clear Soup
Steamed Snapper Szechuan
Pandan Roll