

**Muscle Building Multiple Cuisine
Lunch and Dinner Menu
(18 - 22 June 2018)**

MONDAY, 18 JUNE 2018

PUBLIC HOLIDAY

TUESDAY, 19 JUNE 2018

PUBLIC HOLIDAY

WEDNESDAY, 20 JUNE 2018

PUBLIC HOLIDAY

THURSDAY, 21 JUNE 2018

IV. LUNCH (WESTERN CUISINE)

Menu

Mexican Chicken Tortilla Soup
Baked Fish in Lemon And Herbs Sauce
Spaghetti Aglio Olio

DINNER (WESTERN CUISINE)

Menu

Mixed Salad With Guava Dressing
Beef Bolognese
Almond Orange Cookies

FRIDAY, 22 JUNE 2018

V. LUNCH (ASIAN CUISINE)

Menu

Hong Kong Style Baby Kailan in Oyster Sauce
Sweet And Sour Chicken
Organic Brown Rice

DINNER (ASIAN CUISINE)

Menu

Star Anise Flavored Clear Soup
Baked Dory in Tauco Sauce
Tapioca Cake