

**Muscle Building Multiple Cuisine
Lunch and Dinner Menu
(4 - 8 December 2017)**

MONDAY, 04 DECEMBER 2017

I. LUNCH (INDONESIAN CUISINE)

Menu

Urap Sayur
Ayam Masak Kemangi
Nasi Kuning Organik

DINNER (INDONESIAN CUISINE)

Menu

Tumis Sawi Putih Labu Parang
Ikan Bakar Colo - Colo
Buah Segar

TUESDAY, 05 DECEMBER 2017

II. LUNCH (MEDITERRANEAN CUISINE)

Menu

Red Cabbage And Bean Soup
Parmesan Meatloaf
Roasted Purple Yam

DINNER (MEDITERRANEAN CUISINE)

Menu

Classic Greek Salad
Oatmeal Crusted Chicken in Honey Cumin
Sauce
Marble Cake

WEDNESDAY, 06 DECEMBER 2017

III. LUNCH (JAPANESE CUISINE)

Menu

Kabocha Inakani
Tuna in Ponzu Sauce
Yaki Udon

DINNER (JAPANESE CUISINE)

Menu

Niku Somen Clear Soup
Gyu Niku Sharotto Tare
Orange Sesame Cookies

THURSDAY, 07 DECEMBER 2017

IV. LUNCH (WESTERN CUISINE)

Menu

Cobb Salad
Tuscan Garlic Chicken
Penne Marinara

DINNER (WESTERN CUISINE)

Menu

Baked Vegetable Barbeque
Baked Fish in Genovese Sauce
Milky Strawberry Pudding

FRIDAY, 08 DECEMBER 2017

V. LUNCH (ASIAN CUISINE)

Menu

Chicken Herbal Soup
Malaysian Beef Curry
Organic White Rice

DINNER (ASIAN CUISINE)

Menu

Thai Mango Salad
Moo Goo Gai Pan
Pandan Roll