

**Muscle Building Multiple Cuisine
Lunch and Dinner Menu
(7 - 11 May 2018)**

MONDAY, 7 MAY 2018

I. LUNCH (INDONESIAN CUISINE)

Menu

Sup Jamur Ayam
Kakap Masak Tauco Berempah
Nasi Putih Organik

DINNER (INDONESIAN CUISINE)

Menu

Gado-Gado Padang
Daging Cincang Saus Kari
Buah Segar

TUESDAY, 8 MAY 2018

II. LUNCH (MEDITERRANEAN CUISINE)

Menu

Sauteed Eggplant With Mushroom And Basil
Sumac Roasted Chicken
Roasted Purple Yam

DINNER (MEDITERRANEAN CUISINE)

Menu

Three Beans Soup
Tuna Casserole
Strawberry Choux

WEDNESDAY, 9 MAY 2018

III. LUNCH (JAPANESE CUISINE)

Menu

Prawn Salad
Niku Jaga
Beef Floss Sushi

DINNER (JAPANESE CUISINE)

Menu

Cauliflower No Itame
Tori Tamago Toji
Mung Bean Dorayaki

THURSDAY, 10 MAY 2018

PUBLIC HOLIDAY

FRIDAY, 11 MAY 2018

V. LUNCH (ASIAN CUISINE)

Menu

Asian Sauteed Garlic Vegetable
Rolled Chicken in Chinese Blackpepper Sauce
Organic Brown Rice

DINNER (ASIAN CUISINE)

Menu

Sweet Corn Cream Soup
Dory in Hong Kong Sauce
Kuih Bika