

## Muscle Building Multiple Cuisine Lunch and Dinner Menu (9 - 13 July 2018)

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### MONDAY, 9 JULY 2018

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#### I. LUNCH (INDONESIAN CUISINE)

##### *Menu*

Sup Tri Selera  
Kakap Acar Kuning  
Nasi Putih Organik

#### DINNER (INDONESIAN CUISINE)

##### *Menu*

Salad Buah Tropis  
Semur Daging Khas Betawi  
Klepon

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### TUESDAY, 10 JULY 2018

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#### II. LUNCH (MEDITERRANEAN CUISINE)

##### *Menu*

Sauteed Mushroom With Bell Pepper And  
Chickpea  
Chicken in Lemon Sage Sauce  
Organic Arabic Rice

#### DINNER (MEDITERRANEAN CUISINE)

##### *Menu*

Watercress Clear Soup  
Fish Creole Jambalaya  
Fresh Fruit

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### WEDNESDAY, 11 JULY 2018

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#### III. LUNCH (JAPANESE CUISINE)

##### *Menu*

Tori Tamanegi Salad  
Gyu Yawarakani  
Jako Onigiri

#### DINNER (JAPANESE CUISINE)

##### *Menu*

Ganmodoki to Yasai  
Tori Amiyaki  
Green Tea Creme Brulee

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### THURSDAY, 12 JULY 2018

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#### IV. LUNCH (WESTERN CUISINE)

##### *Menu*

Country Vegetable Soup  
Spanish Cod  
Cheesy Cassava

#### DINNER (WESTERN CUISINE)

##### *Menu*

Mixed Salad With Avocado Dressing  
Meatball Nirvana  
Cake Pop

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### FRIDAY, 13 JULY 2018

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#### V. LUNCH (ASIAN CUISINE)

##### *Menu*

Thai Style Stir Fried Mixed Vegetable  
Chicken A La Thailand  
Pad Thai

#### DINNER (ASIAN CUISINE)

##### *Menu*

Spiced Cauliflower Soup With Yoghurt  
Steamed Fish in Apple and Coriander Sauce  
Ginger Milk Pudding