

**Muscle Building Vegetarian Cuisine
Lunch and Dinner Menu
(12 - 16 February 2018)**

MONDAY, 12 FEBRUARY 2018

I. LUNCH (INDONESIAN CUISINE)

Menu

Sup Tekwan Vegetarian
Tahu Saus Pasmol
Nasi Putih Organik

DINNER (INDONESIAN CUISINE)

Menu

Asinan Sayur Bogor
Tempe Panggang Saus Manis
Puding Sagu Mutiara

TUESDAY, 13 FEBRUARY 2018

II. LUNCH (MEDITERRANEAN CUISINE)

Menu

Stuffed Zucchini
Broccoli Patties a la Brasa
Sweet Potato With Mint Leaf

DINNER (MEDITERRANEAN CUISINE)

Menu

Watercress Clear Soup
Mediterranean Frittata With Ginger Mint Orange
Sauce
Blueberry Cheese Cake

WEDNESDAY, 14 FEBRUARY 2018

III. LUNCH (JAPANESE CUISINE)

Menu

Wakame Salad
Inari Roll Yakini
Organic Brown Rice

DINNER (JAPANESE CUISINE)

Menu

Yasai Itame
Enoki Finger Tsukune
Fresh Fruit

THURSDAY, 15 FEBRUARY 2018

IV. LUNCH (WESTERN CUISINE)

Menu

Tomato Basil Clear Soup
Vegetarian Schotel With Lemon And Herb Sauce
Organic Carrot Rice

DINNER (WESTERN CUISINE)

Menu

Waldorf Salad
Albondigas Vegetarian Croquette
Banana Cake

FRIDAY, 16 FEBRUARY 2018

PUBLIC HOLIDAY