

**Muscle Building Vegetarian Cuisine
Lunch and Dinner Menu
(13 - 17 August 2018)**

MONDAY, 13 AUGUST 2018

I. LUNCH (INDONESIAN CUISINE)

Menu

Rujak Halus Manis
Tempe Bumbu Bali
Nasi Putih Organik

DINNER (INDONESIAN CUISINE)

Menu

Tumis Putren Kacang Panjang
Kroket Sayuran
Sagu Keju

TUESDAY, 14 AUGUST 2018

II. LUNCH (MEDITERRANEAN CUISINE)

Menu

Mediterranean Vegetable Soup
Falafel Kofta
Organic Herb Rice

DINNER (MEDITERRANEAN CUISINE)

Menu

Green Herb Salad With Sage Dressing
Vegetable Casserole With Mint Sauce
Caramel Pudding

WEDNESDAY, 15 AUGUST 2018

III. LUNCH (JAPANESE CUISINE)

Menu

Chikuzen Ni
Stuffed Inari In Ponzu Sauce
Yakimeshi

DINNER (JAPANESE CUISINE)

Menu

Dobin Mushi
Mushroom Steak Teriyaki
Black Sesame Muffin

THURSDAY, 16 AUGUST 2018

IV. LUNCH (WESTERN CUISINE)

Menu

Margarita Salad
Delicious Broccoli Patties
Spaghetti Aglio Olio

DINNER (WESTERN CUISINE)

Menu

Mixed Vegetable Stew
Vegetarian Calzone
Fresh Fruit

FRIDAY, 17 AUGUST 2018

PUBLIC HOLIDAY