

Muscle Building Vegetarian Cuisine
Lunch and Dinner Menu
(13 - 17 November 2017)

MONDAY, 13 NOVEMBER 2017

I. LUNCH (INDONESIAN CUISINE)

Menu

Salad Buah Tropis
Bistik Telur
Nasi Merah Organik

DINNER (INDONESIAN CUISINE)

Menu

Tumis Putren Buncis
Kroket Sayuran
Getuk

TUESDAY, 14 NOVEMBER 2017

II. LUNCH (MEDITERRANEAN CUISINE)

Menu

Coriander Vegetable Soup
Beetroot Patties With Rosemary And Sage Leaf Sauce
Sauteed Baby Potatoes With Herbs

DINNER (MEDITERRANEAN CUISINE)

Menu

Mixed Salad With Celery Dressing
Stuffed Zucchini With Chickpea And Mushroom
Churros

WEDNESDAY, 15 NOVEMBER 2017

III. LUNCH (JAPANESE CUISINE)

Menu

Yasai Okra
Vegetarian Inari Roll
Organic Sushi Rice

DINNER (JAPANESE CUISINE)

Menu

Suimono Soup
Edamame Steak Yawarakani
Fresh Fruit

THURSDAY, 16 NOVEMBER 2017

IV. LUNCH (WESTERN CUISINE)

Menu

Margarita Salad
Delicious Mushroom Patties
Lyonnaisse Potato

DINNER (WESTERN CUISINE)

Menu

Sauteed Broccoli With Basil
Baked Kidney Bean Finger With Caper Sauce
Red Velvet

FRIDAY, 17 NOVEMBER 2016

V. LUNCH (ASIAN CUISINE)

Menu

Sweet Corn Cream Soup
Asian Tempeh Stew in Soy And Ginger Sauce
Organic White Rice

DINNER (ASIAN CUISINE)

Menu

Asian Gourmet Salad
Vegetable Rice Paper Roll
Nata De Coco Pudding