

**Muscle Building Vegetarian Cuisine**  
**Lunch and Dinner Menu**  
**(15 - 19 January 2018)**

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**MONDAY, 15 JANUARY 2018**

**I. LUNCH (INDONESIAN CUISINE)**

**Menu**

Salad Pengantin  
Risoles Sayuran  
Nasi Merah Organik

**DINNER (INDONESIAN CUISINE)**

**Menu**

Cah Jagung Muda Brokoli  
Pindang Tahu  
Putri Salju

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**TUESDAY, 16 JANUARY 2018**

**II. LUNCH (MEDITERRANEAN CUISINE)**

**Menu**

Cold Cucumber Soup  
Kidney Bean Loaf in Creole Sauce  
Potato Wedges

**DINNER (MEDITERRANEAN CUISINE)**

**Menu**

Chickpea Salad  
Baked Corn Triangles With Tahini And Tomato Sauce  
Carrot Muffin

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**WEDNESDAY, 17 JANUARY 2018**

**III. LUNCH (JAPANESE CUISINE)**

**Menu**

Mixed Yasai To Oba Puree  
Renkon Patties Shogayaki  
Kamameshi

**DINNER (JAPANESE CUISINE)**

**Menu**

Kabocha to Hakusai Yonsu  
Mixed Mushroom Teriyaki  
Tofu Pudding

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**THURSDAY, 18 JANUARY 2018**

**IV. LUNCH (WESTERN CUISINE)**

**Menu**

Fattoush Salad  
Stuffed Red Cabbage  
Garlic Spaghetti

**DINNER (WESTERN CUISINE)**

**Menu**

Celebration Vegetable Style  
Eggplant Roll With Tomato Sauce  
Pineapple Crumble Cake

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**FRIDAY, 19 JANUARY 2018**

**V. LUNCH (ASIAN CUISINE)**

**Menu**

Vegetable Sweet And Sour Soup  
Asian Style Baked Tempeh  
Organic White Rice

**DINNER (ASIAN CUISINE)**

**Menu**

Thai Glass Noodle Salad  
Thai-Style Omelette  
Fresh Fruit