

**Muscle Building Vegetarian Cuisine**  
**Lunch and Dinner Menu**  
**(16 - 20 April 2018)**

**MONDAY, 16 APRIL 2018**

**I. LUNCH (INDONESIAN CUISINE)**

**Menu**

Sayur Lodeh Jakarta  
Tahu Acar Kuning  
Nasi Merah Organik

**DINNER (INDONESIAN CUISINE)**

**Menu**

Karedok  
Sate Tempe Maranggi  
Buah Segar

**TUESDAY, 17 APRIL 2018**

**II. LUNCH (MEDITERRANEAN CUISINE)**

**Menu**

Stuffed Tomato  
Pan Seared Falafel With Oregano Sauce  
Sauteed Baby Potato With Herbs

**DINNER (MEDITERRANEAN CUISINE)**

**Menu**

Vegetable Clear Soup With Lemon Grass  
Vegetable Frittata With Romesco Sauce  
Marble Cake

**WEDNESDAY, 18 APRIL 2018**

**III. LUNCH (JAPANESE CUISINE)**

**Menu**

Yasai Salad  
Cauliflower Steak  
Kamameshi

**DINNER (JAPANESE CUISINE)**

**Menu**

Tofu To Yasai Ni  
Enoki Roll  
Japanese Cotton Cheese Cake

**THURSDAY, 19 APRIL 2018**

**IV. LUNCH (WESTERN CUISINE)**

**Menu**

Green Peas And Vegetable Soup  
  
Baked Pumpkin Balls With Genovese Sauce  
  
Organic Cilantro Lime Rice

**DINNER (WESTERN CUISINE)**

**Menu**

Mixed Salad With Mustard Dressing  
  
Wholemeal Mini Roasted Vegetarian Pizza With  
Sundried Tomato And Bean Sauce  
  
Peach Pudding With Vanilla Sauce

**FRIDAY, 20 APRIL 2018**

**V. LUNCH (ASIAN CUISINE)**

**Menu**

Sauteed Baby Bok Choy And Tofu  
Vietnamese Steamed Egg  
Organic Chinese Fried Noodle

**DINNER (ASIAN CUISINE)**

**Menu**

Asian Style Vegetable Clear Soup  
Vegetarian Fritters  
Pandan Roll