

**Muscle Building Vegetarian Cuisine**  
**Lunch and Dinner Menu**  
**(4 - 8 December 2017)**

**MONDAY, 04 DECEMBER 2017**

**I. LUNCH (INDONESIAN CUISINE)**

**Menu**

Urap Sayur  
Telur Masak Kemangi  
Nasi Kuning Organik

**DINNER (INDONESIAN CUISINE)**

**Menu**

Tumis Sawi Putih Labu Parang  
Tempe Bakar Colo - Colo  
Buah Segar

**TUESDAY, 05 DECEMBER 2017**

**II. LUNCH (MEDITERRANEAN CUISINE)**

**Menu**

Red Cabbage And Bean Soup  
Parmesan Vegetarian Loaf  
Roasted Purple Yam

**DINNER (MEDITERRANEAN CUISINE)**

**Menu**

Classic Greek Salad  
Oatmeal Crusted Chickpea Triangles With  
Honey Cumin Sauce  
Marble Cake

**WEDNESDAY, 06 DECEMBER 2017**

**III. LUNCH (JAPANESE CUISINE)**

**Menu**

Kabocha Inakani  
Tofu Filled Vegetable in Ponzu Sauce  
Yaki Udon

**DINNER (JAPANESE CUISINE)**

**Menu**

Yasai Somen Clear Soup  
Tamago Roll With Sharotto Tare  
Orange Sesame Cookies

**THURSDAY, 07 DECEMBER 2017**

**IV. LUNCH (WESTERN CUISINE)**

**Menu**

Cobb Salad  
Tuscan Garlic Mushroom Finger  
Penne Marinara

**DINNER (WESTERN CUISINE)**

**Menu**

Baked Vegetable Barbeque  
Red Cabbage Rolls With Genovese Sauce  
Milky Strawberry Pudding

**FRIDAY, 08 DECEMBER 2017**

**V. LUNCH (ASIAN CUISINE)**

**Menu**

Mixed Vegetable Herbal Soup  
Vegetarian Samosa  
Organic White Rice

**DINNER (ASIAN CUISINE)**

**Menu**

Thai Mango Salad  
Asian Tempeh Stew in Vegetarian Oyster Sauce  
Pandan Roll