

Muscle Building Vegetarian Cuisine
Lunch and Dinner Menu
(7 - 11 May 2018)

MONDAY, 7 MAY 2018

I. LUNCH (INDONESIAN CUISINE)

Menu

Sup Jamur
Tempe Panggang Tauco Berempah
Nasi Putih Organik

DINNER (INDONESIAN CUISINE)

Menu

Gado-Gado Padang
Bola-Bola Tahu Saus Kari
Buah Segar

TUESDAY, 8 MAY 2018

II. LUNCH (MEDITERRANEAN CUISINE)

Menu

Sauteed Eggplant With Mushroom And Basil
Spanish Frittata
Roasted Purple Yam

DINNER (MEDITERRANEAN CUISINE)

Menu

Three Beans Soup
Red Cabbage Rolls
Strawberry Choux

WEDNESDAY, 9 MAY 2018

III. LUNCH (JAPANESE CUISINE)

Menu

Yasai Salad
Japanese Stuffed Eggplant
White Rice Sushi

DINNER (JAPANESE CUISINE)

Menu

Cauliflower No Itame
Inari Filled Vegetable
Mung Bean Dorayaki

THURSDAY, 10 MAY 2018

PUBLIC HOLIDAY

FRIDAY, 11 MAY 2018

V. LUNCH (ASIAN CUISINE)

Menu

Asian Sauteed Garlic Vegetable
Vegetarian Sio Mai
Organic Brown Rice

DINNER (ASIAN CUISINE)

Menu

Sweet Corn Cream Soup
Tofu Rollade With Hong Kong Sauce
Kuih Bika