

Muscle Building Vegetarian Cuisine

Lunch and Dinner Menu

(9 - 13 July 2018)

MONDAY, 9 JULY 2018

I. LUNCH (INDONESIAN CUISINE)

Menu

Sup Tri Selera
Tahu Acar Kuning
Nasi Putih Organik

DINNER (INDONESIAN CUISINE)

Menu

Salad Buah Tropis
Semur Telur Khas Betawi
Klepon

TUESDAY, 10 JULY 2018

II. LUNCH (MEDITERRANEAN CUISINE)

Menu

Sauteed Mushroom With Bell Pepper and Chickpea
Broccoli Balls in Lemon Sage Sauce
Organic Arabic Rice

DINNER (MEDITERRANEAN CUISINE)

Menu

Watercress Clear Soup
Vegetarian Calzone
Fresh Fruit

WEDNESDAY, 11 JULY 2018

III. LUNCH (JAPANESE CUISINE)

Menu

Yasai Tamanegi Salad
Edamame Steak Yawarakani
Jako Onigiri

DINNER (JAPANESE CUISINE)

Menu

Ganmodoki to Yasai
Renkon Amiyaki
Green Tea Creme Brulee

THURSDAY, 12 JULY 2018

IV. LUNCH (WESTERN CUISINE)

Menu

Country Vegetable Soup
Spanish Omelette
Cheesy Cassava

DINNER (WESTERN CUISINE)

Menu

Mixed Salad With Avocado Dressing
Mixed Bean Finger Nirvana
Cake Pop

FRIDAY, 13 JULY 2018

V. LUNCH (ASIAN CUISINE)

Menu

Thai Style Stir Fried Mixed Vegetable
Tempeh A La Thailand
Pad Thai

DINNER (ASIAN CUISINE)

Menu

Spiced Cauliflower Soup With Yoghurt
Tofu Patties With Apple and Coriander Sauce
Ginger Milk Pudding