

**Muscle Building Vegetarian Cuisine  
Lunch and Dinner Menu  
(24 - 28 December 2018)**

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**MONDAY, 24 DECEMBER 2018**

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**PUBLIC HOLIDAY**

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**TUESDAY, 25 DECEMBER 2018**

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**PUBLIC HOLIDAY**

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**WEDNESDAY, 26 DECEMBER 2018**

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**III. LUNCH (JAPANESE CUISINE)**

**Menu**

Chuka Mori Salad  
Enoki Roll Yakiniku  
Organic Brown Rice

**DINNER (JAPANESE CUISINE)**

**Menu**

Yasai Itame  
Edamame Tsukune  
Fresh Fruit

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**THURSDAY, 27 DECEMBER 2018**

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**IV. LUNCH (WESTERN CUISINE)**

**Menu**

Tomato Basil Clear Soup  
Vegetarian Schotel With Lemon And Herb Sauce  
Organic Mexican Rice

**DINNER (WESTERN CUISINE)**

**Menu**

Waldorf Salad  
Kidney Bean Albondigas  
Sweet Bread With Choco Custard

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**FRIDAY, 28 DECEMBER 2018**

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**V. LUNCH (ASIAN CUISINE)**

**Menu**

Vegetable Moo Shu  
Green Egg Curry  
Pad Thai

**DINNER (ASIAN CUISINE)**

**Menu**

Spiced Cauliflower Puree Soup With Yoghurt  
Szechuan Tofu Skin  
Pandan Roll