

**Muscle Building Vegetarian Cuisine
Lunch and Dinner Menu
(08 - 12 October 2018)**

MONDAY, 08 OCTOBER 2018

I. LUNCH (INDONESIAN CUISINE)

Menu

Tumis Buncis Jagung Paprika
Pastel Vegetarian
Nasi Putih Organik

DINNER (INDONESIAN CUISINE)

Menu

Sup Kimlo
Telur Bumbu Kalasan
Buah Segar

TUESDAY, 09 OCTOBER 2018

II. LUNCH (MEDITERRANEAN CUISINE)

Menu

Carrot And Beetroot Salad With Mint Orange Dressing
Baked Chickpea Balls With Thyme Tomato Sauce
Penne Con Funghi

DINNER (MEDITERRANEAN CUISINE)

Menu

Stuffed Vegetable With Cheese
Morrocan Kidney Bean Triangles With Cauliflower
Ganache Cake

WEDNESDAY, 10 OCTOBER 2018

III. LUNCH (JAPANESE CUISINE)

Menu

Kabocha Soup
Tofu Hakusai
Shiso Onigiri

DINNER (JAPANESE CUISINE)

Menu

Japanese Style Tomato Salad
Renkon Shogayaki
Ocha Pudding

THURSDAY, 11 OCTOBER 2018

IV. LUNCH (WESTERN CUISINE)

Menu

Summer Vegetable Stew
Southern Barbecue Bean Steak
Mashed Sweet Potato

DINNER (WESTERN CUISINE)

Menu

Fall Vegetable Soup
Galveston Roasted Mushroom Skewers
Ombre Cake

FRIDAY, 12 OCTOBER 2018

V. LUNCH (ASIAN CUISINE)

Menu

Thai Glass Noodle Salad
Vegetarian Sio Mai
Organic Brown Rice

DINNER (ASIAN CUISINE)

Menu

Asian Style Sauteed Kailan In Hoisin Sauce
Baked Tempeh In Button Mushroom Sauce
Wintermelon Cake