

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

**MONDAY, 08 OCTOBER 2018**

**LUNCH**

**Menu**

Tumis Buncis Jagung Paprika  
Rendang Daging  
Nasi Putih Organik

**DINNER**

**Menu**

Sup Kimlo  
Ayam Bakar Kalasan  
Buah Segar

**TUESDAY, 09 OCTOBER 2018**

**LUNCH**

**Menu**

Urap Sayur  
Dori Panggang Bumbu Pasmol  
Nasi Putih Organik

**DINNER**

**Menu**

Tumis Aneka Sayuran  
Oseng Daging Dan Kembang Kol  
Ganache Cake

**WEDNESDAY, 10 OCTOBER 2018**

**LUNCH**

**Menu**

Sayur Lodeh  
Ayam Masak Merah Kemangi  
Nasi Putih Organik

**DINNER**

**Menu**

Salad Sayuran  
Dori Masak Kecap  
Ocha Pudding

**THURSDAY, 11 OCTOBER 2018**

**LUNCH**

**Menu**

Tumis Brokoli Jagung Manis  
Daging Lada Hitam  
Nasi Putih Organik

**DINNER**

**Menu**

Sup Jamur Kembang Kol  
Ayam Balado  
Ombre Cake

**FRIDAY, 12 OCTOBER 2018**

**LUNCH**

**Menu**

Asinan Sayur  
Ikan Panggang Saus Nanas  
Nasi Putih Organik

**DINNER**

**Menu**

Tumis Keputren Wortel  
Daging Saus Jamur  
Wintermelon Cake