

LIVE'LY GOURMET MENU

NAME: _____

BRANCH: Mirdiff _____; Al Wasl _____; Abu Dhabi _____

Week 700		SUNDAY 17-Feb-19	MONDAY 18-Feb-19	TUESDAY 19-Feb-19	WEDNESDAY 20-Feb-19	THURSDAY 21-Feb-19	FRIDAY 22-Feb-19	SATURDAY 23-Feb-19
BREAKFAST								
AM Delivery: Start with lunch and keep breakfast for the following day								
Daily Low Fat Milk or Yoghurt(Plain or Fruit)								
		Peanut Butter & Toast	Fruit Crunch Crisp Bread & Jam	Mini Wheat-a-Bix	Honey, Cheese & Bread Roll	Pancakes & Jam	Special K Cereal	Honey & Toast
		Labneh with Olives & Arabic Bread	Halloumi Cheese S/W	Croissant Zaatar	Labneh with Mint & Arabic Bread	Feta Cheese & Bread Roll	Foul Modammas & Arabic Bread	Slice Cheese & Toast
		<i>Breakfast List</i>	<i>Breakfast List</i>	<i>Breakfast List</i>	<i>Breakfast List</i>	<i>Breakfast List</i>	<i>Breakfast List</i>	<i>Breakfast List</i>
Daily Fresh Fruits + Low Fat Milk or Yoghurt(Plain or Fruit) (Adjustable)								
LUNCH								
Appetizer	1	Season Salad with Balsamic	Salad Mix with Elbow Pasta	Garden Salad	Cabbage, Cucumber & Tomato Salad	Green Salad with Feta & Pomegranate	Mixed Salad with Yoghurt Sauce	Colored Cabbage & Carrots Salad
	2	Baba Ghannouj	Laban Salad	Eggplant Moutabbal	Curried Veggies	Hummus B' Tahini	Beetroot Moutabbal	Sautéed Veggies
	3	Roca, Corn & Lettuce Salad	Lentils with Red Peppers & Parmesan	Grilled Cauliflower with Tahini Sauce	Caesar Salad	Potato with Garlic & Coriander	Sautéed Spinach & Lemon	Cooked Lentils with Carrots
Lunch Main Dish	1	Baked Kafta in Tahini Sauce & Potato	Beef & Eggplant Makloobeh	Okra Stew with Meat & Rice	Fish Kabseh	Chicken Shawarma Platter with Arabic Bread	Aleppo Chicken with Onions & Spiced Burghul	Beef Rogan Josh & Pulau Rice
	2	Broccoli Chicken & Cashew Stir Fry with Rice	Crispy Almond Fish with Potato Chips	Chicken & Broccoli Pesto Pasta	Barbecue Chicken Pizza with Cilantro	ALBONDIGAS (Mexican Meatballs) with Rice	Baked Fish with Artichoke & Lemon & Potato	Baked Chicken with Mustard Tarragon Sauce & Potato
	3 - Vegetarian	Spinach Stew & Rice	Vegetable Curry with Tamarind & Rice	Beans Enchiladas with Salsa	Baked Vegetable Casserole with Parmesan & Bread Roll	Mediterranean Lasagna	Makhloota (Lebanese Beans Stew) with Pickles & Bread	Vegetables & Chickpeas Tagine with Couscous
	4 - Subzzz OR Salads	Tuna & Veggies Ciabatta	Chicken, Roasted Peppers & Pesto Sub	Mediterranean Turkey & Cheese Ciabatta	Thai Beef Steak Salad & Bread Roll	Ground Beef & Cheddar Ciabatta	Classic Beef Kraftcorn Burger with Caramelized Onions	Greek Veggies & Feta Ciabatta with Tzatziki Sauce
	5 - Gourmet	Baked Fish with Roasted Onions & Mushrooms w/ Stuffed Bell Peppers	Spicy Chicken Chipotle Pasta	Spring Lemony Fish & Potato	Kibbeh Summakiyyeh (w/ Sumac & Meat Cubes) & Rice	Shrimps in Hot Spicy Sauce & Rice	Onion & Pepper Smothered Beef Steak & Potato	Baked Fish with Asian Flavors & Rice
PM Snack	Oriental Dessert	Almond Petit Four	Muhallabiyah	Chocolate Disks with Fruit & Nuts	Maamoul Pistachio	Jam Cookies	Date Balls with Pistachio	Maamoul Figs
	Int'l Dessert	Lazzy Cake	Peanut Butter Cookies	Live'ly Lavender Cake	Live'ly Cheese Cake	Chocolate Profiteroles	Chocolate Muffin	Boiled Raisins Cake
	Low GI	Roasted Peanuts	Beetroot Hummus & Chopped Veggies	Minted Labneh with Chopped Veggies	Peanut Butter & Banana	Roasted Almonds	Dark Chocolate	Hi Protein Snack Bar
DINNER								
Dinner Main Dish	1	Cumin Lentils Salad with Yoghurt Dressing	Asian Beef Salad with Mushrooms, Cashews & Protein Bread	Mediterranean Tuna & Cheese Potato Salad	Cold Cuts Chef's Salad with Protein Bread	Cajun Chicken Salad with Beetroot	Rosemary Beef Steak Salad with Protein Bread	Three Beans Salad with Beetroot & Cashew & Feta
	Select SOUP or SALAD with choices 2,3,4,5	Beets Salad	Greek Salad	Green Salad	Mixed Beans Salad	Mixed Cabbage Coleslaw	Corn Salad	Laban Salad
		Italian Beans Soup	Peas & Yoghurt Soup	Carrots & Cauliflower Soup	Creamy Tom Soup	Minestrone Soup	Tom Capsicum Soup	Veg Oats Soup
	2 - Vegetarian	Mediterranean Pasta with Artichoke & Olives	Chinese Stir fry Veg Brown Rice	Mixed Manousheh (Zaatar & Cheese)	Roasted Ratatouille Vegetables with Potato	Halloumi S/W with Pesto Rosso	Fatayer Spinach	Rice with Lentils (Mdardarah)
	3	Roasted Chicken & Potato Cubes	Chicken Burger S/W	Kafta Fingers with Potato Cubes	Lahm B' Ajeen	Fish Fillet with Lemon Caper Vinaigrette & Bread	Chicken Breast Cold Cuts S/W	Roasted Moroccan Kafta with Veggies & Bread
	4 - Gourmet	Beef Escalope with Veggies & Bread	Spicy Mexican Ciabatta Pizza	Baked Chicken with Italian Sauce & Toast	Chicken & Mozzarella S/W	Supreme Steak S/W with Mustard	Vegetable Omelet & Bread Roll	Feta Cheese & Zaatar S/W
5	<i>Dinner List</i>	<i>Dinner List</i>	<i>Dinner List</i>	<i>Dinner List</i>	<i>Dinner List</i>	<i>Dinner List</i>	<i>Dinner List</i>	

SEND BEFORE
TUESDAY
FEB 12 2019

GOURMET BREAKFAST LIST	CODE #
Please insert the code # on your menu	
Labneh with Olives & Oats Bread	(B 001)
Feta Cheese Sandwich	(B 002)
Halloumi Cheese Sandwich	(B 003)
Light Cheddar Cheese Sandwich	(B 004)
Assorted Cheese Cubes with Protein Bread	(B 005)
Philadelphia Cheese & Toast Bread	(B 006)
Foul Modammas & Arabic Bread	(B 007)
Manaesh Cheese	(B 008)
Manaesh Zaatar	(B 009)
Manaesh Labneh	(B 010)
Omelet with Veggies & Toast Bread	(B 011)
Masala Omelet & Chapati	(B 012)
Boiled Egg & Protein Bread	(B 013)
Chocolate Spread & Cracottes	(B 016)
Peanut Butter & Toast	(B 017)
Jam & Toast	(B 018)
Honey & Toast	(B 019)
Pancakes & Jam	(B 020)
QUICK OAT PACK®	(B 022)
Branflakes®	(B 023)
Fitness® Cereal	(B 024)
Muesli with Dried Fruits & Nuts	(B 025)

GOURMET DINNER LIST	CODE #
Please insert the code # on your menu	
Ranch Chicken Sandwich	(D 001)
Chef's Steak Sandwich	(D 002)
Spiced Kofta Kebab Wrap with Raita	(D 003)
Tuscan Tuna Sandwich	(D 004)
Turkey & Cheese Sandwich	(D 006)
Cheddar with Grilled Vegetables S/W	(D 007)
Halloumi Cheese Sandwich	(D 008)
Assorted Manaesh(Zaatar, Cheese)	(D 010)

Please send your choices
maximum by Tuesday FEB 12 with
the driver, by fax or by E-mail. In
case you're late sending your
choices, the Cuisine Dietician will
select your choices which might
not always satisfy your taste.
Calendar Week 7/19



Phone: +971-4-3481008; Mobile: +971-55-3481008; Fax: +971-4-3481006; E-mail: info@lively.ae For online menu selection: visit www.lively.ae

BON APPETIT !