


LIVE'LY "SPÉCIAL" MENU - Veggie Mare -

NAME: _____

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

SEND BEFORE
TUESDAY
FEB 12 2019

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>Sandwich List</i>	<i>Sandwich List</i>	<i>Sandwich List</i>	<i>Sandwich List</i>	<i>Sandwich List</i>	<i>Sandwich List</i>	<i>Sandwich 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	Vegetarian	Cauliflower in Tahini Sauce & Potato	Eggplant & Veggies Makloobeh	Beans Enchiladas with Salsa	Baked Vegetable Casserole with Parmesan & Bread Roll	Mediterranean Lasagna	Sauteed Mushroom & Cheese Burger with Potato Wedges	Greek Veggies & Feta Ciabatta with Tzatziki Sauce
	Vegan	Spinach Stew & Rice	Vegetable Curry with Tamarind & Rice	Okra Stew & Rice	White Beans Stew with Rice	Spinach Stew with Rice	Makhloota (Lebanese Beans Stew) with Pickles & Bread	Vegetables & Chickpeas Tagine with Couscous
	Pescetarian	Baked Fish with Roasted Onions & Mushrooms w/ Stuffed Bell Peppers	Crispy Almond Fish with Potato Chips	Spring Lemony Fish & Potato	Fish Kabseh	Shrimps in Hot Spicy Sauce & Rice	Baked Fish with Artichoke & Lemon & Potato	Baked Fish with Asian Flavors & Rice
	Sandwich Choice	<i>Sandwich List</i>	<i>Sandwich List</i>	<i>Sandwich List</i>	<i>Sandwich List</i>	<i>Sandwich List</i>	<i>Sandwich List</i>	<i>Sandwich List</i>
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
	Vegan Choice	Roasted Peanuts	Beetroot Hummus & Chopped Veggies	Antioxidant Pack - Berry Juice	Peanut Butter & Banana	Roasted Almonds	Dates Pack	Dried Fruits Pack
DINNER								
Dinner Main Dish	Select a SOUP or SALAD	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
	1	Mediterranean Pasta with Artichoke & Olives	Spicy Mexican Ciabatta Pizza	Mixed Manousheh (Zaatar & Cheese)	Feta with Zaatar S/W with Cherry Tomato	Halloumi S/W with Pesto Rosso	Fatayer Spinach	Vegetable Omelet & Bread Roll
	2	Cumin Lentils Salad with Lemon Dressing	Chinese Stir fry Veg Brown Rice	Potato Cubes with Italian Sauce	Roasted Ratatouille Vegetables with Potato	Roasted Broccoli & Mushrooms with Almonds & Bread Roll	Three Beans Salad with Beetroot & Cashew (No Feta)	Rice with Lentils (Mdardarah)
	Sandwich Choice	<i>Sandwich List</i>	<i>Sandwich List</i>	<i>Sandwich List</i>	<i>Sandwich List</i>	<i>Sandwich List</i>	<i>Sandwich List</i>	<i>Sandwich List</i>

- "Spécial" SANDWICH LIST**
- VEGETARIAN:**
- S 001 - Halloumi with Eggplant & Roasted Red Peppers
 - S 002 - Beets, Spinach Leaves & Goat Cheese
 - S 003 - Feta & Grilled Veggies
- VEGAN:**
- S 004 - Grilled Veggies & Hummus
 - S 005 - Potato Masala with Mint Chutney
 - S 006 - Mexican Beans
- PESCETARIAN:**
- S 007 - Greek Tuna with Feta
 - S 008 - Dijon Tuna

* Big Salad Dinner does not come with Soup or Side Salad

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.



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Calendar Week 7/19