


LIVE'LY STANDARD MENU

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
		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
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 & Pulao 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
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	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	
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.								

 : New on Menu
 : Spicy Hot Food

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Calendar Week 7/19