


LIVE'LY GOURMET MENU

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

**SEND BEFORE
TUESDAY
OCT 3 2017**

Week 629		SUNDAY 08-Oct-17	MONDAY 09-Oct-17	TUESDAY 10-Oct-17	WEDNESDAY 11-Oct-17	THURSDAY 12-Oct-17	FRIDAY 13-Oct-17	SATURDAY 14-Oct-17	
		BREAKFAST							
		AM Delivery: Start with lunch and keep breakfast for the following day							
		Daily Low Fat Milk or Yoghurt(Plain or Fruit)							
		Jam & Toast	Peanut Butter & Toast	Special K Cereal	Fruit Crunch Crisp Bread & Jam	Mini Wheat-a-Bix	Honey & Toast	Branflakes Cereal	
		Labneh with Olives & Oats Bread	Cheddar Cheese with Multiseeds Bread	Croissant Cheese	Labneh with Mint & Arabic Bread	Feta Cheese S/W	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>	
Appetizer		Daily Fresh Fruits + Low Fat Milk or Yoghurt(Plain or Fruit) (Adjustable)							
		LUNCH							
		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	Sautéed Veggies	Curried Veggies	Baba Ghannouj	Eggplant Moutabbal	Beetroot Moutabbal	Sautéed Mushrooms	Hummus B' Tahini
		3	Roca, Corn & Lettuce Salad	Marinated Artichoke Hearts	Potato with Garlic & Coriander	Caesar Salad	Lentils with Red Peppers & Parmesan	Grilled Squash with Tahini Sauce	Sautéed Spinach with Lemon
		Lunch Main Dish	1	Chicken Tikka Masala & Rice	Beef Biryani	Beef Kafta & Mushroom Stew with Rice	Grilled Spiced Fish with Coriander Rice & Raita	Malaysian Chicken with Tomato Coconut Sauce & Rice	Beef Cutlets with White Beans & Couscous
2	Beef Rissoles (Patties with Mustard Catsup Sauce) & Potato		Fish Fillet with Dijon Herb Sauce & Potato	Southern Spiced Crispy Chicken & Spiced Potato	French Ragout de Boeuf (Beef) & Potao	Meatball & Zitti Pasta Bake	Shrimps with Tomato, Basil & Cumin with Rice	ALBODIGAS (Mexican Meatballs in Sauce) & Rice	
3 - Vegetarian	Forest Mushroom Pasta (White Sauce)		Artichoke, Olive & Goat Cheese Pizza	Spanish Egg Tortilla with Potato & Salsa	Thai Pumpkin Curry & Rice	Vegan Chickpea Stirfry with Brown Rice	Rice with Foul & Nuts	Bhindi (Okra) Masala & Chapatti	
4 - Subzzz OR Salads	Tuscan Tuna Salad with Chickpeas		Olive Tapenade Chicken Ciabatta	Turkey S/W Delights	Honey Balsamic Beef Steak Salad with Beetroot	Chicken, Mushroom & Cheese Sub	BBQ Chicken Fillet Kraftcorn Burger	Rice & Lentils Salad with Raisins, Veggies & Almonds	
5 - Gourmet	Baked Fish with Hot Spicy Sauce & Potato		Chicken & Mushroom Cannelloni	Baked Fish with Onions & Fennel & Potato	Aleppo Chicken with Onions & Spiced Burghul	Fish Escalope with Carrots & Leeks & Potato	Baked Chicken with Rosemary Sauce & Pasta	Baked Fish with Ginger & Soy & Rice	
PM Snack	Oriental Dessert	Almond Petit Four	Muhallabiyah	Chocolate Disks with Fruits & Nuts	Maamoul Pistachio	Jam Cookies	Date Balls with Pistachio	Maamoul Figs	
	Int'l Dessert	Chocolate Coconut Biscuits	Live'ly Biscotti	Live'ly Chocolate Cheesecake	Crispy Chocolate Cupcakes	Tropical Ginger Cake	Live'ly Chocolate Biscuits	Boiled Raisins Cake	
	Low GI	Roasted Almonds	Edamamme	Plain Greek Yoghurt with Natural Almonds	Peanut Butter & Banana	Hummus B' Tahini with Pesto & Chopped Veggies	Roasted Peanuts	Hi Protein Snack Bar	
DINNER									
Dinner Main Dish	1	Orange, Goat Cheese & Herby Hazelnuts Salad & Protein Bread	Balsamic Steak Leafy Salad with Protein Bread	Cold Cuts Chef's Salad & Protein Bread	Marinated Chicken with Almonds & Sultana & Protein Bread	Steak Salad with Pesto Vinaigrette & Protein Bread	Greek Tuna Salad & Protein Bread	Three Beans Salad with Beetroot & Cashew	
	Select SOUP or SALAD with choices 2,3,4,5	Beets Salad	Greek Salad	Green Salad	Mixed Beans Salad	Mixed Cabbage Coleslaw	Corn Salad	Season Salad	
	2 - Vegetarian	Greek Beans Soup	Cauliflower Soup	Yellow Lentils Soup	Cream of Tom Soup	Vegetable Soup	Carrot Coriander Soup	Tom Vermicelli Soup	
	3	Roasted Vegetable Rice with Garlic Yoghurt	Penne Arabiata	Halloumi with Walnut Mint Pesto S/W	Roasted Veggies & Potato with Chermola Sauce	Assorted Maneesh & Margarita Pizza	Burghul with Lentils with Garlic & Coriander	Light Cheddar Cheese S/W	
	4 - Gourmet	CLUB S/W (Turkey & Cheese with Chicken Breast)	Chicken Burger S/W	Spiced Indian Roast Potato with Chicken & Raita	KEFTADAS (Greek Kafta S/W)	Baked Fish with Tahini Parsley Sauce & Bread	Chicken Breast Cold Cuts S/W	Roasted Moroccan Kafta with Veggies & Bread	
	5	Beef Escalope with Veggies & Bread	Eggplant Frittata & Bread Roll	Supreme Steak S/W with Mustard	Spaghetti with Chili, Lemon & Olives	Mediterranean Chicken S/W	Halloumi with Eggplant & Cumin S/W	Worcestershire Chicken S/W	
	<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>		

GOURMET BREAKFAST LIST	CODE #
Please insert the code # on your menu	
Labneh with Olives&Protein Bread	(B 001)
Feta Cheese Sandwich	(B 002)
Halloumi Cheese Sandwich	(B 003)
Light Cheddar Cheese Sandwich	(B 004)
Assorted Cheese Cubes with Bread Roll	(B 005)
Foul Modammas & Arabic Bread	(B 007)
Maneesh Cheese	(B 008)
Maneesh Zaatar	(B 009)
Maneesh Labneh	(B 010)
Omelet with Veggies & Protein Bread	(B 011)
Masala Omelet & Chapati	(B 012)
Boiled Egg & Toast 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)
Branflakes®	(B 023)
Muesli with Dried Fruits and Nuts	(B 025)

GOURMET DINNER LIST	CODE #
Please insert the code # on your menu	
Supreme Steak S/W w/ Mustard & Arugula	(D 002)
Spiced Chicken Tikka Wrap with Raita	(D 003)
Tuna, Sweet Corn & Cheese S/W	(D 004)
BBQ Chicken Fillet Burger S/W	(D 006)
Turkey & Cheese S/W	(D 007)
Light Cheddar Cheese S/W	(D 008)
Assorted Maneesh: Zaatar, Cheese	(D 011)
Baked Falafel Salad with Zesty Tahini Dressing	(D 017)

Please send your choices maximum by Tuesday OCT 3 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 41/17

: New on Menu
: Spicy Hot Food

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BON APPETIT !