


# LIVE'LY GOURMET MENU

NAME: \_\_\_\_\_

BRANCH: Mirdiff \_\_\_\_\_; Deira \_\_\_\_\_; Al Wasl \_\_\_\_\_; Abu Dhabi \_\_\_\_\_

SEND BEFORE  
TUESDAY  
OCT 10 2017

Week 630		SUNDAY 15-Oct-17	MONDAY 16-Oct-17	TUESDAY 17-Oct-17	WEDNESDAY 18-Oct-17	THURSDAY 19-Oct-17	FRIDAY 20-Oct-17	SATURDAY 21-Oct-17	
<b>BREAKFAST</b>									
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	Pancakes & Jam	Honey, Cheese & Bread Roll	Special K Cereal	Honey & Toast	
		Labneh with Olives & Arabic Bread	Halloumi Cheese & Bread Roll	Light Cheddar Cheese S/W	Labneh with Mint & Oats Bread	Croissant Zaatar	Foul Modammas & Arabic Bread	Slice Cheese & Toast	
		Breakfast List		Breakfast List		Breakfast List		Breakfast List	
		Daily Fresh Fruits + Low Fat Milk or Yoghurt(Plain or Fruit) (Adjustable)							
<b>LUNCH</b>									
Appetizer	1	Season Salad	Mixed Cabbage Coleslaw	Mixed Salad with Dates & Pine Nuts	Mixed Greens with Feta & Raisins	Fattoush	Assorted Lettuce & Carrots	Broccoli Slaw	
	2	Hummus B' Tahini	Laban Salad	Beetroot Moutabbal	Eggplant Moutabbal	Grilled Eggplant with Feta & Pomegranate	Cooked Lentils & Carrots	Sautéed Mushrooms	
	3	Roca, Corn & Lettuce Salad	Sautéed Veggies	Marinated Artichoke Hearts	Caesar Salad	Mushrooms & Lentils Salad with Goat Cheese	Potato with Garlic & Coriander	Grilled Squash with Lemon Sauce	
Lunch Main Dish	1	Burghul Kafta with Rice with Vermicelli & Hot Sauce	Fattet Djaj (Rice with Chicken, Eggplant, Chickpeas)	Green Beans Stew with Meat & Rice	Shrimps & Peas Curry with Dill Rice	Baked Kafta in Tahini Sauce & Potato	Fish Harrah Beyroutiyyeh & Bread	Moroccan Couscous with Chicken & Veggies	
	2	Pesto Chicken Pasta with Tomato & Mushrooms	Herbed Fish Escalope with Herbed Potato	Baked Chicken in Mushroom Sauce & Mashed Potato	Colorful Chicken Pizza	Chicken & Vegetable Stir Fry with Brown Rice	Broccoli Chicken & Cashew Stir Fry with Rice	Tomato Thyme Roast Beef & Potato	
	3 - Vegetarian	Bean Enchiladas & Salsa	Vegetable & Lentil Curry with Turmeric Rice	Baked Vegetable Casserole with Parmesan & Bread	Koshari - Rice with Lentils & Elbow Pasta	Pasta with Tomato Cream Sauce	Cauliflower Stew & Rice	Spiced Basmati Pilao with Broccoli	
	4 - Subzzz OR Salads	Zesty Tuna & Artichoke Ciabatta with Olives	Phili Cheese Steak Sub	House Cold Cuts S/W	Beef, Rocca Salad with Asparagus, Snow Peas & Bread Roll	Chicken Shawarma Wrap with Tahini Sauce	Classic Beef Kraftcorn Burger with Caramelized Onions	California Vegetable Ciabatta	
	5 - Gourmet	Baked Fish with Moroccan Chermola & Potato	Mustardy Meatballs & Spaghetti	Thai Fish Curry with Herbs & Rice	Potato Kebbeh in Oven	Baked Fish with Mushrooms & Potato & Salsa Verde	Onion & Pepper Smothered Beef Steak & Potato	Golden Coconut Curry with Shrimps & Rice	
PM Snack	Oriental Dessert	Dates Makroota	Rice Pudding	Maamoul Madd Dates	Konafa Cheese	Moroccan Rounds with Prunes	Stuffed Dates	Karabeej Pistachio	
	Int'l Dessert	Lazzy Cake	Peanut Butter Cookies	Live'ly Lavender Cake	Live'ly Cheese Cake	Panna Cotta with Berries	Chocolate Muffin	Velvety Chocolate Brownies	
	Low GI	Roasted Peanuts	Chocolate Chia Pudding with Coconut	Edammame	Peanut Butter & Banana	Sun Dried Tomato Basil Hummus w/Veggies	Plain Greek Yoghurt with Natural Almonds	Hi Protein Snack Bar	
<b>DINNER</b>									
Dinner Main Dish	1	Turkish Halloumi, Pomegranate Walnut Salad with Protein Bread	NEW Quinoa Rainbow Salad with Pinenuts	Tunisian Tuna Pasta Salad	Lemon, Olives Rosemary Chicken w/Beans Salad	Cold Cuts Chef's Salad & Protein Bread	Asian Beef Salad with Mushrooms, Cashew & Protein Bread	Eastern Pasta Salad with Chickpeas	
	Select SOUP or SALAD with choices 2,3,4,5	Garden Salad	Greek Salad	Beets Salad	Cabbage, Tomato & Cucumber Salad	Mixed Beans Salad	Corn Salad	Laban Salad	
		Italian Beans Soup	Peas & Yoghurt Soup	Carrot Cauliflower Soup	Creamy Tom Soup	Minestrone Soup	Tom Capsicum Soup	Clear Veg Soup	
	2 - Vegetarian	Fatteh with Chickpeas & Yoghurt	Linguine with Green Olives & Capers	Vegetable Gratin & Multiseeds Bread	Syrian Cooked Lentils with Toasted Arabic Bread	Halloumi Cheese S/W & Pesto Rosso	Fatayer Spinach with Pomegranate & Walnuts	Foul Akhdar B'Zeit & Arabic Bread	
	3	Baked Chicken with Spanish Sofrito Sauce & Toasted Tortilla	Kafta Burger S/W	Spiced Chicken Wrap & Raita	Lahm B' Ajeen	Fish Fillet with Salsa Fresca & Bread	Turkey & Cheese Cold Cuts S/W	Jamaican Grilled Chicken with Veggies & Bread	
	4 - Gourmet	Steak & Parmesan S/W	Moroccan Chicken with Pumpkin & Bread Roll	Beef Escalope with Veggies & Bread	Grilled Veggies & Cheddar S/W	Louisiana Hot Sauce Chicken S/W	Chicken & Vegetable Soup with Bread Roll	Assorted Mini Manaesh	
5	Dinner List		Dinner List		Dinner List		Dinner List		

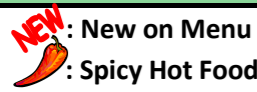
GOURMET BREAKFAST LIST	CODE #
Please insert the code # on your menu	
Labneh with Olives&Protein Bread	(B 001)
Feta Cheese Sandwich	(B 002)
Halloumi Cheese Sandwich	(B 003)
Light Cheddar Cheese Sandwich	(B 004)
Assorted Cheese Cubes with Bread Roll	(B 005)
Foul Modammas & Arabic Bread	(B 007)
Manaesh Cheese	(B 008)
Manaesh Zaatar	(B 009)
Manaesh 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 Manaesh: Zaatar, Cheese	(D 011)
Baked Falafel Salad with Zesty Tahini Dressing	(D 017)

Please send your choices maximum by Tuesday OCT 10 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 42/17

**BON APPETIT !**



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