

LIVE'LY "SPÉCIAL" MENU - Veggie Mare -

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

SEND BEFORE
TUESDAY
OCT 3 2017

Week 629		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		08-Oct-17	09-Oct-17	10-Oct-17	11-Oct-17	12-Oct-17	13-Oct-17	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>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	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	Vegetarian	Forest Mushroom Pasta (White Sauce)	Artichoke, Olive & Goat Cheese Pizza	Spanish Egg Tortilla with Potato & Salsa	Spiced Burghul with Plain Yoghurt	Baked Zitti Pasta with Cheese	White Beans Stew with Couscous	Potato & Veggies in Oven with Bread
	Vegan	Mixed Dhal with Bread	Vegetable Biryani	Mushroom Stew with Rice	Thai Pumpkin Curry & Rice	Vegan Chickpea Stirfry with Brown Rice	Rice with Foul & Nuts	Bhindi (Okra) Masala & Chapatti
	Pescetarian	Baked Fish with Hot Spicy Sauce & Potato	Fish Fillet with Dijon Herb Sauce & Potato	Baked Fish with Onions & Fennel & Potato	Grilled Spiced Fish with Coriander Rice & Raita	Fish Escalope with Carrots & Leeks & Potato	Shrimps with Tomato, Basil & Cumin with Rice	Baked Fish with Ginger & Soy & 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 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
	Vegan Choice	Roasted Almonds	Edamamme	Antioxidant Pack (Berry Juice)	Peanut Butter & Banana	Hummus B' Tahini with Chopped Veggies	Roasted Peanuts	Fruity Tea Drink
DINNER								
Dinner Main Dish	Select a SOUP or SALAD	Beets Salad	Greek Salad	Green Salad	Mixed Beans Salad	Mixed Cabbage Coleslaw	Corn Salad	Season Salad
		Greek Beans Soup	Cauliflower Soup	Yellow Lentils Soup	Cream of Tom Soup	Vegetable Soup	Carrot Coriander Soup	Tom Vermicelli Soup
	1	Orange, Goat Cheese & Herby Hazelnuts Salad & Protein Bread	Penne Arabiata	Halloumi with Walnut Mint Pesto S/W	Spaghetti with Chili, Lemon & Olives	Assorted Manaeesh & Margarita Pizza	Labneh with Olives & Bread Roll	Light Cheddar Cheese S/W
	2	Roasted Vegetable Rice with Balsamic Sauce	Mushroom & Zucchini Burger	Spiced Indian Roast Potato & Bread	Roasted Veggies & Potato with Chermola Sauce	Hummus B' Tahini with Sautéed Mushrooms & Bread	Burghul with Lentils with Garlic & Coriander	Three Beans Salad with Beetroot & Cashew
	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 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.

 : New on Menu
 : Spicy Hot Food

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

Calendar Week 41/17