


LIVE'LY "SPÉCIAL" MENU - Veggie Mare -

NAME: _____

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

SEND BEFORE
TUESDAY
OCT 10 2017

Week 630		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		15-Oct-17	16-Oct-17	17-Oct-17	18-Oct-17	19-Oct-17	20-Oct-17	21-Oct-17
		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 Wheet-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
		<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	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	Vegetarian	Bean Enchiladas & Salsa	Fattet Rice with Eggplant, Chickpeas & Yoghurt Sauce	Baked Vegetable Casserole with Parmesan & Bread	Vegetarian Pizza	Pasta with Tomato Cream Sauce	Pasta with Tomato Thyme Sauce	Moroccan Couscous with Veggies
	Vegan	Spinach Stew with Rice	Vegetable & Lentil Curry with Turmeric Rice	Green Beans Stew & Rice	Rice with Lentils & Tomato Sauce	Potato in Tahini Sauce with Bread	Cauliflower Stew & Rice	Spiced Basmati Pilao with Broccoli
	Pescetarian	Baked Fish with Moroccan Chermola & Potato	Herbed Fish Escalope with Herbed Potato	Thai Fish Curry with Herbs & Rice	Shrimps & Peas Curry with Dill Rice	Baked Fish with Mushrooms & Potato & Salsa Verde	Fish Harrah Beyroutiyyeh & Bread	Golden Coconut Curry with Shrimps & 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	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
	Vegan Choice	Roasted Peanuts	Antioxidant Pack (Berry Juice)	Edamame	Peanut Butter & Banana	Sun Dried Tomato Basil Hummus w/Veggies	Roasted Almonds	Dried Fruits Pack
		DINNER						
Dinner Main Dish	Select a SOUP or SALAD	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
	1	Fatteh with Chickpeas & Yoghurt	Linguine with Green Olives & Capers	Vegetable Gratin & Multiseeds Bread	Grilled Veggies & Cheddar S/W	Halloumi Cheese S/W & Pesto Rosso	Fatayer Spinach with Pomegranate & Walnuts	Eastern Pasta Salad with Chickpeas
	2	Grilled Vegetables with Spanish Sofrito Sauce & Toasted Tortilla	Foul Modammas & Arabic Bread	Burghul with Tomato	Syrian Cooked Lentils with Toasted Arabic Bread	NEW Sautéed Okra with Arabic Bread	Vegetable Soup with Brown Lentils & Bread Roll	Foul Akhdar B'Zeit & Arabic Bread
	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>
* Big Salad Dinner does not come with Soup or Side Salad								
Please send your choices maximum by Tuesday JAN 20 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.								

"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

NEW : 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 4/15