


# LIVE'LY STANDARD MENU

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

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

SEND BEFORE  
TUESDAY  
OCT 10 2017

<b>Week 630</b>		<b>SUNDAY</b> 15-Oct-17	<b>MONDAY</b> 16-Oct-17	<b>TUESDAY</b> 17-Oct-17	<b>WEDNESDAY</b> 18-Oct-17	<b>THURSDAY</b> 19-Oct-17	<b>FRIDAY</b> 20-Oct-17	<b>SATURDAY</b> 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 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
		Daily Fresh Fruits + Low Fat Milk or Yoghurt(Plain or Fruit) (Adjustable)						
<b>LUNCH</b>								
<b>Appetizer</b>	<b>1</b>	Season Salad	Mixed Cabbage Coleslaw	Mixed Salad with Dates & Pine Nuts	Mixed Greens with Feta & Raisins	Fattoush	Assorted Lettuce & Carrots	Broccoli Slaw
	<b>2</b>	Hummus B' Tahini	Laban Salad	Beetroot Moutabbal	Eggplant Moutabbal	Grilled Eggplant with Feta & Pomegranate	Cooked Lentils & Carrots	Sautéed Mushrooms
<b>Lunch Main Dish</b>	<b>1</b>	<del>NEW</del> 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
	<b>2</b>	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
	<b>3 - Vegetarian</b>	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
	<b>4 - Subzzz OR Salads</b>	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
<b>PM Snack</b>	<b>Oriental Dessert</b>	Dates Makroota	Rice Pudding	Maamoul Madd Dates	Konafa Cheese	Moroccan Rounds with Prunes	Stuffed Dates	Karabeej Pistachio
	<b>Int'l Dessert</b>	Lazzy Cake	Peanut Butter Cookies	Live'ly Lavender Cake	Live'ly Cheese Cake	Panna Cotta with Berries	Chocolate Muffin	Velvety Chocolate Brownies
	<b>Low GI</b>	Roasted Peanuts	<del>NEW</del> Chocolate Chia Pudding with Coconut	Edamame	Peanut Butter & Banana	<del>NEW</del> Sun Dried Tomato Basil Hummus w/Veggies	Plain Greek Yoghurt with Natural Almonds	Hi Protein Snack Bar
<b>DINNER</b>								
<b>Dinner Main Dish</b>	<b>1</b>	Turkish Halloumi, Pomegranate Walnut Salad with Protein Bread	<del>NEW</del> 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
	<b>Select SOUP or SALAD with choices 2,3</b>	Garden Salad	Greek Salad	Beets Salad	Cabbage, Tomato & Cucumber Salad	Mixed Beans Salad	Corn Salad	Laban Salad
	<b>2 - Vegetarian</b>	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
	<b>3</b>	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
Please send your choices <b>maximum by Tuesday OCT 10</b> 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 42/17