

LIVE'LY GOURMET MENU

NAME: _____

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

Week 699		SUNDAY 10-Feb-19	MONDAY 11-Feb-19	TUESDAY 12-Feb-19	WEDNESDAY 13-Feb-19	THURSDAY 14-Feb-19	FRIDAY 15-Feb-19	SATURDAY 16-Feb-19		
		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	All Bran Cereal	Fruit Crunch Crisp Bread & Jam	Mini Wheat-a-Bix	Honey & Toast	Branflakes Cereal		
		Labneh with Olives & Oats Bread	Feta Cheese S/W	Croissant Cheese	Labneh with Mint & Arabic Bread	Manaesh Zaatar	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>		
		Daily Fresh Fruits + Low Fat Milk or Yoghurt(Plain or Fruit) (Adjustable)								
		LUNCH								
		Appetizer	1	Garden Salad	Salad Mix with Elbow Pasta	Halloumi Salad with Balsamic Dressing	Season Salad with Chickpeas	Lentils & Leaves Salad with Balsamic Dressing	Green Salad	Colored Cabbage & Carrots Salad
			2	Hummus B' Tahini	Laban Salad	Baba Ghannouj	Eggplant Moutabbal	Spiced Curried Veggies	Beetroot Moutabbal	Laban Salad
			3	Roca, Corn & Lettuce Salad	Marinated Artichoke Hearts	Potato with Garlic & Coriander	Balsamic Soy Roasted Garlic Mushrooms	Caesar Salad	Sautéed Spinach with Lemon	Sautéed Veggies
Lunch Main Dish	1	Spiced Kafta in Tomato Sauce & Rice	Fattet Daja) (Rice with Chicken, Eggplant & Chickpeas)	Green Beans Stew with Meat & Rice	Fish Sayyadiyyeh	Indian Chicken Makhni & Rice	Beef Cutlets with White Beans & Couscous	Adana Kabab with Turkish Rice with Vermicelli		
	2	Chicken Fajita Platter with Guacamole & Salsa & Tortilla	Baked Fish with Potato, Olives & Tomato	Chicken Pizzola & Caibatta Bread	Herbed Crispy Chicken with Green Herb Sauce & Potato	Italian Olive Meatballs with Spaghetti	Sweet & Sour Shrimps with Rice	Baked Chicken in Parmesan Sauce & Ciabatta		
	3 - Vegetarian	Spiced Rice with Lentils & Cauliflower	Spiced Vegetable Stew with Burghul Pilaf	Goat Cheese Frittata with Courgette & Peas with Bread	Pasta with Tomato Cream Sauce	Garden Pizza Supreme	Spiced Basmati Pulau with Broccoli	Kidney Beans Curry & Rice		
	4 - Subzzz OR Salads	Potato & Tuna Salad with Corn & Veggies	Ultimate Beef Steak Ciabatta with Onions & Mushrooms	Artichoke Basil Hero Cold Cuts S/W	Sicilian Beef Steak Salad with Bread	Lebanese Chicken Sub with Eggplant & Sumac	Cajun Chicken & Cheese Kraftcorn Burger	French Roasted Vegetable Ciabatta		
	5 - Gourmet	Baked Fish with Moroccan Chermola & Potato	Potato Meatballs with Spicy Tomato Sauce	Baked Fish with Caramelized Onions & Potato	Rice & Meat Stuffed Squash & Eggplant in Tomato Sauce	Fish Escalope with Cheese & Tarragon with Potato	Chicken Fillet with Shitake Mushrooms, Veggies & Potato	Curried Shrimps with Tomato & Lemon & Rice		
PM Snack	Oriental Dessert	Maamoul Walnuts	Kashtaliyyeh (Milk Pudding with Syrup)	Dates & Sesame Rectangles	Barazek	Sfouf (Turmeric Cake)	Bassbousa	Dates Fingers		
	Int'l Dessert	Chocolate Coconut Biscuits	Live'ly Biscotti	Live'ly Chocolate Cheese Cake	Crispy Chocolate Cupcakes	Blueberry Muffin	Live'ly Chocolate Biscuits	Fruits & Nuts Cake		
	Low GI	Roasted Peanuts	Dark Chocolate	Minted Labneh with Chopped Veggies	Peanut Butter & Banana	Hummus B' Tahini w/Chopped Veggies	Roasted Almonds	Hi Protein Snack Bar		
DINNER										
Dinner Main Dish	1	Turkish Halloumi, Pomegranate Walnut Salad with Protein Bread	Iskandar Kabab Salad with Yoghurt Dressing & Protein Bread	Fattoush & Halloumi Salad with Protein Bread	Marinated Chicken with Almonds & Sultana & Protein Bread	Cold Cuts Chef's Salad with Protein Bread	Zesty Mediterranean Chicken Salad with Protein Bread	Sweet & Sour Pasta Salad with Colored Peppers & Parmesan		
	Select SOUP or SALAD with choices 2,3,4,5	Mixed Cabbage Coleslaw	Garden Salad	Beets Salad	Mixed Beans Salad	Greek Salad	Corn Salad	Season Salad		
		Greek Beans Soup	Yellow Lentil Soup	Cauliflower Soup	Cream of Tomato Soup	Vegetable Soup	Carrot Coriander Soup	Tom Vermicelli Soup		
	2 - Vegetarian	Spaghetti Napolitana	Roasted Farm & Root Vegetables with Romesco Sauce	Pineapple Vegetable Rice	Zucchini & Potato Bake	Feta with Grilled Veggies S/W in Toast Bread	Syrian Cooked Lentils with Toasted Bread	Vegetable Goulash & Bread Roll		
	3	Chicken with Spiced Coriander Sauce & Potato Cubes	Club S/W (Turkey & Cheese with Chicken Paste)	North African Kafta with Veggies & Bread	Kafta Burger S/W	Baked Fish with Salsa Fresca & Bread	Turkey & Cheese Cold Cuts S/W	Grilled Chicken with Veggies & Potato Cubes		
	4 - Gourmet	Beef Escalope with Veggies & Bread	Halloumi & Grilled Vegetables S/W	Greek Chicken Souvlaki S/W	Baked Fish with Sweet Chili Sauce & Bread	Mexican Style Chicken with Corn Salsa	Beef Steak & Parmesan S/W	Tuna Melt S/W		
5	<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>			

SEND BEFORE TUESDAY FEB 5 2019

GOURMET BREAKFAST LIST		CODE #
Please insert the code # on your menu		
Labneh with Olives & Oats Bread		(B 001)
Feta Cheese Sandwich		(B 002)
Halloumi Cheese Sandwich		(B 003)
Light Cheddar Cheese Sandwich		(B 004)
Assorted Cheese Cubes with Protein Bread		(B 005)
Philadelphia Cheese & Toast Bread		(B 006)
Foul Modammas & Arabic Bread		(B 007)
Manaesh Cheese		(B 008)
Manaesh Zaatar		(B 009)
Manaesh Labneh		(B 010)
Omelet with Veggies & Toast Bread		(B 011)
Masala Omelet & Chapati		(B 012)
Boiled Egg & Protein Bread		(B 013)
Chocolate Spread & Crocottes		(B 016)
Peanut Butter & Toast		(B 017)
Jam & Toast		(B 018)
Honey & Toast		(B 019)
Pancakes & Jam		(B 020)
QUICK OAT PACK®		(B 022)
Branflakes®		(B 023)
Fitness® Cereal		(B 024)
Muesli with Dried Fruits & Nuts		(B 025)

GOURMET DINNER LIST		CODE #
Please insert the code # on your menu		
Ranch Chicken Sandwich		(D 001)
Chef's Steak Sandwich		(D 002)
Spiced Kofta Kebab Wrap with Raita		(D 003)
Tuscan Tuna Sandwich		(D 004)
Turkey & Cheese Sandwich		(D 006)
Cheddar with Grilled Vegetables S/W		(D 007)
Halloumi Cheese Sandwich		(D 008)
Assorted Manaesh(Zaatar, Cheese)		(D 010)

Please send your choices maximum by Tuesday FEB 5 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 6/19



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BON APPETIT !