


LIVE'LY LOW GI MENU

NAME: _____

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

SEND BEFORE
TUESDAY
FEB 5 2019

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)						
		Original Instant Oats Pack with Fresh Blueberries	Hi Protein Wheat-a-Bix	Peanut Butter & Protein Bread	Hi Protein Granola	Hi Protein Wheat-a-Bix	Crispy Oats & Fruits	Peanut Butter & Protein Bread
		Plain Omelette with Grilled Veggies	Labneh with Olives & Cucumber Box	Halloumi with Tomato & Cucumber Box	Labneh with Zaatar with Cucumber & Tomato Box	Omelette with Veggies	Foul Modammas & Protein Bread	Light Cheddar with Tomato Lettuce Box
		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	Curried Veggies	Beetroot Moutabbal	Laban Salad
	3	Roca, Tomato & Lettuce Salad	Marinated Artichoke Hearts	Roasted Cauliflower with Tahini Sauce	Balsamic Soy Roasted Garlic Mushrooms	Caesar Salad	Sautéed Spinach with Lemon	Sautéed Veggies
Lunch Main Dish	1- MEAT	Spiced Kafta in Tomato Sauce & Brown Rice	Ultimate Beef Steak Platter with Onions & Mushrooms & Veggies & Protein Bread	Green Beans Stew with Meat & Brown Rice	Sicilian Beef Steak Salad with Protein Bread	Italian Olive Meatballs with Brown Pasta	Beef Cutlets with White Beans & Brown Rice	Adana Kabab with Quinoa
	2- CHICKEN	Chicken Fajita Platter with Guacamole & Salsa & Protein Bread	Chicken with Rosemary Sauce & Brown Pasta	Chicken Pizzola & Protein Bread	Herbed Crispy Chicken with Green Herb Sauce & Sweet Potato	Indian Chicken Makhni & Brown Rice	Chicken Fillet with Shitake Mushrooms, Veggies & Sweet Potato	Baked Chicken in Parmesan Sauce & Protein Bread
	3- SEA FOOD	Baked Fish with Moroccan Chermola & Sweet Potato	Baked Fish with Sweet Potato, Olives & Tomato	Baked Fish with Caramelized Onions & Sweet Potato	Quinoa Sayyadiyyeh	Fish Escalope with Cheese & Tarragon with Sweet Potato	Sweet & Sour Shrimps with Brown Rice	Curried Shrimps with Tomato & Lemon & Brown Rice
PM SNACK	Snack	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	Select a SOUP or SALAD	Mixed Cabbage Coleslaw	Garden Salad	Beets Salad	Mixed Beans Salad	Greek Salad	Green Salad	Season Salad
		Greek Beans Soup	Yellow Lentil Soup	Cauliflower Soup	Cream of Tomato Soup	Vegetable Soup	Carrot Coriander Soup	Tom Vermicelli Soup
	1- BIG SALAD	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	Greek Salad with Feta & Olives & Protein Bread
2	Chicken with Spiced Coriander Sauce & Sweet Potato	Grilled Chicken with Roasted Vegetables with Romesco Sauce	North African Kafta with Veggies & Protein Bread	Beef Escalope with Veggies	Baked Fish with Salsa Fresca & Protein Bread	Syrian Cooked Lentils with Toasted Bread	Grilled Chicken with Veggies & Protein Bread	
		* Big Salad Dinner does not come with Soup or Side Salad						
		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.						

 : New on Menu
 : Spicy Hot Food

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Calendar Week 6/19