

LIVE'LY "SPÉCIAL" MENU - Veggie Mare -

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	Manaeesh 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	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	Vegetarian	Spiced Potato in Tomato Sauce & Rice	Fattet Rice with Eggplant & Chickpeas	Goat Cheese Frittata with Courgette & Peas with Bread	Pasta with Tomato Cream Sauce	Garden Pizza Supreme	White Beans & Couscous	French Roasted Vegetable Ciabatta
	Vegan	Spiced Rice with Lentils & Cauliflower	Spiced Vegetable Stew with Burghul Pilaf	Green Beans Stew & Rice	Cauliflower Dhal & Chapati	Thai Vegetable Curry & Rice	Spiced Basmati Pulau with Broccoli	Kidney Beans Curry & Rice
	Pescetarian	Baked Fish with Moroccan Chermola & Potato	Baked Fish with Potato, Olives & Tomato	Baked Fish with Caramelized Onions & Potato	Fish Sayyadiyyeh	Fish Escalope with Cheese & Tarragon with Potato	Sweet & Sour Shrimps with Rice	Curried Shrimps with Tomato & Lemon & 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	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
	Vegan Choice	Roasted Peanuts	Dates Pack	Antioxidant Pack (Berry Juice)	Peanut Butter & Banana	Hummus B' Tahini w/Chopped Veggies	Roasted Almonds	Live'ly Dried Fruits Pack
DINNER								
Dinner Main Dish	Select a SOUP or SALAD	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
	1	Spaghetti Napolitana	Halloumi & Grilled Vegetables S/W	Fattoush & Halloumi Salad with Protein Bread	Zucchini & Potato Bake	Feta with Grilled Veggies S/W in Toast Bread	Eggplant Frittata & Bread Roll	Sweet & Sour Pasta Salad with Colored Peppers & Parmesan
	2	Potato Cubes with Spiced Coriander Sauce & Bread	Roasted Farm & Root Vegetables with Romesco Sauce	Pineapple Vegetable Rice	Grilled Veggies Burger S/W	Spiced Spinach with Lentils & Bread	Syrian Cooked Lentils with Toasted Bread	Vegetable Goulash & Bread Roll
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>

SEND BEFORE TUESDAY FEB 5 2019

- "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 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.



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Calendar Week 6/19