

LIVE'LY GOURMET MENU

NAME:

Mobile No:

BRANCH: Mirdiff ; Al Wasl ; Abu Dhabi

Week 799

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10-Jan-21	11-Jan-21	12-Jan-21	13-Jan-21	14-Jan-21	15-Jan-21	16-Jan-21



BREAKFAST

AM Delivery: Start with lunch and keep breakfast for the following day

Daily Low Fat Milk or Yoghurt(Plain or Fruit)

Honey & Toast	Peanut Butter & Toast	Pancakes & Jam	Special K Cereal	Pain Au Chocolat (Chocolate Croissant)	Honey & Toast	Branflakes Cereal
Labneh with Olives & Arabic Bread	Halloumi Cheese S/W	Manaeesh Cheese	Labneh with Mint & Arabic Bread	Feta Cheese with Zaatar & Protein Bread	Foul Modammas & Arabic Bread	Feta Cheese & Toast
<i>Breakfast List</i>	<i>Breakfast List</i>	<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	Season Salad	Mixed Cabbage Coleslaw	Mixed Salad with Dates & Pine Nuts	Mixed Greens with Feta & Raisins	Fattoush	Assorted Lettuce with Carrots	Broccoli Slaw
	2	Hummus B' Tahini	Curried Veggies	Beetroot Moutabbal	Eggplant Moutabbal	Sautéed Veggies	Baba Ghannouj	Grilled Squash with Tahini Sauce
	3	Potato with Garlic & Coriander	Roca, Corn & Lettuce Salad	Marinated Artichoke Hearts	Caesar Salad	Mushrooms & Lentils Goat Cheese Salad	Sautéed Spinach with Lemon	Laban Salad
Lunch Main Dish	1	Kafta Khashkhash with Tomato Garlic Sauce & Rice	Chicken Kabseh	Sheikh el Mahshi (Eggplant with Minced Meat in Yoghurt Sauce) & Rice	Baked Fish with Tahini Sauce & Potato	Sweet Potato & Chicken Curry with Chickpeas & Rice	Arabic Style Baked Fish with Cumin & Potato	Moroccan Couscous with Meat & Veggies
	2	Greek Chicken Capsicum & Tortilla	Onion Crusted Fish Escalope w/Roasted Corn & Peppers	Colorful Chicken Pizza	Beef Stroganoff with Rice	Baked Zitty Pasta with Beef & Tomato & Cheese	Chicken Ragu with Olives & Rice	Baked Chicken in Mushroom Sauce & Pasta
	3 - Vegetarian	Vegetarian Mediterranean Stew with Pesto & Ciabatta	Moroccan Seven Vegetable Stew & Couscous	Vegetable & Lentil Curry with Turmeric Rice	Roasted Vegetable Cannelloni with Béchamel Sauce	Koshari (Rice with Lentils & Elbow Pasta)	Turkish Aubergine Pilaf	Pav Bhaji (Potato, Cauliflower & Peas Indian Style) & Bread
	4 - Subzzz OR Salads	Zesty Tuna & Artichoke Ciabatta with Olives	Italian Cheese Beef Steak Sub with Marinara Sauce	Mufuletta Cold Cuts S/W	Caribbean Chicken Salad with Pineapple & Toasted Tortilla	Chicken, Mushroom Pesto Wrap	Beef Kraftcorn Burger with Corn Relish	Pesto Veggies Herbed Ciabatta
	5 - Gourmet	Baked Fish with Spicy Herb Sauce & Potato	Kebbeh Aranabiyeh with Rice	Shrimp Dhania Masala (with Coriander) & Rice	Lemon Chicken with Couscous with Sautéed Balsamic Mushrooms	Baked Fish with Salsa Verde & Potato	Beef Steak with Pepper Sauce & Potato	Shrimps with Tomato, Basil & Cumin with Rice
PM Snack	Oriental Dessert	Dates Makroota	Rice Pudding	Maamoul Madd Dates	Konafa Cheese	Moroccan Rounds with Prunes	Bassbousa	Karabeej Pistachio
	Int'l Dessert	Lazzy Cake with Dried Fruits	Ginger Cake with Tea	Live'ly Raspberry Tiramisu	Chocolate Coated Biscuits	Vanilla Chocolate Custard	Chocolate Muffin	Blueberry Cake
	Low GI	Roasted Almonds	Peanut Butter & Banana	Minted Labneh with Chopped Veggies	Roasted Peanuts	Hummus B' Tahini & Chopped Veggies	Peanut Butter & Banana	Hi Protein Snack Bar

DINNER

Dinner Main Dish	1	Cheese Salad with Grapes & Walnuts & Protein Bread	Spaghetti & Tuna Nicoise Salad	Sumac Flavored Chicken Salad with Protein Bread	Cold Cuts Chef's Salad with Protein Bread	Steak Salad with Pesto Vinaigrette & Protein Bread	Dijon Chicken Salad with Protein Bread	Mixed Beans Salad with Tomato & Olives
	Select SOUP or SALAD with choices 2,3,4,5	Garden Salad	Greek Salad	Beets Salad	Cabbage, Cucumber Tomato Salad	Mixed Beans Salad	Corn Salad	Season Salad
	2 - Vegetarian	Linguine with Green Olives & Capers	Roasted Veggies with Creamy Pesto & Multiseeds Bread	Halloumi S/W with Red Pesto	Foul Modammas & Arabic Bread	Cheese & Herbs Fatayer	Okra B' Zeit with Arabic Bread	Mushroom Rice
	3	Spiced Indian Roast Potato with Chicken & Raita	KEFTADAS (Greek Kafta S/W)	Mushroom Salsa Beef Chili with Toasted Tortilla	Chicken Burger S/W	Grilled Fish with Potato with Garlic & Coriander	Roast Beef Cold Cuts S/W	Zesty Grilled Chicken with Veggies & Bread
	4 - Gourmet	Beef Escalope with Veggies & Bread	Spanish Omelet with Bread Roll	Spaghetti with Chili, Lemon & Olives	Beef Steak S/W with Salsa Verde	Mediterranean Chicken S/W	Assorted Manaeesh	Feta Cheese & Olives 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
Jan 5 2021

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)
Manaeesh Cheese	(B 008)
Manaeesh Zaatar	(B 009)
Manaeesh Labneh	(B 010)
Omelet with Veggies & Toast Bread	(B 011)
Masala Omelet & Chapati	(B 012)
Boiled Egg & Protein Bread	(B 013)
Chocolate Spread & Cracottes	(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)

NEW

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 Manaeesh(Zaatar, Cheese)	(D 010)

Please send your choices maximum by Tuesday JAN 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 2/21

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

BON APPETIT !

LIVE'LY GOURMET MENU

