


# LIVE'LY GOURMET MENU

NAME:

Mobile No:

BRANCH: Mirdiff ; Al Wasl ; Abu Dhabi

SEND BEFORE  
TUESDAY  
JAN 12 2021

Week 800		SUNDAY 17-Jan-21	MONDAY 18-Jan-21	TUESDAY 19-Jan-21	WEDNESDAY 20-Jan-21	THURSDAY 21-Jan-21	FRIDAY 22-Jan-21	SATURDAY 23-Jan-21	
<b>BREAKFAST</b>									
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	Pain Au Chocolat (Chocolate Croissant)	Honey & Toast	Branflakes Cereal	
		Labneh with Olives & Protein Bread	Feta Cheese S/W	Croissant Cheese	Labneh with Mint & Arabic Bread	Manaeesh Zaatar	Foul Modammas & Arabic Bread	Feta Cheese & Toast	
		Breakfast List		Breakfast List		Breakfast List		Breakfast List	
		Daily Fresh Fruits + Low Fat Milk or Yoghurt(Plain or Fruit) (Adjustable)							
<b>LUNCH</b>									
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	Sauteed Mushrooms	Caesar Salad	Sautéed Spinach with Lemon	Sautéed Veggies	
Lunch Main Dish	1	Spiced Kafta in Tomato Sauce & Rice	Fattet Dajaj (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 Pizziola & 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 win 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	Kashlaliyyeh (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	Vanilla Chocolate Custard	Fruits & Nuts Cake	
	Low GI	Roasted Peanuts	Peanut Butter & Banana	Minted Labneh with Chopped Veggies	Roasted Almonds	Hummus B' Tahini w/Chopped Veggies	Peanut Butter & Banana	Hi Protein Snack Bar	
<b>DINNER</b>									
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	
	2 - Vegetarian	Greek Beans Soup	Yellow Lentil Soup	Cauliflower Soup	Cream of Tomato Soup	Vegetable Soup	Carrot Coriander Soup	Tom Vermicelli Soup	
	3	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	
	4	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	
	5	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	
		Dinner List	Dinner List	Dinner List	Dinner List	Dinner List	Dinner List	Dinner List	

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 12 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 3/21

 : New on Menu  
 : Spicy Hot Food

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**BON APPETIT !**

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