

LIVE'LY "SPÉCIAL" MENU - Veggie Mare -

NAME: _____ Mobile No: _____ BRANCH: Mirdiff _____ ; Al Wasl _____ ; Abu Dhabi _____

SEND BEFORE
TUESDAY
JAN 5 2021

Week 799		SUNDAY 10-Jan-21	MONDAY 11-Jan-21	TUESDAY 12-Jan-21	WEDNESDAY 13-Jan-21	THURSDAY 14-Jan-21	FRIDAY 15-Jan-21	SATURDAY 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>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	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	Vegetarian	Vegetarian Mediterranean Stew with Pesto & Ciabatta	Moroccan Seven Vegetable Stew & Couscous	Eggplant with Nuts in Yoghurt Sauce & Rice	Roasted Vegetable Cannelloni with Béchamel Sauce	Koshari (Rice with Lentils & Elbow Pasta)	Chili Yoghurt Mushrooms with Rice	Moroccan Couscous with Veggies
Vegan	Potato in Tomato Garlic Sauce & Rice		Vegetarian Kabseh	Vegetable & Lentil Curry with Turmeric Rice	Lemon Couscous with Sautéed Balsamic Mushrooms	Sweet Potato Curry with Chickpeas & Rice	Turkish Aubergine Pilaf	Pav Bhaji (Potato, Cauliflower & Peas Indian Style) & Bread		
Pescetarian	Baked Fish with Spicy Herb Sauce & Potato		Onion Crusted Fish Escalope w/ Roasted Corn & Peppers	Shrimp Dhania Masala (with Coriander) & Rice	Baked Fish with Tahini Sauce & Potato	Baked Fish with Salsa Verde & Potato	Arabic Style Baked Fish with Cumin & Potato	Shrimps with Tomato, Basil & Cumin with 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	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		
	Vegan Choice	Roasted Almonds	Peanut Butter & Banana	Berry Juice	Roasted Peanuts	Hummus B' Tahini & Chopped Veggies	Peanut Butter & Banana	Dried Fruits		
DINNER										
Dinner Main Dish	Select a SOUP or SALAD	Garden Salad	Greek Salad	Beets Salad	Cabbage, Cucumber Tomato Salad	Mixed Beans Salad	Corn Salad	Season Salad		
		Tomato Parsley Soup	Minestrone Soup	Carrot Cauliflower Soup	Black Lentils Soup	Curried Veg Soup	Carrot Ginger Soup	Tom Basil Soup		
	1	Linguine with Green Olives & Capers	Spanish Omelet with Bread Roll	Halloumi S/W with Red Pesto	Halloumi & Zucchini Burger	Cheese & Herbs Fatayer	Assorted Manaeesh	Mixed Beans Salad with Tomato & Olives		
	2	Spiced Indian Roast Potato with Bread	Roasted Veggies & Multiseeds Bread	Burghul with Lentils with Garlic & Coriander	Foul Modammas & Arabic Bread	Roasted Green Beans & Mushrooms with Walnuts & Bread	Okra B' Zeit with Arabic Bread	Mushroom 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>		

- "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 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.



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Calendar Week 2/21