

LIVE'LY "SPÉCIAL" MENU - Veggie Mare -

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		
		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	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		
		<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	Sautted 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	Vanilla Chocolate Custard	Fruits & Nuts Cake		
	Vegan Choice	Roasted Peanuts	Peanut Butter & Banana	Berry Juice	Roasted Almonds	Hummus B' Tahini w/Chopped Veggies	Peanut Butter & Banana	Dried Fruits		
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>		

- "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 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.



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Calendar Week 3/21