


LIVE'LY STANDARD MENU

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	
		Daily Fresh Fruits + Low Fat Milk or Yoghurt(Plain or Fruit) (Adjustable)							
Appetizer		LUNCH							
		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
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	
PM Snack	Oriental Dessert	Dates Makroota	Rice Pudding	Maamoul Madd Dates	Konafa Cheese	Moroccan Rounds with Prunes	Bassbousa	Karabeej Pistachio	
	Int'l Dessert	Lazy 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	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	
	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		
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.									

 : 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

Calendar Week 2/21