


LIVE'LY STANDARD 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
		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	Maneesh Zaatar	Foul Modammas & Arabic Bread	Feta Cheese & Toast
		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
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 Pizzola & 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 Pulaw 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
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
	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
DINNER								
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	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
	2 - Vegetarian	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
3	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	
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.								

 : 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 3/21