LIVE'LY GOURMET MENU

NAME: _____ Mobile No: _____ BRANCH: Mirdiff_____; Al Wasl_____; Abu Dhabi_____

SEND BEFORE TUESDAY APR 27 2021

Week 815		SUNDAY 02-May-21	MONDAY 03-May-21	TUESDAY 04-May-21	WEDNESDAY 05-May-21	THURSDAY 06-May-21	FRIDAY 07-May-21	SATURDAY 08-May-21
		BREAKFAST						
		AM Delivery: Start with lunch and keep breakfast for the following day						
		Daily Low Fat Milk or Yoghurt(Plain or Fruit)						
		Branflakes Cereal	Honey, Cheese & Bread Roll	Peanut Butter & Toast	Pancakes & Jam	Special K Cereal	Branflakes Cereal	Honey & Toast
		Feta Cheese & Toast	Labneh with Olives & Arabic Bread	Halloumi Cheese S/W	Labneh with Zaatar & Arabic Bread	Cheddar Cheese S/W	Labneh with Mint & Arabic Bread	Foul Modammas & Arabic Bread
		Breakfast List	*Breakfast List*	*Breakfast List*	*Breakfast List*	*Breakfast List*	*Breakfast List*	*Breakfast List*
		Daily Fresh Fruits + Low Fat Milk or Yoghurt(Plain or Fruit) *(Adjustable)*						
		LUNCH						
Appetizer	1	Assorted Lettuce & Carrots	Broccoli Slaw	Fattoush	Garden Salad	Salad Mix with Elbow Pasta	Halloumi Salad with Balsamic Dressing	Fattoush
	2	Sauteed Veggies	Laban Salad	Hummus B' Tahini	Laban Salad	Eggplant Moutabbal	Baba Ghannouj	Sauteed Veggies
	3	Sauteed Spinach with Lemon	Green Salad	Rocca Lettuce & Corn Salad	Dry Curry Veggies	Sauteed Veggies	Caesar Salad	Laban Salad
Lunch Main Dish	1	Coconut Ginger Shrimps with Carrots & Rice	Chicken Moghrabiyeh	Baked Fish with Grilled Veggies & Potato	Freekeh with Chicken	Fish Tikkas with Colored Rice & Coriander Raita	Beef Rogan Josh & Pilau Rice	Spiced Chicken with Vegetable Rice & Crisp Onion
	2	Salisbury Steak (Minced Beef Steak in Mushroom Gravy) & Potato	Beef Rissoles (Patties with Mustard Catsup Sauce) & Potato	Chicken & Broccoli Pesto Pasta	Beef Stroganoff & Rice	Chuleta de Pollo (Colombian Breaded Chicken) & Spiced Potato	Thai Shrimp Stir Fry with Tomatoes & Basil & Noodles	Tex Mex Beef Steak Chili Con Carne & Tortilla
	3 - Vegetarian	Spicy Curried Potato Tortilla Wraps & Raita	Vegetable Curry with Tamarind & Rice	Dhal Tadka & Chapati	Courgette & Tarragon Potato Egg Tortilla	Baked Rigatoni with Vegetable Bolognese	Sweet & Sour Chickpeas & Bread	Squash & Carrots Stew & Rice
	4 - Subzzz OR Salads	Chicken, Carrots & Cheddar Sub with Tahini Sauce	Muffuletta Cold Cuts S/W	Italian Cheese Beef Steak Sub & Marinara Sauce	Olive Tapinade Chicken Ciabatta	Ground Beef & Cheddar Ciabatta	Cajun Chicken & Cheese Kraftcorn Burger	California Grilled Veggies Ciabatta
	5 - Gourmet	Thai Red Chicken Curry with Sweet Potato	Baked Fish with Mushroom & Potato & Salsa Verde	Kibbeh Bi Laban (in yoghurt sauce) & Rice	Baked Fish w/ Onions & Mushrooms w Stuffed Bell Peppers	Potato Kibbeh in Oven with Minced Meat	Chicken with Fennel, Tomato, Tarragon & Rice	Baked Fish with Ginger & Soy & Rice
PM Snack	Oriental Dessert	3osmaliyyeh	Kashtaliyyeh (Milk Pudding with Syrup)	Konafa Cheese with Syrup	3aish el Saraya	Bassbousa	Rice Pudding	Karabeej Pistachio
	Int'l Dessert	Live'ly Biscotti	Crispy Chocolate Cupcake	Whole Wheat Banana Muffin	Live'ly Cheese Cake	Fruits & Nuts Cake	Apple Cookie	Tropical Ginger Cake
	Low GI	Hummus B'Tahini w/ Chopped Veggies	Hi Protein Snack Bar	Roasted Almonds	Peanut Butter & Banana	Roasted Peanuts	Hi Protein Snack Bar	Minted Labneh eith Chopped Veggies
		DINNER						
Dinner Main Dish	1	Turkish Halloumi, Pomegranate & Walnut Salad & Protein Bread	Indian Marinated Chicken Salad & Protein Bread	Greek Salad with Feta & Olives & Protein Bread	Beetroot, Feta & Roca Salad with Walnuts	Beef, Beans & Parmesan Salad & Protein Bread	Fatoush with Eggplant & Pomegranate in Molases Sause & Toasted Bread	Eastern Pasta Salad with Chickpeas
	Select SOUP or SALAD with choices 2,3,4,5	Corn Salad	Season Salad	Mixed Cabbage Coleslaw	Greek Salad	Laban Salad	Mixed Beans Salad	Garden Salad
		Tomato Meatballs Soup	Yellow Lentil Soup	Vegetable Oats Soup	Golden Lentil Soup	Chicken & Veg Soup	Tomato Parsley Soup	Yellow Lentil Soup
	2 - Vegetarian	Foul Modammas & Arabic Bread	Assorted Manaeesh & Margarita Pizza	Croissant Zaatar	Pasta with Special Veggies Sauce	Manoushet Zaatar with Labneh	Cheese & Herbs Fatayer	Feta Cheese & Olives S/W
	3	Chicken Burger S/W	Hummus B'Tahini with Minced Meat & Bread	North African Kafta Platter with Yoghurt & Bread	Kafta S/W with Tahini Sauce	Mexican Style Chicken with Corn Salsa	Chicken Breast Cold Cuts S/W	Jamaican Grilled Chicken with Veggies & Bread
	4 - Gourmet	Spaghetti with Chili, Lemon & Olives	Light Cheddar Cheese S/W	Spanish Omlette with Veggies & Bread	Grilled Chicken with Veggies & Corn	Feta & Grilled Veggies S/W in Toast Bread	Roasted Kafta with Veggies & Bread	Tuna S/W
	5	*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 & Protein Bread	(B 001)
Feta Cheese Sandwich	(B 002)
Halloumi Cheese Sandwich	(B 003)
Light Cheddar Cheese Sandwich	(B 004)
Assorted Cheese Cubes with Bread Roll	(B 005)
Foul Modammas & Arabic Bread	(B 007)
Manaeesh Cheese	(B 008)
Manaeesh Zaatar	(B 009)
Manaeesh Labneh	(B 010)
Omelet with Veggies & Protein 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)
Branflakes®	(B 023)
Fitness®Cereal	(B 024)
Muesli with Dried Fruits and Nuts	(B 025)

GOURMET DINNER LIST	CODE #
Please insert the code # on your menu	
Whole-grain Mustard Chicken Sandwich	(D 001)
Beef Shawarma Wrap with Tahini Sauce	(D 002)
Kofta Kabab Wrap with Yoghurt Sumac Sauce	(D 003)
Parsley, Capers & Lemon Tuna Sandwich	(D 004)
Turkey & Cheese Sandwich	(D 006)
Vegetarian Pizza on Ciabatta	(D 009)
Assorted Manaeesh: Zaatar & Cheese	(D 010)
Baked Falafel Salad with Zesty Tahini Dresssing	(D 016)

Please send your choices maximum by Tuesday APR 27 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 18/21

NEW: 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

BON APPETIT !

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