

LIVE'LY GOURMET MENU

NAME:

Mobile No:

BRANCH: Mirdiff ; Al Wasl ; Abu Dhabi

**SEND BEFORE
TUESDAY
JUN 29 2021**

Week 824		SUNDAY 04-Jul-21	MONDAY 05-Jul-21	TUESDAY 06-Jul-21	WEDNESDAY 07-Jul-21	THURSDAY 08-Jul-21	FRIDAY 09-Jul-21	SATURDAY 10-Jul-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	Pan Au Chocolat (Chocolate Croissant)	Honey & Toast	Branflakes Cereal
		Labneh with Olives & Protein Bread	Feta Cheese S/W	Croissant Cheese	Labneh with Mint & Arabic Bread	Halloumi Cheese & Bread Roll	Foul Modammas & Arabic Bread	Feta Cheese & Toast
		<i>Breakfast List</i>	<i>Breakfast List</i>	<i>Breakfast List</i>	<i>Breakfast List</i>	<i>Breakfast List</i>	<i>Breakfast List</i>	<i>Breakfast 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	Lentils & Leaves Salad with Balsamic	Season Salad with Chickpeas	Green Salad	Colored Cabbage & Carrots Salad
	2	Hummus B' Tahini	Laban & Dill	Eggplant Moutabbal	Laban Salad	Beetroot Moutabbal	Baba Ghannouj	Curried Veggies
	3	Roca, Corn & Lettuce Salad	Lentils & Red Peppers Salad with Parmesan	Marinated Artichoke Hearts	Caesar Salad	Sautéed Spinach with Lemon	Potato with Garlic & Coriander	Sautéed Veggies
Lunch Main Dish	1	Green Beans Stew with Meat & Rice	Joujeh Kabab (Iranian Chicken with Rice)	Tagine of Fish, Potato, Cherry Tomato & Olives	Turkish Pilaf with Chicken, Onions & Almonds	Kabab Hindi with Eggplant & Rice	Grilled Fish with Veggies & Potato	Beef Rogan Josh & Pilau Rice
	2	Chicken in Mushroom Gravy Sauce & Potato	Crisp Curried Fish with Mint Raita & Potato	Chicken Escalope with Mustard Cream Sauce & Potato	Tomato & Thyme Roast Beef & Potato	Baked Fish with Parsley Walnut Pesto & Potato	Chicken Pomodoro & Pasta	Baked Chicken in Parmesan Sauce & Ciabatta Roll
	3 - Vegetarian	Vegetarian Pizza with Baby Corn & Spinach	Moroccan Seven Vegetables Stew & Couscous	Zucchini & Eggplant Lasagna	Pasta Paella with Veggies	Cauliflower Dal & Chapatti	Kenyan Mung Beans with Veggies & Bread	Burghul with Lentils with Garlic & Coriander
	4 - Subzzz OR Salads	Tuna & Veggies Ciabatta	Kafta & Zaatar Sub with Tahini Sauce	Grilled Steak Salad with Asian Dressing & Bread Roll	Greek Beef Kraftcorn Burger with Tzatziki	Mufuletta Cold Cuts S/W	Beef Kraftcorn Burger with Corn Relish	California Grilled Veggies Ciabatta
	5 - Gourmet	Baked Fish with Asian Flavors & Rice	Potato Kebbeh in Oven with Minced Meat	Beef & Mushroom Curry with Rice	Baked Fish with Salsa Verde & Potato	Hawaiian Chicken & Cilantro Rice	Beef Steak in Mushroom Pepper Sauce & Potato	Curried Shrimps with Lemon & Tomato & Rice
PM Snack	Oriental Dessert	Almond Petit Four	Muhallabiyah	Konafa Cheese	Date Balls with Pistachio	Jam Cookies	Sfouf (Turmeric Cake)	Dates Makroota
	Int'l Dessert	Lazzy Cake	Peanut Butter Cookies	Live'ly Lemon Cake	Live'ly Raspberry Tiramisu	Whole Wheat Banana Muffin	Chocolate Vanilla Custard	Bolied Raisins Cake
	Low GI	Roasted Peanuts	Peanut Butter & Banana	Minted Labneh with Chopped Veggies	Thai Hummus with Peanut Butter & Veggies	Roasted Almonds	Peanut Butter & Banana	Hi Protein Snack Bar
DINNER								
Dinner Main Dish	1	Burghul Wheat Salad with Roasted Veggies & Lemon	Cold Cuts Chef's Salad & Protein Bread	Marinated Chicken with Almonds & Sultana & Protein Bread	Indian Marinated Chicken Salad with Protein Bread	Beef, Beans & Parmesan Salad with Protein Bread	Greek Tuna Salad with Protein Bread	Eastern Pasta Salad with Chickpeas
	Select SOUP or SALAD with choices 2,3,4,5	Mixed Cabbage Coleslaw	Garden Salad	Beets Salad	Mixed Beans Salad	Greek Salad	Corn Salad	Laban Salad
		Tom Parsley Soup	Minestrone Soup	Tomato Oats Soup	Black Lentils Soup	Curried Veg Soup	Carrot Ginger Soup	Tom Basil Soup
	2 - Vegetarian	Light Cheddar Cheese S/W	Roasted Veggies & Potato with Chermola Sauce	Halloumi & Veggies Burger S/W	Spiced Vegetables with Chickpeas & Bread	Assorted Manaesh & Margarita Pizza	Yellow Lentil Soup with Crouton	Mushroom Rice
	3	Italian Chicken Cutlets with Olives & Bread	Kafta Burger S/W	Spiced Kofta with Baby Onions, Tomato & Bread	Club S/W (Turkey & Cheese with Chicken Paste)	Grilled Fish with Cilantro Mint Sauce & Bread	Chicken Breast Cold Cuts S/W	Zesty Grilled Chicken with Veggies & Bread
4 - Gourmet	Beef Escalope with Veggies & Bread	Vegetable Omelet & Bread Roll	Potato Masala & Bread	Feta & Olives S/W	Worcestershire Chicken S/W	Beef Steak S/W with Salsa Verde	Roasted Kafta with Veggies & Bread	
5	<i>Dinner List</i>	<i>Dinner List</i>	<i>Dinner List</i>	<i>Dinner List</i>	<i>Dinner List</i>	<i>Dinner List</i>	<i>Dinner List</i>	

GOURMET BREAKFAST LIST	CODE #
Please insert the code # on your menu	
Labneh with Olives & Oats Bread	(B 001)
Feta Cheese Sandwich	(B 002)
Halloumi Cheese Sandwich	(B 003)
Light Cheddar Cheese Sandwich	(B 004)
Assorted Cheese Cubes with Protein Bread	(B 005)
Foul Modammas & Arabic Bread	(B 007)
Manaesh Cheese	(B 008)
Manaesh Zaatar	(B 009)
Manaesh Labneh	(B 010)
Omelet with Veggies & Toast 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)
Branflakes®	(B 023)
Fitness® Cereal	(B 024)
Muesli with Dried Fruits & Nuts	(B 025)

NEW

GOURMET DINNER LIST	CODE #
Please insert the code # on your menu	
Greek Style Chicken Wrap	(D 001)
Steak and Onion Sandwich	(D 002)
Grilled Kafta Sub with Tahini Sauce	(D 003)
Tuscan Tuna Sandwich	(D 004)
Turkey & Cheese Sandwich	(D 006)
Vegetarian Pizza in Baguette	(D 009)
Assorted Manaesh(Zaatar, Cheese)	(D 010)
Goat Cheese Frittata & Bread Roll	(D 011)

Please send your choices maximum by Tuesday JUN 29 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 27/21

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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Halloumi Cheese Sandwich	(B 003)
Light Cheddar Cheese Sandwich	(B 004)
Assorted Cheese Cubes with Protein Bread	(B 005)
Foul Modammas & Arabic Bread	(B 007)
Manaeesh Cheese	(B 008)
Manaeesh Zaatar	(B 009)

LIVE'LY GOURMET MENU

Manaeesh Labneh	(B 010)
Omelet with Veggies & Toast Bread	(B 011)
Masala Omelet & Chapati	(B 012)
Boiled Egg & Protein Bread	(B 013)
Chocolate Spread & Cracottes	(B 016)
Peanut Butter & Toast	(B 017)
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