

LIVE'LY GOURMET MENU

NAME: _____

Mobile No: _____

BRANCH: Mirdiff _____; Al Wasl _____; Abu Dhabi _____

**SEND BEFORE
TUESDAY
JUL 6 2021**

Week 825		SUNDAY 11-Jul-21	MONDAY 12-Jul-21	TUESDAY 13-Jul-21	WEDNESDAY 14-Jul-21	THURSDAY 15-Jul-21	FRIDAY 16-Jul-21	SATURDAY 17-Jul-21
BREAKFAST								
AM Delivery: Start with lunch and keep breakfast for the following day								
Daily Low Fat Milk or Yoghurt(Plain or Fruit)								
		Peanut Butter & Toast	Pancakes & Jam	Honey & Toast	Pain Au Chocolat (Chocolate Croissant)	Fruit Crunch Crisp Bread & Jam	Special K Cereal	Honey & Toast
		Labneh with Olives & Arabic Bread	Manaesh Cheese	Halloumi Cheese & Bread Roll	Labneh with Mint & Arabic Bread	Feta Cheese S/W	Foul Modammas & Arabic Bread	Cheddar 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>
Daily Fresh Fruits + Low Fat Milk or Yoghurt(Plain or Fruit) (Adjustable)								
LUNCH								
Appetizer	1	Season Salad with Balsamic	Garden Salad	Cabbage Salad with Tomato & Cucumber	Green Salad with Feta & Pomegranate	Season Salad with Chickpeas	Mixed Salad with Yoghurt Sauce	Colored Cabbage & Carrots Salad
	2	Laban Salad	Baba Ghannouj	Beetroot Moutabbal	Hummus B' Tahini	Eggplant Moutabbal	Grilled Squash with Tahini Sauce	Sautéed Veggies
	3	Marinated Artichoke Hearts	Grilled Cauliflower & Tahini Sauce	Caesar Salad	Potato with Garlic & Coriander	Roca Corn & Lettuce Salad	Sautéed Mushrooms	Sautéed Spinach in Lemon
Lunch Main Dish	1	Fish Kabseh	Squash & Carrots Stew with Meat & Rice	Shrimp Tikka Masala & Rice	Chicken Taouk Platter with Bread	Kafta & Potato in Oven	Alexandria Style Baked Fish & Bread	Flavorful Minced Beef w/Veggies & Rice with Vermicelli & Sweet Chili
	2	Salisbury Steak with Mushroom Sauce & Potato	Chicken Fajita Platter with Guacamole, Salsa & Tortilla	Barbecue Chicken Pizza with Fresh Cilantro	Beef Lasagna	Sweet & Sour Chicken & Rice	Chicken Thai Red Curry w/ Peanuts & Rice	Baked Chicken in Mushroom Sauce & Pasta
	3 - Vegetarian	Farm House Pasta with Tomato, Broccoli, Carrots & Cheese	Courgette & Tarragon Potato Egg Tortilla	Vegetarian Mediterranean Stew with Pesto & Bread	Koshari (Rice with Lentils & Elbow Pasta)	Aleppo Burghul with Spinach & Pickles	Makhloota - Lebanese Mixed Beans Stew with Pickles & Bread	Creamy Vegetable Curry & Rice
	4 - Subzzz OR Salads	Spicy Tuna, Green Beans, Lemon Pasta Shells Salad	Turkey S/W Delights	Honey Balsamic Beef Steak Salad with Beetroot	Caribbean Chicken Salad with Pineapple & Toasted Tortilla	Chicken Shawarma Salad & Bread	Mediterranean Beef Kraftcorn Burger with Feta	Grilled Veggies & Feta Ciabatta with Tzatziki Sauce
	5 - Gourmet	Lemon Chicken with Couscous & Sauteed Balsamic Mushrooms	Baked Fish with Cilantro Sauce & Potato	Beef Steak Bourguignon & Potato	Baked Fish with Tomato Curry & Yellow Rice	Greek Fish & Potato	Beef Steak as in Flanders & Potato	Moroccan Shrimps in Tomato Sauce & Rice
PM Snack	Oriental Dessert	Maamoul Figs	Maamoul Madd Dates	Konafa Cheese	Date Fingers	Rice Pudding	Stuffed Dates	Karabeej Pistachio
	Int'l Dessert	Lazzy Cake with Dried Fruits	Live'ly Cheese Cake	Vanilla Cake	Vanilla Chocolate Custard	Jam Cookies	Blueberry Muffin	Velvety Chocolate Brownies
	Low GI	Roasted Almonds	Peanut Butter & Banana	Pesto Hummus with Chopped Veggies	Minted Labneh with Chopped Veggies	Roasted Peanuts	Peanut Butter & Banana	Hi Protein Snack Bar
DINNER								
Dinner Main Dish	1	Mediterranean Salad with Feta & Walnuts & Portein Bread	Sumac Flavored Chicken Salad & Protein Bread	Beetroot, Feta & Roca Salad with Walnuts	Cold Cuts Chef's Salad with Protein Bread	Fattoush & Halloumi with Protein Bread	Asian Beef Salad with Mushrooms, Cashew & Protein Bread	Tomato Pasta Salad with Feta
	Select SOUP or SALAD with choices 2,3,4,5	Beets Salad	Green Salad	Mixed Beans Salad	Mixed Cabbage Coleslaw	Greek Salad	Corn Salad	Season Salad
		Greek Beans Soup	Yellow Lentil Soup	Cream of Tomato Soup	Vegetable Soup	Tomato Oats Soup	Carrot Coriander Soup	Tom Vermicelli Soup
	2 - Vegetarian	Halloumi with Olive Pesto S/W	Zucchini & Potato Bake	Penne Arabiata	Chinese Vegetable Rice with Sweet Chilli Sauce	Mixed Manousheh (Zaatar & Cheese)	Fatayer Spinach with Pomegranate & Walnuts	Spiced Beans & Carrots Casserole & Bread
	3	Roasted Chicken & Potato Cubes	Zesty Tuna S/W	Kafta Burger S/W	Grilled Fish Fillet with Tahini Parsley Sauce & Bread	Kafta Fingers & Potato Cubes	Turkey & Cheese Cold Cuts S/W	Grilled Chicken with Veggies & Bread
	4 - Gourmet	Beef Escalope with Veggies & Bread	Kofta Kabab Wrap with Sumac Yoghurt	Spanish Omllette & Bread Roll	Mediterranean Chicken S/W	Greek Chicken Souvlaki S/W	Grilled Fish with Potato Cubes	Tuna Melt S/W
	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 JUL 6 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 28/21

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)
Manaeesh Labneh	(B 010)

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Mandeesi 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)
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