


# LIVE'LY "SPÉCIAL" MENU - Veggie Mare -

NAME: \_\_\_\_\_

Mobile No: \_\_\_\_\_

BRANCH: Mirdiff \_\_\_\_\_; Al Wasl \_\_\_\_\_; Abu Dhabi \_\_\_\_\_

<b>Week 824</b>		<b>SUNDAY</b> 04-Jul-21	<b>MONDAY</b> 05-Jul-21	<b>TUESDAY</b> 06-Jul-21	<b>WEDNESDAY</b> 07-Jul-21	<b>THURSDAY</b> 08-Jul-21	<b>FRIDAY</b> 09-Jul-21	<b>SATURDAY</b> 10-Jul-21
<b>BREAKFAST</b>								
<i>AM Delivery: Start with lunch and keep breakfast for the following day</i>								
<b>Daily Low Fat Milk or Yoghurt(Plain or Fruit)</b>								
		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>Sandwich List</i>	<i>Sandwich List</i>	<i>Sandwich List</i>	<i>Sandwich List</i>	<i>Sandwich List</i>	<i>Sandwich List</i>	<i>Sandwich List</i>
		<b>Daily Fresh Fruits + Low Fat Milk or Yoghurt(Plain or Fruit) (Adjustable)</b>						
<b>LUNCH</b>								
<b>Appetizer</b>	<b>1</b>	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
	<b>2</b>	Hummus B' Tahini	Laban & Dill	Eggplant Moutabbal	Laban Salad	Beetroot Moutabbal	Baba Ghannouj	Curried Veggies
	<b>3</b>	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
<b>Lunch Main Dish</b>	<b>Vegetarian</b>	Vegetarian Pizza with Baby Corn & Spinach	Vegetarian Potato Kebbeh in Oven with Assorted Veggies	Zucchini & Eggplant Lasagna	Pasta Paella with Veggies	Spiced Eggplant with Rice	Pasta with Pomodoro Sauce	Eggplant in Parmesan Sauce & Ciabatta Roll
	<b>Vegan</b>	Green Beans Stew with Rice	Moroccan Seven Vegetables Stew & Couscous	Mushroom Curry with Rice	Turkish Pilaf with Onions & Almonds	Cauliflower Dal & Chapatti	Kenyan Mung Beans with Veggies & Bread	Burghul with Lentils with Garlic & Coriander
	<b>Pescetarian</b>	Baked Fish with Asian Flavors & Rice	Crisp Curried Fish with Mint Raita & Potato	Tagine of Fish, Potato, Cherry Tomato & Olives	Baked Fish with Salsa Verde & Potato	Baked Fish with Parsley Walnut Pesto & Potato	Grilled Fish with Veggies & Potato	Curried Shrimps with Lemon & Tomato & Rice
	<b>Sandwich Choice</b>	<i>Sandwich List</i>	<i>Sandwich List</i>	<i>Sandwich List</i>	<i>Sandwich List</i>	<i>Sandwich List</i>	<i>Sandwich List</i>	<i>Sandwich List</i>
<b>PM Snack</b>	<b>Oriental Dessert</b>	Almond Petit Four	Muhallabiyah	Konafa Cheese	Date Balls with Pistachio	Jam Cookies	Sfouf (Turmeric Cake)	Dates Makroota
	<b>Int'l Dessert</b>	Lazzy Cake	Peanut Butter Cookies	Live'ly Lemon Cake	Live'ly Raspberry Tiramisu	Whole Wheat Banana Muffin	Chocolate Vanilla Custard	Bolied Raisins Cake
	<b>Vegan Choice</b>	Roasted Peanuts	Peanut Butter & Banana	Berry Juice	Thai Hummus with Peanut Butter & Veggies	Roasted Almonds	Peanut Butter & Banana	Dried Fruits
<b>DINNER</b>								
<b>Dinner Main Dish</b>	<b>Select a SOUP or SALAD</b>	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
	<b>1</b>	Light Cheddar Cheese S/W	Vegetable Omelet & Bread Roll	Halloumi & Veggies Burger S/W	Feta & Olives S/W	Assorted Manaeesch & Margarita Pizza	Greek Salad with Feta & Olives & Protein Bread	Eastern Pasta Salad with Chickpeas
	<b>Vegan</b>	Burghul Wheat Salad with Roasted Veggies & Lemon	Roasted Veggies & Potato with Chermola Sauce	Potato Masala & Bread	Spiced Vegetables with Chickpeas & Bread	Potato Cubes with Cilantro Mint Sauce & Bread	Yellow Lentil Soup with Crouton	Mushroom Rice
	<b>Sandwich Choice</b>	<i>Sandwich List</i>	<i>Sandwich List</i>	<i>Sandwich List</i>	<i>Sandwich List</i>	<i>Sandwich List</i>	<i>Sandwich List</i>	<i>Sandwich List</i>

SEND BEFORE TUESDAY JUNE 29 2021

- "Spécial" SANDWICH LIST**
- VEGETARIAN:**
- S 001 - Halloumi with Eggplant & Roasted Red Peppers
  - S 002 - Beets, Spinach Leaves & Goat Cheese
  - S 003 - Feta & Grilled Veggies
- VEGAN:**
- S 004 - Grilled Veggies & Hummus
  - S 005 - Potato Masala with Mint Chutney
  - S 006 - Mexican Beans
- PESCETARIAN:**
- S 007 - Greek Tuna with Feta
  - S 008 - Dijon Tuna

\* Big Salad Dinner does not come with Soup or Side Salad

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.



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 27/21