


LIVE'LY "SPÉCIAL" MENU - Veggie Mare -

NAME: _____ Mobile No: _____ BRANCH: Mirdiff _____; Al Wasl _____; Abu Dhabi _____

SEND BEFORE
TUESDAY
JULY 6 2021

Week 825		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		11-Jul-21	12-Jul-21	13-Jul-21	14-Jul-21	15-Jul-21	16-Jul-21	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	Manaeesh Cheese	Halloumi Cheese & Bread Roll	Labneh with Mint & Arabic Bread	Feta Cheese S/W	Foul Modammas & Arabic Bread	Cheddar Cheese & Toast
Sandwich List		Sandwich List		Sandwich List		Sandwich List		
		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	Vegetarian	Farm House Pasta with Tomato, Broccoli, Carrots & Cheese	Courgette & Tarragon Potato Egg Tortilla	Vegetarian Pizza	Vegetable Lasagna	Sweet & Sour Veggies & Rice	Vegetable Thai Red Curry w/ Peanuts & Rice	Grilled Veggies & Feta Ciabatta with Tzatziki Sauce
	Vegan	Lemon Couscous & Sauteed Balsamic Mushrooms	Squash & Carrots Stew with Rice	Vegetarian Mediterranean Stew & Bread	Rice with Lentils & Spicy Sauce	Aleppo Burghul with Spinach & Pickles	Makhloota - Lebanese Mixed Beans Stew with Pickles & Bread	Creamy Vegetable Curry & Rice
	Pescetarian	Fish Kabseh	Baked Fish with Cilantro Sauce & Potato	Shrimp Tikka Masala & Rice	Baked Fish with Tomato Curry & Yellow Rice	Greek Fish & Potato	Alexandria Style Baked Fish & Bread	Moroccan Shrimps in Tomato Sauce & Rice
	Sandwich Choice	Sandwich List						
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
	Vegan Choice	Roasted Almonds	Peanut Butter & Banana	Pesto Hummus with Chopped Veggies	Berry Juice	Roasted Peanuts	Peanut Butter & Banana	Dried Fruits
DINNER								
Dinner Main Dish	Select a SOUP or SALAD	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
	1	Halloumi with Olive Pesto S/W	Assorted Manaeesh	Penne Arabiata	Light Cheddar Cheese S/W	Mixed Manousheh (Zaatar & Cheese)	Fatayer Spinach with Pomegranate & Walnuts	Tomato Pasta Salad with Feta
	Vegan	Roasted Potato Cubes with BBQ Sauce	Zucchini & Potato Bake	Grilled Veggies Burger S/W	Chinese Vegetable Rice with Sweet Chilli Sauce	Spicy Potato with Garlic & Coriander & Bread	Hummus B'Tahini with Sauteed Mushrooms & Arabic Bread	Spiced Beans & Carrots Casserole & Bread
	Sandwich Choice	Sandwich List						

- "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 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.



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Calendar Week 28/21