

		Name: _____				
		Mobile: _____				
		Client ID: _____				
Please return your choices within 3 days of receiving the menu by email on (info@greencentral.ae) OR with our driver. If we do not receive your menu within the time frame, our dietician will make the selection for you.						
<b>MENU WEEK 1</b>	<b>Saturday</b>	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>
	9-Mar-19	10-Mar-19	11-Mar-19	12-Mar-19	13-Mar-19	14-Mar-19
<b>BREAKFAST</b> (kindly select ONE option from below)						
<b>Option 1</b>	Berry Parfait	Egg White Omelet	Honey-Nut Baked Oatmeal Cups	Asparagus & Mint Egg Frittata	Chocolate Chia Pudding	Cinnamon Oatmeal Pancakes with Honey Apple Compote
<b>Option 2</b>	Fava Beans (foul mdammas)+ protein bread & veggies	Baked Banana Pecan Oatmeal	Feta Protein Wrap	Fruit Yogurt & Granola	Labneh Protein Wrap	Halloum Protein Wrap
<b>Option 3</b>	Omelet & Veggies	Halloum Protein Toast	Egg Muffins & Veggies	Mozzarella Protein Toast	Eggs Benedict	Cheese Omelet & Veggies
<b>Option 4</b>	Avocado & Cheese Protein Toast	Cheese Croissant	Oat Bread Manakeesh Zaatar	Choc Chip & Oats Banana Bread	Cheese & Oregano Muffins	Bran Flakes & Almond Milk
<b>LUNCH</b> (kindly select ONE option from below)						
<b>Option 1 (Lean Protein)</b>	Curry-Spiced Chicken & Rice	Salmon w Spinach-Feta Saute & Sweet Potato Wedges	Beryani Spiced Beef with Rice & Yogurt	Fish Sayadiyyeh (fish & rice)	Feta-Spinach Chicken & Orzo	Sesame Shrimp Skewers & Asian Rice
<b>Option 2 (Vegetarian)</b>	Honey-Roasted Pumpkin & Couscous Salad	Vegetarian Rice Beryani-Style	Quinoa Salad with Grilled Halloumi	Pasta Verde	Arabic White Bean Stew & Rice	Potato, Spinach & Feta Gratin
<b>Option 3 (Arabic Food)</b>	Okra Stew with Beef & Rice ( <i>bamyeh bi lahmeh w rez</i> )	<b>Persian Honey Chicken with Pomegranate Rice</b>	Baked Kebab ( <i>meat-bulgur pie</i> )	Modardara ( <i>lentil-rice pilaf</i> )	Mansaf with Rice & Yogurt ( <i>beef cubes</i> )	Chicken Mousakhan Rolls & Yogurt Sauce
<b>Option 4 (Grills)</b>	Grilled Steak OR Fish & Salad	Grilled Steak OR Chicken & Salad	Grilled Chicken OR Fish & Salad	Grilled Steak OR Chicken & Salad	Grilled Steak OR Fish & Salad	Grilled Steak OR Fish & Salad
<b>HEALTHY AFTERNOON SNACK</b>						
<b>Sweet Snack</b>	Cashew Energy Balls	Peanut Butter Brownie Bites	Almond Chocolate Thins (cookies)	<b>Healthy Strawberry Tarts</b>	Peanut Butter Oat Cookies	Healthy Almond Joy
<b>DINNER &amp; SOUP</b> (kindly select ONE option from below)						
<b>Option 1 (protein/salad)</b>	Cheese Steak Rolls & Veggies	Chef's Salad	Mozzarella Pesto Salad	Grilled Tawok Skewers & Hummus	Herb Potato & Egg Salad	Grilled Chicken Burrito Salad
<b>Option 2 (sandwich)</b>	Veggie Caesar Burger	Shawarma Beef Sandwich	Fajita Chicken Wrap	Grilled Halloumi & Vegetable Sandwich	Beef Burger	Whole Wheat Greek Pizza
<b>Option 3 (grills)</b>	Grilled Chicken OR Fish	Grilled Steak OR Fish	Grilled Steak OR Fish	Grilled Steak OR Fish	Grilled Chicken OR Fish	Grilled Steak OR Fish
<b>With SOUP</b>	<i>Vegan Vegg Soup</i>	<i>Minestrone with Greens &amp; Beans</i>	<i>Spring Vegg Soup</i>	<i>Lentil &amp; Bulgur Soup</i>	<i>Mixed Vegetable Soup</i>	<b>Carrot Blended Soup</b>
For any enquiry contact Green Central on 02-6506677 - email: info@greencentral.ae - website www.greencentral.ae						



Name: \_\_\_\_\_  
 Mobile: \_\_\_\_\_  
 Client ID: \_\_\_\_\_

Please return your choices within 3 days of receiving the menu by email on (info@greencentral.ae) OR with our driver. If we do not receive your menu within the time frame, our dietician will make the selection for you.

MENU WEEK 2	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
	16-Mar-19	17-Mar-19	18-Mar-19	19-Mar-19	20-Mar-19	21-Mar-19
<b>BREAKFAST</b> (kindly select ONE option from below)						
<b>Option 1</b>	Pineapple Parfait	Mediterranean Omelet	Chocolate Chunk Baked Oatmeal Cups	Vegetable Frittata	Cinnamon Raisin Chia Pudding	Banana Almond Protein Bread & Yogurt Dip
<b>Option 2</b>	Hummus Balila (chickpeas)+ protein bread & veggies	Almond Joy Oatmeal	Feta Protein Wrap	Fruit Yogurt & Granola	Labneh Protein Wrap	Halloum Protein Wrap
<b>Option 3</b>	Omelet & Veggies	Halloum Protein Toast	Egg Muffins & Veggies	Mozzarella Protein Toast	Eggs Benedict	Cheese Omelet & Veggies
<b>Option 4</b>	Zaatar & Cheese Saj Bread Rolls	Croissant with Dark Chocolate	Oat Bread Manakeesh Cheese	Cinnamon Crunch Banana Bread	Zaatar Rolls	Spinach & Feta Muffins
<b>LUNCH</b> (kindly select ONE option from below)						
<b>Option 1 (Lean Protein)</b>	Chicken Roll-ups with Goat Cheese, Arugula & Roasted Vegetables	Salmon, Kale & Cabbage w Roasted Sweet Potato & Pineapple	Escalope Fish & Paremisan Potato Sticks	Samkeh Harra & Rice (fish with tahini sauce)	Kabab chicken & Roasted Potato & Veggies	Turkey and Barley Salad
<b>Option 2 (Vegetarian)</b>	Vegetarian Sweet Pea Stew & Rice	Couscous Royale	Vegan Quinoa Pot	Spinach Ravioli with Yogurt Sauce	Pumpkin Kebbeh	Mixed Vegetable Curry & Rice
<b>Option 3 (Arabic Food)</b>	Beef & Rice Majbous	<b>NEW</b> Chicken Makloubeh with Eggplant	Spiced Beef with Oriental Rice	Koshari (lentil-rice pilaf & tomato sauce)	Tikka Shrimp & Rice	Lemon Chicken & Potato Pot
<b>Option 4 (Grills)</b>	Grilled Steak OR Fish & Salad	Grilled Steak OR Chicken & Salad	Grilled Chicken OR Fish & Salad	Grilled Steak OR Chicken & Salad	Grilled Steak OR Fish & Salad	Grilled Steak OR Fish & Salad
<b>HEALTHY AFTERNOON SNACK</b>						
<b>Sweet Snack</b>	Chocolate Oat Energy Balls	Snickers Oat Bars	Strawberry Oat Cheesecake Bars	Chocolate Granola Bar	Apple Oat Crisp	Skinny Chocolate Cake
<b>DINNER &amp; SOUP</b> (kindly select ONE option from below)						
<b>Option 1 (protein/salad)</b>	Grilled Beef Skewers with Hummus	Chicken Feta Salad	Grilled Halloumi & Vegetable Salad	Baked Chicken Parmesan	Vegetable Pasta Salad	Tuna Nicoise Salad
<b>Option 2 (sandwich)</b>	Veggie Avocado Burger	Fajita Beef Sandwich	Shawarma Chicken Saj Bread Wrap	Whole Wheat Vegetarian Pizza	Spinach Feta Beef Burger	Lahm Beajin & Yogurt (meat pie)
<b>Option 3 (grills)</b>	Grilled Chicken OR Fish	Grilled Steak OR Fish	Grilled Steak OR Fish	Grilled Steak OR Fish	Grilled Chicken OR Fish	Grilled Steak OR Chicken
<b>With SOUP</b>	<b>NEW</b> Potato Leek Soup	Healthy Minestrone Soup	Vegetable Noodle Soup	Lentil Soup & Barley Bites	Vegetable Barley Soup	<b>NEW</b> Healthy Mushroom Soup

For any enquiry contact Green Central on 02-6506677 - email: info@greencentral.ae - website www.greencentral.ae