



Name:

Mobile:

Client ID:

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MENU WEEK 5	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
	27-Jun-20	28-Jun-20	29-Jun-20	30-Jun-20	1-Jul-20	2-Jul-20
BREAKFAST (kindly select ONE option from below)						
Option 1 (Eggs)	Omelet & Veggies	Mushroom Egg White Omelet	Spinach & Feta Egg Muffins	Souffle Egg Omelet	Scrambled Eggs on Toast	Cheese Omelet & Veggies
Option 2 (Oats & Puddings)	Blueberry Banana Parfait	Walnut Cranberry Oatmeal with Peanut Butter	Chocolate Peanut Butter Oatmeal Cups	Fruit Yogurt & Granola	Coconut Almond Chia Seed Pudding with Berries	Honey Yogurt with Banana & Peanut Butter
Option 3 (Sandwiches)	Avocado & Pesto on Protein Toast	Halloum Protein Toast	Feta Protein Wrap	Mozzarella Protein Toast	Tomato Basil Mozzarella Toast	Saj Bread Labneh-Zaatar Sandwich
Option 4 (Healthy Mix)	Fatfeh Hummus (chickpeas, yogurt & pita bread)	Croissant with Zaatar	Oat Bread Manakeesh with Keshek (sour)	Carrot Oat Banana Bread	Blueberry Oatmeal Muffins	Baked Oatmeal Squares with Honey & Berries
LUNCH (kindly select ONE option from below)						
Option 1 (International)	Harissa Chicken Rounds with Couscous & Herb Sauce	Orange Salmon with Roasted Sweet Potato	Teryaki Meat Balls with White Rice	Fish Tagine & Rice (with tahini sauce)	Greek Pastitsio Lasagna (with minced beef)	Cajun Shrimp with Yellow Rice
Option 2 (Vegetarian)	Vegan Rice Jambalaya	Roasted Vegetable Couscous Salad with Grilled Halloumi	Vegetable Cranberry Quinoa Salad	Pesto Pasta with Roasted Vegetables	Healthy Spinach & Mushroom Risotto	Eggplant Mousakka with Vermicelli Rice
Option 3 (Arabic Food)	Green Beans Stew with Meat & Rice (loubyeh)	Beef Satay Skewers with Peanut Sauce & Yellow Rice	Chicken Alfredo with Pasta	Indian Chicken Masala & Rice	Tandoori Fish Tikka & Rice	Lebanese Chicken Fatteh (with yogurt & pita)
Option 4 (Grills)	Grilled Fish & Salad	Grilled Chicken & Salad	Grilled Fish & Salad	Grilled Steak & Salad	Grilled Chicken & Salad	Grilled Steak & Salad
SIDE SALAD (kindly select ONE option from below)						
Salad 1	Parmesan Roasted Brussel Sprouts	Baked Parmesan Zucchini Wedges & Cocktail Sauce	Grilled Halloumi & Pomegranate Salad	Beetroot-Feta Salad	Avocado-Beans Salad	Zaatar-Labneh Dip with Veggie Sticks
Salad 2	Fattoush with Halloumi & Pomegranate	Rocca with Beets Salad	Tabbouleh	Greens with Avocado Salad	Caesar	Greens with Sesame Broccoli
AFTERNOON SNACK (kindly select ONE option from below)						
Snack 1	Chocolate Coconut Cups	Chocolate-Biscuit Lazy Cake	Healthy Yogurt Cake	Low-Fat Mohallabiyeh	Chocolate Banana Marble Cake	Baklawa
Snack 2	Banana Crumb Coffee Cake	Peanut Butter Caramel Cookies	Fudgy Coffee Brownies	Lemon Cheesecake	Salted Brownie Cookies	Chocolate Mocha Energy Rounds
DINNER (kindly select ONE option from below)						
Option 1 (protein/salad)	Baked Crusted Beef & Grilled Veggies	Chicken Ranch Salad	Pumpkin Halloumi & Avocado Salad	Baked Fajita Chicken Casserole	Vegetable Loaded Lentil Salad	Tuna Pasta Salad
Option 2 (sandwich)	Greek Spinach Feta Pie	Hummus & Minced Meat Wrap	Chicken & Avocado Burritos	Mushroom Cheese Veggie Panini Sandwich	Mushroom Beef Burger	Mushroom Tomato Pesto Whole Wheat Pizza
Option 3 (grills)	Grilled Chicken OR Fish	Grilled Steak OR Fish	Grilled Steak OR Fish	Grilled Steak OR Fish	Grilled Chicken OR Fish	Grilled Steak OR Chicken
SOUP (kindly select ONE option from below)						
Soup 1	Vegan Vegg Soup	Provençal Soup (with peas)	Vegetable Rice Soup	Creamy Vegetable Soup	Healthy Barley Soup	Chunky Potato Soup
Soup 2	Classic Tomato Soup	Healthy Creamy Broccoli Soup	Pumpkin & Carrot Soup	Italian Lentil Soup	Cream of Mushroom Soup	Thai Pumpkin Coconut Soup

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



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MENU WEEK 6	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
	4-Jul-20	5-Jul-20	6-Jul-20	7-Jul-20	8-Jul-20	9-Jul-20
BREAKFAST (kindly select ONE option from below)						
Option 1 (Eggs)	Omelet & Veggies	Broccoli & Tomato Omelet	Mediterranean Egg Muffins	Green Souffle Omelet (with spinach)	Avocado Toast & Egg Sandwich	Cheese Omelet & Veggies
Option 2 (Oats & Puddings)	Coconut Mango Parfait	Chocolate Coconut Oatmeal (with pecans)	Blueberry Banana Oatmeal Cups	Fruit Yogurt & Granola	Vanilla Chia Seed Pudding with Banana & Honey Pecans	Honey Yogurt with Peanut Butter Coconut & Granola
Option 3 (Sandwiches)	Hummus Balila (chickpeas)+ protein bread & veggies	Halloum Protein Toast	Feta Protein Wrap	Mozzarella Protein Toast	Halloum Protein Wrap	Feta & Zaatar Saj Bread Wraps
Option 4 (Healthy Mix)	Avocado Toast with Feta, Olives & Pistachio	Croissant with Almond Paste	Oat Bread Manakeesh with Zaatar & Labneh	Cinnamon Pecan Banana Bread	Oatmeal Raisin Bran Muffins	Cranberry & Walnut Wheels
LUNCH (kindly select ONE option from below)						
Option 1 (International)	Chicken Pasta with Spinach & Tomato	Parmesan-crusted Salmon with Twice-Baked Sweet Potatoes	Healthy French Creamy Beef with Noodles	Spagetti Bolognese (with ground beef & tomato sauce)	Baked Crispy Fish & Parmesan Potato Sticks	Seafood Paella (with fish & shrimps)
Option 2 (Vegetarian)	Vegan Spanish Rice with Roasted Cauliflower	Honey Roasted Pumpkin Couscous	Roasted Vegetable & Feta Quinoa Salad	Vegan Risotto	Mushroom Ravioli with Spinach	Sweet Potato & Lentil Stew with Rice
Option 3 (Arabic Food)	Daoud Basha (meatballs) with Yogurt & Rice	Beef & Rice Majbous	Indian Chicken Beryani	Moroccan Fish Tagine & Rice (Chermoula)	Coconut Chicken Curry with White Rice	Greek Chicken Souvlaki with Rice Pilaf & Veggies
Option 4 (Grills)	Grilled Fish & Salad	Grilled Chicken & Salad	Grilled Fish & Salad	Grilled Fish & Salad	Grilled Steak & Salad	Grilled Chicken & Salad
SIDE SALAD (kindly select ONE option from below)						
Salad 1	Roasted Mushrooms with Green Beans	Warak Enab & Yogurt Dip (stuffed vine leaves)	Crusted Halloumi Baked Sticks & Hummus Dip	Baba Ghanouj (eggplant dip)	Citrus Beetroot Salad	No-Mayo Coleslaw (cabbage & carrots)
Salad 2	Fattoush with Halloumi & Pomegranate	Rocca with Parmesan Salad	Tabbouleh	Greens with Avocado & Mozzarella	Caesar	Greens with Olives & Feta
AFTERNOON SNACK (kindly select ONE option from below)						
Snack 1	Healthy Bounty Bars	Chocolate Chip Swirl Cake	Tahini Chocolate Marble Cake	Coffee Date Cream Bars	Eggless Chocolate Chip Cake	Vanilla Crumb Cake
Snack 2	Walnuts & Dates Squares	Peanut Butter Protein Bars	Healthy Apple Crumble	Chocolate Coconut Energy Bites	Chocolate Chip Cookies with Peanut Butter	Healthy Dates Brownies
DINNER (kindly select ONE option from below)						
Option 1 (protein/salad)	Meat Kofta Kababs with Yogurt Sauce	Pesto Chicken Salad	Roasted Halloumi Fajita Mix	Baked Beef Escalope with Veggies	Thai Chicken Satay Skewers with Peanut Sauce	Sweet Potato & Orzo Salad
Option 2 (sandwich)	Mushroom Cheese Melt Sandwich	Caramelized Onion & Feta Spinach Pizza (with white sauce)	Grilled Steak & Mushroom Wrap	Pesto Mozzarella Tomato Panini Sandwich	Vegetarian Quesadillas	Cajun Chicken Burger
Option 3 (grills)	Grilled Chicken OR Fish	Grilled Steak OR Fish	Grilled Chicken OR Fish	Grilled Chicken OR Fish	Grilled Steak OR Fish	Grilled Steak OR Fish
SOUP (kindly select ONE option from below)						
Soup 1	Sweet Potato & Rice Soup	Crock Pot Minestrone Soup	Light Vegetable Soup	Wild Rice & Mushroom Soup	Cauliflower Potato Soup	White Bean & Tomato Soup
Soup 2	Carrot-Parsnip Soup	Curry lentil Soup	French Onion & Tomato Soup	Lemon Lentil Soup	Creamy Vegetable Soup	Sweet Potato & Lime Soup

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