



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 3	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
	7-Sep-19	8-Sep-19	9-Sep-19	10-Sep-19	11-Sep-19	12-Sep-19
BREAKFAST (kindly select ONE option from below)						
Option 1 (Eggs)	Omelet & Veggies	Eggwhite Omelete with Goat Cheese	Egg Muffins & Veggies	Spanish Egg Frittata	Avocado & Egg Protein Toast	Cheese Omelet & Veggies
Option 2 (Oats & Puddings)	Tropical Fruit Parfait	Mango-Cashew Oatmeal	Granola Tarts	Fruit Yogurt & Granola	Vanilla Blueberry Chia Seed Pudding	Greek Yogurt & Chocolate Granola
Option 3 (Protein Bread Sandwiches)	Avocado Parmesan Protein Toast	Halloum Protein Toast	Feta Protein Wrap	Mozzarella Protein Toast	Labneh Protein Wrap	Peanut Butter & Banana-Honey Protein Toast
Option 4 (Healthy Mix)	Fava Beans (foul mdammas)+ protein bread & veggies	Plain Croissant with Jam	Oat Bread Manakeesh Zaatar & Cheese	Baked Oatmeal Banana Bread	Healthy Chocolate Chip Muffins	Cheese & Spinach Wheels
LUNCH (kindly select ONE option from below)						
Option 1 (International)	Baked Escalope Chicken with Potato Wedges	Herb-Crusted Salmon with Vegg-Potato Tian	Skinny Beef Stroganoff with Rice	Healthy Parmesan Baked Fish with Herbed Potato	Persian Saffron Chicken & Rice	Shrimp Skewers with Veggies & Potato
Option 2 (Vegetarian)	Vegetarian Green Bean Stew & Rice	Healthy Potato Curry & Rice	Roasted Vegg w Quinoa	Skinny Fettucini Alfredo	Roasted Sweet Potato, Spinach & Feta Bake	Couscous-Feta Salad
Option 3 (Arabic)	Saudi Meat Kabsa	Healthy Tikka Masala Chicken & Rice	Fish Beryani	Kousa Mahshi with Meat (<i>stuffed zucchini</i>)	Lighter Vegetarian Lasagna	Tandouri-Spiced Chicken & Rice
Option 4 (Grills)	Grilled Fish & Salad	Grilled Steak & Salad	Grilled Chicken & Salad	Grilled Chicken & Salad	Grilled Steak & Salad	Grilled Steak & Salad
HEALTHY AFTERNOON SNACK						
Sweet Snack	Healthy Date Squares	Crunchy Sesame Cookie	Bounty Bites	Peanut Butter Cookies	Healthy Chocolate Brownies	Dana's Granola Cups
DINNER & SOUP (kindly select ONE option from below)						
Option 1 (Protein/Salad)	Shawarma Beef Mix w Tahini & Veggies	Herb Potato & Egg Salad	Grilled Turkey Salad	Philly Cheese Steak Mix & Roasted Peppers	Crispy Baked Chicken Salad	Spinach Stuffed Chicken & Corn Cobs
Option 2 (Sandwich)	Vegetarian Fajita Wrap	Chicken Burger	Mushroom Steak Sandwich	Feta Thyme Sandwich	Potato Samosa Wraps	Whole Wheat Tomato Basil Pizza
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
With SOUP	<i>Everyday Vegg Soup</i>	<i>Healthy Creamy Broccoli Soup</i>	<i>Root Vegg Soup</i>	<i>Yellow Lentil Soup</i>	<i>Vegetable Vermicelli Soup</i>	<i>Bean & Pasta Soup</i>
For any enquiry contact Green Central on 02-6506677 - email: info@greencentral.ae - website www.greencentral.ae						



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MENU WEEK 4	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
	14-Sep-19	15-Sep-19	16-Sep-19	17-Sep-19	18-Sep-19	19-Sep-19
BREAKFAST (kindly select ONE option from below)						
Option 1 (Eggs)	Omelet & Veggies	Eggwhite Omelet with Spinach	Egg Muffins & Veggies	Potato Leek Egg Frittata	Greek Avocado Egg Sandwich	Cheese Omelet & Veggies
Option 2 (Oats & Puddings)	Mango Lime Ricotta Parfait	Cranberry-Pistachio Oatmeal	Almond Granola Cups	Fruit Yogurt & Granola	Honey-Pecan Chia Seed Pudding	Greek Yogurt & Berry Granola
Option 3 (Protein Bread Sandwiches)	Hummus Balila (chickpeas) & Protein Bread	Halloum Protein Toast	Feta Protein Wrap	Mozzarella Protein Toast	Labneh Protein Wrap	Peanut Butter & Chocolate Protein Toast
Option 4 (Healthy Mix)	Labneh & Zaatar Markouk Bread Rolls	Cheese Croissant	Oat Bread Manakeesh Zaatar	Chocolate Banana Bread	Peanut Butter Granola Bars	Healthy Cinnamon Rolls
LUNCH (kindly select ONE option from below)						
Option 1 (International)	Healthy Creamy Lemon Chicken & Potato Wedges	Salmon with Kale-Apple Salad & Barley Bites	Pepper Steak Pot with Rice	Baked Escalope Fish & Roasted Sweet Potato Wedges	Steak with Mushroom Sauce & Mashed Potato	Curried Shrimp Pot with Rice Pilaf
Option 2 (Vegetarian)	Couscous Salad with Roasted Vegetables	Healthy Lentil Dahl & Rice	Quinoa Salad w Black Beans & Avocado	Tortellini with Sweet Potato & Spinach	Healthy Vegetable Risotto	Vegetarian Stuffed Zucchini
Option 3 (Arabic)	Lamb Kofta & Saffron Rice	Shish Barak & Rice (dough rounds & yogurt)	Lighter Vegetable Gratin	Caraway-Spiced Beef & Rice	Indian Butter Chicken & Rice	Fatteh Chicken (with pita bread bread & yogurt)
Option 4 (Grills)	Grilled Fish & Salad	Grilled Chicken & Salad	Grilled Chicken & Salad	Grilled Chicken & Salad	Grilled Fish & Salad	Grilled Steak & Salad
HEALTHY AFTERNOON SNACK						
Sweet Snack	Chocolate Coconut Brownies	Oatmeal Cookie Bars	Chocolate Oat Hobnobs	Honey Strawberry Cheesecake	Chocolate Cinnamon Energy Rounds	Chocolate Tagalong Cookies
DINNER (kindly select ONE option from below)						
Option 1 (Protein/Salad)	Fajita Steak Mix & Guacamole	Chicken Caesar Salad	Mediterranean Halloumi Salad	Shawarma Chicken Mix w Veggies	Grilled Turkey Cobb Salad	Taco Beef Salad
Option 2 (Sandwich)	Greek Veggie Burgers	Kafta Arayes & Yogurt (minced meat in pita bread)	Baked Escalope Chicken Sandwich	Feta, Hummus & Avocado Sandwich	Baked Falafel Sandwich	Roasted Vegetable Pizza
Option 3 (Grills)	Grilled Chicken OR Fish	Grilled Steak OR Fish	Grilled Steak OR Fish	Grilled Steak OR Fish	Grilled Steak OR Chicken	Grilled Chicken OR Fish
With SOUP	Moroccan Vegg Soup	Veggie Lentil Soup	Roasted Vegg Soup	Pumpkin Soup	Vegetbale Soup	Blended Potato & Leek Soup

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