



Name:
Mobile:
Client ID:

Please return your choices within 3 days of receiving the menu by email on ([info@greencentral.ae](mailto: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 1	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
	7-Apr-18	8-Apr-18	9-Apr-18	10-Apr-18	11-Apr-18	12-Apr-18
<b>BREAKFAST</b> (kindly select ONE option from below)						
Option 1	Berry Parfait	Egg White Omelet	Chocolate Chia Pudding	Asparagus & Mint Egg Frittata	Baked Banana Pecan Oatmeal	Cinnamon Oatmeal Pancakes with Honey Apple Compote
Option 2	Fava Beans (foul mdammas)+ protein bread & veggies	Mango-Cashew Oatmeal	Feta Protein Wrap	Fruit Yogurt & Granola	Labneh Protein Wrap	Halloum Protein Wrap
Option 3	Omelet & Veggies	Halloum Protein Toast	Egg Muffins & Veggies	Mozzarella Protein Toast	Eggs Benedict	Cheese Omelet & Veggies
<b>LUNCH</b> (kindly select ONE option from below)						
Option 1 (Lean Protein)	Curry-Spiced Chicken & Rice	Salmon w Spinach-Feta Saute & Sweet Potato Wedges	Spiced Steak & Ouzi-Style Rice	Fish Sayadiyyeh (fish & rice)	Feta-Spinach Chicken & Orzo	Sesame Shrimp Skewers & Asian Rice
Option 2 (Vegetarian)	Vegetarian White Bean Stew & Rice	Vegetarian Rice Beryani-Style	Healthy Squash and Kale Casserole	Pasta Verde	Quinoa Salad with Grilled Halloumi	Lentil-Hummus Salad & Yogurt
Option 3 (Grills)	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 Chicken & Salad
<b>HEALTHY AFTERNOON SNACK</b>						
Sweet Snack	Banana Chocolate Oat Muffins	Peanut Butter Brownie Bites	Cashew Energy Balls	Twix Date Bars	Apple Oat Crisp	Healthy Almond Joy
<b>DINNER</b> (kindly select ONE option from below)						
Option 1	Cheese Steak Rolls & Veggies	Chef's Salad	Mozzarella Pesto Sandwich	Grilled Tawok Skewers & Hummus	Beef Burger	Whole Wheat Greek Pizza
	Vegan Vegg Soup		Spring Vegg Soup	Lentil & Bulgur Soup	Mixed Vegetable Soup	Rustic Vegg Soup
Option 2	Grilled Chicken OR Fish	Grilled Steak OR Fish	Grilled Steak OR Chicken	Grilled Steak OR Fish	Grilled Chicken OR Fish	Grilled Steak OR Chicken
	Vegan Vegg Soup	Minestrone with Greens & Beans	Spring Vegg Soup	Lentil & Bulgur Soup	Mixed Vegetable Soup	Rustic Vegg Soup
For any enquiry contact Green Central on 02-6506677 - email: <a href="mailto:info@greencentral.ae">info@greencentral.ae</a> - website <a href="http://www.greencentral.ae">www.greencentral.ae</a>						



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

Please return your choices within 3 days of receiving the menu by email on ([info@greencentral.ae](mailto: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 2</b>	<b>Saturday</b>	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>
	14-Apr-18	15-Apr-18	16-Apr-18	17-Apr-18	18-Apr-18	19-Apr-18

**BREAKFAST** (kindly select ONE option from below)

<b>Option 1</b>	Pineapple Parfait	Mediterranean Omelet	Spiced Muesli	Vegetable Frittata	Cinnamon Raisin Chia Pudding	Banana Almond Protein Bread & Yogurt Dip
<b>Option 2</b>	Hummus Balila (chickpeas)+ protein bread & veggies	Cranberry-Pistachio 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 Florentine	Cheese Omelet & Veggies

**LUNCH** (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	Beef-Pumpkin Couscous Pot	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 (bazela w rez)	Couscous Royale	Vegan Quinoa Pot	Spinach Ravioli with Yogurt Sauce	Sweet Potato Casserole	Mixed Vegetable Curry & Rice
<b>Option 3 (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 Chicken & Salad

**SNACK**

<b>Sweet Snack</b>	Blueberry Oatmeal Muffin	Snickers Oat Bars	Coconut Date Rounds	Chocolate Granola Bar	Mocha Almond Biscotti	Chocolate Oat Energy Balls
--------------------	--------------------------	-------------------	---------------------	-----------------------	-----------------------	----------------------------

**DINNER** (kindly select ONE option from below)

<b>Option 1</b>	Grilled Beef Skewers with Hummus	Chicken Feta Salad	Grilled Halloumi Sandwich	Baked Chicken Parmesan	Fajita Beef Sandwich	Tuna Nicoise Salad
	Vegetarian Ribolita & Barley Bites		Vegetable Noodle Soup	Lentil Soup & Barley Bites	Vegetable Barley Soup	
<b>Option 2</b>	Grilled Chicken OR Fish	Grilled Steak OR Fish	Grilled Steak OR Chicken	Grilled Steak OR Fish	Grilled Chicken OR Fish	Grilled Steak OR Chicken
	Vegetarian Ribolita & Barley Bites	Bean & Vegg Soup	Vegetable Noodle Soup	Lentil Soup & Barley Bites	Vegetable Barley Soup	Healthy Minestrone Soup

For any enquiry contact Green Central on 02-6506677 - email: [info@greencentral.ae](mailto:info@greencentral.ae) - website [www.greencentral.ae](http://www.greencentral.ae)