







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
	6-Oct-18	7-Oct-18	8-Oct-18	9-Oct-18	10-Oct-18	11-Oct-18
BREAKFAST (kindly select ONE option from below)						
Option 1	Tropical Fruit Parfait	Eggwhite Omelete with Goat Cheese	Granola Tarts	Spanish Egg Frittata	Vanilla Blueberry Chia Seed Pudding	Banana Oat pancakes
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 Florentine	Cheese Omelet & Veggies
Option 4 <small>NEW</small>	Avocado Parmesan Protein Toast	Plain Croissant with Jam	Oat Bread Manakeesh Zaatar & Cheese	Baked Oatmeal Banana Bread	Cheese & Olive Muffins	Cheese & Spinach Wheels
LUNCH (kindly select ONE option from below)						
Option 1 (lean Protein)	Chicken Stroganoff & Brown Rice	Herb-Crusted Salmon with Vegg-Potato Tian	Spiced Beef with Oriental Rice	Healthy Parmesan Baked Fish with Herbed Potato	Chicken with Vegetable Rice	Shrimp Skewers with Veggies & Potato
Option 2 (Vegetarian)	Vegetarian Green Bean Stew & Rice	Sweet Potato, Barley & Lentil Salad	Roasted Vegg w Quinoa	Skinny Fettucini Alfredo	Rice & Spinach Casserole with Basil	Couscous-Feta Salad
Option 3 <small>NEW</small> (Arabic Food)	Baked Kafta & Potato (kafta w batata)	Curry Chicken & Rice	Fish Beryani	Kousa Mahshi with Meat (stuffed zucchini)	Lighter Vegetarian Lasagna	Saudi Meat Kabsa
Option 4 (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
HEALTHY AFTERNOON SNACK						
Sweet Snack	Strawberry Oatmeal Muffin	Crunchy Sesame Cookie	Bounty Bites	Chocolate Petit Fours (cookies)	Oat Chocolate Brownies	Oat Date Caramel Cups
DINNER & SOUP (kindly select ONE option from below)						
Option 1	Shawarma Beef Mix w Tahini & Veggies	Chicken Burger	Grilled Turkey Salad	Baked Chicken Tenders & Corn Cobs	Potato Samosa Wraps	Whole Wheat Tomato Basil Pizza
Option 2 <small>NEW</small>	Vegetarian Fajita Wrap	Grilled Halloumi & Hummus Saj Wrap	Kabab Halabi Sandwich (beef)	Feta Thyme Sandwich	Crispy Baked Chicken Salad	Mushroom Steak Sandwich
Option 3	Grilled Chicken OR Fish	Grilled Steak OR Fish	Grilled Steak OR Chicken	Grilled Steak OR Fish	Grilled Steak OR Chicken	Grilled Steak OR Chicken
With SOUP	Everyday Vegg Soup	Bean & Pasta Soup	Root Vegg Soup	Lentil Vegg Soup	Vegetable Vermicelli Soup	Veggiestrone

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
	13-Oct-18	14-Oct-18	15-Oct-18	16-Oct-18	17-Oct-18	18-Oct-18
BREAKFAST (kindly select ONE option from below)						
Option 1	Mango Lime Ricotta Parfait	Eggwhite Omelet with Spinach	Almond Granola Cups	Potato Leek Egg Frittata	Honey-Pecan Chia Seed Pudding	Cornmeal Crepes with Yogurt & Berries
Option 2	Hummus Balila (chickpeas) + protein bread & veggies	Cranberry-Pistachio 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	Avocado & Egg Protein Toast	Cheese Omelet & Veggies
Option 4 	Labneh & Zaatar Markouk Bread Rolls	Cheese Croissant	Oat Bread Manakeesh Zaatar	Chocolate Banana Bread	Veggie-Corn Cheese Muffins	Healthy Cinnamon Rolls
LUNCH (kindly select ONE option from below)						
Option 1 (Lean Protein)	Chicken Stroganoff & Brown Rice	Salmon with Kale-Apple Salad & Barley Bites	Caraway-Spiced Beef & Rice	Baked Escalope Fish & Roasted Sweet Potato Wedges	Baked Chicken & Rice (Rez bi djaj)	Curried Shrimp Pot with Rice Pilaf
Option 2 (Vegetarian)	Couscous Salad with Roasted Vegetables	French Lentil & Swisschard Risotto	Quinoa Salad w Black Beans & Avocado	Tortellini with Sweet Potato & Spinach	Turnip & Sweet Potato Gratin	Vegetarian Stuffed Zucchini
Option 3 	Beef Saloona & Rice	Tandouri-Spiced Chicken & Rice	Lighter Vegetable Gratin	Shish Barak & Rice (dough rounds & yogurt)	Fish Majbous	Fatteh Chicken (with pita bread bread & yogurt)
Option 4 (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
HEALTHY AFTERNOON SNACK						
Sweet Snack	Chocolate Oatmeal Muffin	Chocolate Honey Squares	Chocolate Oat Hobnobs	Honey Strawberry Cheesecake	Oat-Chia Energy Balls	Dark Chocolate Oatmeal Bars
DINNER (kindly select ONE option from below)						
Option 1	Fajita Steak Mix & Guacamole	Chicken Caesar Salad	Grilled Turkey & Cheese Sandwich	Shawarma Chicken Mix w Veggies	Baked Falafel Sandwich	Taco Beef Salad
Option 2 	Greek Veggie Burgers	Kafta Arayes & Yogurt (minced meat in pita bread)	Mediterranean Halloumi Salad	Feta, Hummus & Avocado Sandwich	Baked Escalope Chicken Sandwich	Roasted Vegetable Pizza
Option 3	Grilled Chicken OR Fish	Grilled Steak OR Fish	Grilled Chicken OR Steak	Grilled Steak OR Fish	Grilled Steak OR Chicken	Grilled Chicken OR Steak
With SOUP	Moroccan Vegg Soup	Summer Minestrone	Roasted Vegg Soup	Lentil & Spinach Soup	Vegetbale Soup	Vegetbale Orzo-Chickpea Soup
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