



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 1	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
	16-Nov-19	17-Nov-19	18-Nov-19	19-Nov-19	20-Nov-19	21-Nov-19
BREAKFAST (kindly select ONE option from below)						
Option 1 (Eggs)	Omelet & Veggies	Egg White Omelet	Egg Muffins & Veggies	Asparagus & Mint Egg Frittata	Eggs Benedict	Cheese Omelet & Veggies
Option 2 (Oats & Puddings)	Berry Parfait	Baked Banana Pecan Oatmeal	Honey-Nut Baked Oatmeal Cups	Fruit Yogurt & Granola	Chocolate Chia Pudding	Greek Yogurt & Honey-Nut Granola
Option 3 (Sandwiches)	Avocado & Cheese Protein Toast	Halloum Protein Toast	Feta Protein Wrap	Mozzarella Protein Toast	Labneh Protein Wrap	Feta-Zaatar Saj Bread Wrap
Option 4 (Healthy Mix)	Fava Beans (foul mdammas)+ protein bread & veggies	Cheese Croissant	Oat Bread Manakeesh Zaatar	Choc Chip & Oats Banana Bread	Whole Wheat Carrot Cake Muffins	Cinnamon Oatmeal Pancakes with Honey Apple Compote
LUNCH (kindly select ONE option from below)						
Option 1 (International)	Curry-Spiced Chicken & Rice	Salmon w Spinach-Feta Saute & Sweet Potato Wedges	Thai-Baked Chicken with Rice & Vegetable Stir-Fry	Fish Sayadiyyeh (fish & rice)	Feta-Spinach Chicken & Orzo	Sesame Shrimp Skewers & Asian Rice
Option 2 (Vegetarian)	Honey-Roasted Pumpkin & Couscous Salad	Vegetarian Rice Beryani-Style	Quinoa Salad with Grilled Halloumi	Pasta Verde	Arabic White Bean Stew & Rice	Healthy Potato Parmesan Gratin
Option 3 (Arabic Food)	Okra Stew with Beef & Rice (<i>bamyeh bi lahmeh w rez</i>)	Middle Eastern Chicken Kebabs & Rice	Beryani Spiced Beef with Rice & Yogurt	Modardara (<i>lentil-rice pilaf</i>)	Mansaf with Rice & Yogurt (<i>beef cubes</i>)	Chicken Mousakhan Rolls & Yogurt Sauce
Option 4 (Grills)	Grilled Fish & Salad	Grilled Steak & Salad	Grilled Fish & Salad	Grilled Steak & Salad	Grilled Fish & Salad	Grilled Steak & Salad
HEALTHY AFTERNOON SNACK						
Sweet Snack	Chocolate Oat Energy Balls	Peanut Butter Brownie Bites	Strawberry Oat Crisp	Chocolate Thumbprint Cookies	Peanut Butter Oat Cookies	Healthy Almond Joy
DINNER & SOUP (kindly select ONE option from below)						
Option 1 (protein/salad)	Cheese Steak Rolls & Veggies	Chef's Salad	Mozzarella Pesto Salad	Grilled Tawok Skewers & Hummus	Roasted Sweet Potato Salad	Grilled Chicken Burrito Salad
Option 2 (sandwich)	Veggie Caesar Burger	Shawarma Beef Sandwich	Fajita Chicken Wrap	Grilled Halloumi & Vegetable Sandwich	Beef Burger	Whole Wheat Greek 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 Fish
With SOUP	<i>Vegan Vegg Soup</i>	<i>Minestrone with Greens & Beans</i>	<i>Spring Vegg Soup</i>	<i>Moroccan Carrot & Lentil Soup</i>	<i>Mixed Vegetable Soup</i>	<i>Carrot Blended 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 2	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
	23-Nov-19	24-Nov-19	25-Nov-19	26-Nov-19	27-Nov-19	28-Nov-19

BREAKFAST (kindly select ONE option from below)

Option 1 (Eggs)	Omelet & Veggies	Mediterranean Omelet	Egg Muffins & Veggies	Vegetable Egg Frittata	Eggs Florentine	Cheese Omelet & Veggies
Option 2 (Oats & Puddings)	Pineapple Parfait	Peanut Butter Oatmeal	Chocolate Chunk Baked Oatmeal Cups	Fruit Yogurt & Granola	Cinnamon Raisin Chia Pudding	Bran Flakes & Almond Milk
Option 3 (Sandwiches)	Zaatar & Cheese Saj Bread Rolls	Halloum Protein Toast	Feta Protein Wrap	Mozzarella Protein Toast	Labneh Protein Wrap	Grilled Halloumi & Avocado Protein Toast
Option 4 (Healthy Mix)	Hummus Balila (chickpeas)+ protein bread & veggies	Croissant with Dark Chocolate	Oat Bread Manakeesh Cheese	Cinnamon Crunch Banana Bread	Zaatar Rolls	Chocolate Banana Pancakes

LUNCH (kindly select ONE option from below)

Option 1 (International)	Cashew Chicken Pot with Noodles	Salmon, Kale & Cabbage w Roasted Sweet Potato & Pineapple	Thai Beef Curry & Rice	Samkeh Harra & Rice (fish with tahini sauce)	Escalope Cordon Bleu (with turkey & cheese) with Roasted Potatoes & Veggies	Lighter Beef Lazagne
Option 2 (Vegetarian)	Vegetarian Sweet Pea Stew & Rice	Couscous Royale	Vegan Quinoa Pot	Spinach Ravioli with Yogurt Sauce	Sweet Potato & Zucchini Gratin	Mixed Vegetable Curry & Rice
Option 3 (Arabic Food)	Beef & Rice Majbous	Spiced Beef with Oriental Rice	Chicken & Rice Makloubeh with Eggplant	Koshari (lentil-rice pilaf & tomato sauce)	Tikka Shrimp & Rice	Kabab Chicken with Roasted Potato & Veggies
Option 4 (Grills)	Grilled Fish & Salad	Grilled Chicken & Salad	Grilled Fish & Salad	Grilled Steak & Salad	Grilled Steak & Salad	Grilled Chicken & Salad

HEALTHY AFTERNOON SNACK

Sweet Snack	Peanut Butter Energy Rounds	Tahini Brownies	Strawberry Oat Cheesecake Bars	Chocolate Granola Bar	Apple Oat Crisp	Skinny Chocolate Cake
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DINNER & SOUP (kindly select ONE option from below)

Option 1 (protein/salad)	Grilled Beef Skewers with Hummus	Chicken Feta Salad	Grilled Halloumi & Vegetable Salad	Crispy Parmesan Chicken with Vegetables	Roasted Vegetable Power Salad	Tuna Nicoise Salad
Option 2 (sandwich)	Grilled Halloumi Burger	Fajita Beef Sandwich	Shawarma Chicken Saj Bread Wrap	Whole Wheat Vegetarian Pizza	Spinach Feta Beef Burger	Lahm Beajin & Yogurt (meat pie)
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
With SOUP	Potato Leek Soup	Healthy Minestrone Soup	Vegetable Noodle Soup	Lentil Soup & Barley Bites	Vegetable Barley Soup	Healthy Mushroom Soup

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