



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
	22-Sep-18	23-Sep-18	24-Sep-18	25-Sep-18	26-Sep-18	27-Sep-18
BREAKFAST (kindly select ONE option from below)						
Option 1	Berry Parfait	Egg White Omelet	Honey-Nut Baked Oatmeal Cups	Asparagus & Mint Egg Frittata	Chocolate Chia Pudding	Cinnamon Oatmeal Pancakes with Honey Apple Compote
Option 2	Fava Beans (foul mdammas)+ protein bread & veggies	Baked Banana Pecan 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
LUNCH (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)	Honey-Roasted Pumpkin & Couscous Salad	Vegetarian Rice Beryani-Style	Quinoa Salad with Grilled Halloumi	Pasta Verde	Healthy Squash and Kale Casserole	Baked Potato Kebbeh
NEW Option 3 (Arabic Food)	Okra Stew with Beef & Rice (bamyeh bi lahmeh w rez)	Chicken & Rice Kabsa	Fish & Rice Maqluba (with eggplant)	Modardara (lentil-rice pilaf)	Mansaf with Rice & Yogurt (beef cubes)	Chicken Mousakhan Rolls & Yogurt Sauce
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	Cashew Energy Balls	Peanut Butter Brownie Bites	Lemon Blueberry Yogurt Cake	Twix Date Bars	Mocha Almond Biscotti	Healthy Almond Joy
DINNER & SOUP (kindly select ONE option from below)						
Option 1	Cheese Steak Rolls & Veggies	Chef's Salad	Fajita Chicken Wrap	Grilled Tawok Skewers & Hummus	Beef Burger	Whole Wheat Greek Pizza
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
With SOUP	<i>Vegan Vegg Soup</i>	<i>Minestrone with Greens & Beans</i>	<i>Spring Vegg Soup</i>	<i>Lentil & Bulgur Soup</i>	<i>Mixed Vegetable Soup</i>	<i>Rustic Vegg 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
	29-Sep-18	30-Sep-18	1-Oct-18	2-Oct-18	3-Oct-18	4-Oct-18
BREAKFAST (kindly select ONE option from below)						
Option 1	Pineapple Parfait	Mediterranean Omelet	Chocolate Chunk Baked Oatmeal Cups	Vegetable Frittata	Cinnamon Raisin Chia Pudding	Banana Almond Protein Bread & Yogurt Dip
Option 2	Hummus Balila (chickpeas)+ protein bread & veggies	Almond Joy 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
LUNCH (kindly select ONE option from below)						
Option 1 (Lean Protein)	Chicken Roll-ups with Goat Cheese, Arugula & Roasted Vegetables	Salmon, Kale & Cabbage w Roasted Sweet Potato & Pineapple	Beryani Spiced Beef with Rice & Yogurt	Samkeh Harra & Rice (fish with tahini sauce)	Kabab chicken & Roasted Potato & Veggies	Turkey and Barley Salad
Option 2 (Vegetarian)	Vegetarian Sweet Pea Stew & Rice	Couscous Royale	Vegan Quinoa Pot	Spinach Ravioli with Yogurt Sauce	Sweet Potato Casserole	Mixed Vegetable Curry & Rice
NEW Option 3 (Arabic Food)	Beef & Rice Majbous	Roasted Chicken with Oriental Rice	Baked Kebabeh (meat-bulgur pie)	Koshari (lentil-rice pilaf & tomato sauce)	Tikka Shrimp & Rice	Chicken & Rice Maqluba (with potato & carrots)
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 Oat Energy Balls	Snickers Oat Bars	Strawberry Oat Cheesecake Bars	Chocolate Granola Bar	Apple Oat Crisp	Skinny Chocolate Cake
DINNER & SOUP (kindly select ONE option from below)						
Option 1	Grilled Beef Skewers with Hummus	Chicken Feta Salad	Grilled Halloumi Sandwich	Baked Chicken Parmesan	Spinach Feta Beef Burger	Lahm Beajin & Yogurt (meat pie)
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
With SOUP	Vegetarian Ribolita & Barley Bites	Bean & Vegg Soup	Vegetable Noodle Soup	Lentil Soup & Barley Bites	Vegetable Barley Soup	Healthy Minestrone Soup
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