

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.

BERAKFAST (kindly select ONE option from below)		-	1	an will make the selection f			
12-Jan-19 13-Jan-19 15-Jan-19 15-Jan-19 15-Jan-19 16-Jan-19 17-Jan-19 17-J	MENU WEEK 1		•	•		Wednesday	•
Option 1 Berry Parfait Egg White Omelet Honey-Nut Baked Oatmeal Cups Asparagus & Mint Egg Chocolate Chia Pudding Pancakes with Honey Apple Compote Apple Compo		12-Jan-19				16-Jan-19	17-Jan-19
Parcal			BREAKFA:	ST (kindly select ONE opti	on from below)		
Option 2	Option 1	Berry Parfait	Egg White Omelet	, , , , , , , , , , , , , , , , , , ,		Chocolate Chia Pudding	Pancakes with Honey
Option 3 Omelet & Veggles Avocado & Cheese Protein Toast Cheese Croissant Cheese Croissant Cheese Croissant Cheese Croissant Cheese Croissant Cheese Croissant Cheese & Oregano Muffins Cheese & Oregano Mansaf with Rice & Oricten & O	Option 2	mdammas)+ protein		Feta Protein Wrap	Fruit Yogurt & Granola	Labneh Protein Wrap	Halloum Protein Wrap
Cheese Croissant Zaatar Banana Bread Muffins Milk	Option 3	Omelet & Veggies	Halloum Protein Toast	Egg Muffins & Veggies		Eggs Benedict	
Option 1 (Lean Protein) Curry-Spiced Chicken & Saute & Sweet Potato Rice Salmon w Spinach-Feta Saute & Sweet Potato Wedges Beryani Spiced Beef with Rice & Yogurt Fish Sayadiyyeh (fish & rice) Feta-Spinach Chicken & Sesame Shrimp Skewers & Asian Rice Option 2 (Vegetarian) Honey-Roasted Pumpkin & Couscous Salad With Grilled Halloumi Quinoa Salad with Grilled Halloumi Pasta Verde Arabic White Bean Stew & Potato, Spinach & Feta Gratin Option 3 (Arabic Food) Okra Stew with Beef & Rice (bomyeh bi Jahmeh w rez) Roasted Chicken with Oriental Rice Baked Kebbeh (meatbulgur pie) Modardara (lentil-rice pilaf) Mansaf with Rice & Yogurt (beef cubes) Chicken Mousakhan Rolls & Yogurt Sauce HEALTHY AFTERNOON SNACK Sweet Snack Cashew Energy Balls Peanut Butter Brownie Bites Greek Yogurt Choc Banan Auffins Strawberry Oat Cheesecake Bars Cookies Peanut Butter Oat Cookies Healthy Almond Joy Cheese Steak Rolls & Veggies Chef's Salad Mozzarella Pesto Salad Grilled Tawok Skewers & Herb Potato & Egg Salad Grilled Chicken Oar Fish Veggetable Sandwich Whole Wheat Greek Pizza Option 2 (sandwich) Veggie Caesar Burger Shawarma Beef Sandwich Fajita Chicken Wrap Vegetable Sandwich Grilled Steak OR Fish Grilled Chicken OR Fish Grilled Chi	Option 4		Cheese Croissant		•		
Option 1 (Lean Protein) Curry-Spiced Chicken & Saute & Sweet Potato Rice Salmon w Spinach-Feta Saute & Sweet Potato Wedges Beryani Spiced Beef with Rice & Yogurt Fish Sayadiyyeh (fish & rice) Feta-Spinach Chicken & Sesame Shrimp Skewers & Asian Rice Option 2 (Vegetarian) Honey-Roasted Pumpkin & Couscous Salad With Grilled Halloumi Quinoa Salad with Grilled Halloumi Pasta Verde Arabic White Bean Stew & Potato, Spinach & Feta Gratin Option 3 (Arabic Food) Okra Stew with Beef & Rice (bomyeh bi Jahmeh w rez) Roasted Chicken with Oriental Rice Baked Kebbeh (meatbulgur pie) Modardara (lentil-rice pilaf) Mansaf with Rice & Yogurt (beef cubes) Chicken Mousakhan Rolls & Yogurt Sauce HEALTHY AFTERNOON SNACK Sweet Snack Cashew Energy Balls Peanut Butter Brownie Bites Greek Yogurt Choc Banan Auffins Strawberry Oat Cheesecake Bars Cookies Peanut Butter Oat Cookies Healthy Almond Joy Cheese Steak Rolls & Veggies Chef's Salad Mozzarella Pesto Salad Grilled Tawok Skewers & Herb Potato & Egg Salad Grilled Chicken Oar Fish Veggetable Sandwich Whole Wheat Greek Pizza Option 2 (sandwich) Veggie Caesar Burger Shawarma Beef Sandwich Fajita Chicken Wrap Vegetable Sandwich Grilled Steak OR Fish Grilled Chicken OR Fish Grilled Chi	LUNCH (kindly select ONE option from below)						
Option 3 (Arabic Food)	•	, ·	Salmon w Spinach-Feta Saute & Sweet Potato	Beryani Spiced Beef	Fish Sayadiyyeh		•
Option 3 (Arabic Food) Rice (bamyeh bi lahmeh w rez) Option 4 (Grilled Steak OR Fish & Salad Grilled Steak OR Chicken & Salad Option 4 (Grills) Sweet Snack Cashew Energy Balls Option 1 (protein/salad) Option 2 (sandwich) Option 2 (sandwich) Option 3 (grilled) Cheese Steak Rolls & Shawarma Beef Sandwich Option 3 (grills) Option 3 (grilled) Cheese Steak OR Fish Cashew Energy Soup Minestrone with Greens & Beans Rolls & Pogurt Sauce Modardara (lentil-rice pilaf) Modardara Modardara (lentil-rice pilaf) Modardara Modardara (lentil-rice pilaf) Modardara (lentil-rice pilaf) Modardara (lentil-rice pilaf) Modardara (lentil-rice pilaf) Modardara Modardara (lentil-rice pilaf) Modardara (lentil-rice pilaf) Modardara (lentil-rice pilaf) Modardara (lentil-rice pilaf) Modardara Modardara (lentil-rice pilaf) Modardara Modardara (lentil-rice pilaf) Modardara Modardara (lentil-rice pilaf) Modardara Modara Grilled Steak OR Salad Chicken Salad Chicken Salad Chicken Salad Chicken Salad Choesecake Bars Cookies Healthy Almond Joy Peanut Butter Oat Cookies Pigard Grilled Tawok Skewers & Herb Potato & Egg Salad Whole Wheat Greek Pizza Option 3 (grilled Chicken OR Fish) Grilled Steak OR Fish Grilled Steak OR Fish Gri	•	Pumpkin & Couscous	,	I	Pasta Verde		
Salad Chicken & Salad Salad Chicken & Salad	•	Rice (bamyeh bi		,			
Sweet Snack Cashew Energy Balls Peanut Butter Brownie Bites Banana Muffins Cheesecake Bars Cookies Healthy Almond Joy DINNER & SOUP (kindly select ONE option from below) Option 1 (protein/salad) Option 2 (sandwich) Option 3 (grilled Chicken OR Fish (grilled Steak OR Fish (grilled Stoup)) Nozzarella Pesto Salad Grilled Tawok Skewers & Herb Potato & Egg (Grilled Chicken Burrito Salad) Salad Salad Whole Wheat Greek Pizza Option 3 (grilled Chicken OR Fish (grilled Steak OR Fish (grilled Chicken OR F	•						
Sweet Snack Cashew Energy Balls Bites Banana Muffins Cheesecake Bars Cookies Healthy Almond Joy Healthy Almond Joy DINNER & SOUP (kindly select ONE option from below) Option 1 (protein/salad) Cheese Steak Rolls & Veggies Veggies Chef's Salad Mozzarella Pesto Salad Grilled Tawok Skewers & Herb Potato & Egg Salad Salad Salad Option 2 (sandwich) Option 3 (grills) Grilled Chicken OR Fish Grilled Steak OR Fish Grilled Chicken OR Fish	HEALTHY AFTERNOON SNACK						
Option 1 (protein/salad) Cheese Steak Rolls & Veggies Chef's Salad Mozzarella Pesto Salad Grilled Tawok Skewers & Herb Potato & Egg 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 Chicken OR Fish With SOUP Vegan Vegg Soup Minestrone with Greens & Beans Spring Vegg Soup Lentil & Bulgur Soup Mixed Vegetable Soup Rustic Vegg Soup	Sweet Snack	Cashew Energy Balls		-	•		Healthy Almond Joy
Option 1 (protein/salad) Cheese Steak Rolls & Veggies Chef's Salad Mozzarella Pesto Salad Grilled Tawok Skewers & Herb Potato & Egg 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 Chicken OR Fish With SOUP Vegan Vegg Soup Minestrone with Greens & Beans Spring Vegg Soup Lentil & Bulgur Soup Mixed Vegetable Soup Rustic Vegg Soup			DINNER & S	OUP (kindly select ONE	option from below)		
(sandwich) Veggie Caesar Burger Sandwich Fajita Chicken Wrap Vegetable Sandwich Beef Burger Pizza Option 3 (grills) Grilled Chicken OR Fish (grilled Steak OR Fish	•		NE	EW	Grilled Tawok Skewers		
(grills) Grilled Chicken OR Fish Grilled Steak OR Fish Grilled Steak OR Fish Grilled Steak OR Fish Grilled Steak OR Fish Grilled Chicken OR Fish Grilled Chicken OR Fish With SOUP Vegan Vegg Soup Minestrone with Greens & Beans Spring Vegg Soup Lentil & Bulgur Soup Mixed Vegetable Soup Rustic Vegg Soup	•	Veggie Caesar Burger		Fajita Chicken Wrap		Beef Burger	
With SOUP Vegan Vegg Soup Greens & Beans Spring Vegg Soup Lentil & Bulgur Soup Mixed Vegetable Soup Rustic Vegg Soup	•	Grilled Chicken OR Fish	Grilled Steak OR Fish	Grilled Steak OR Fish	Grilled Steak OR Fish	Grilled Chicken OR Fish	Grilled Chicken OR Fish
For any enquiry contact Green Central on 02-6506677 - email: info@greencentral.ae - website www.greencentral.ae	With SOUP	Vegan Vegg Soup		Spring Vegg Soup	Lentil & Bulgur Soup	Mixed Vegetable Soup	Rustic Vegg Soup
		For any enquiry co	ntact Green Central on 02-	6506677 - email: info@gree	encentral.ae - website ww	/w.greencentral.ae	



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MENU WEEK 2	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday		
WENO WEEK 2	19-Jan-19	20-Jan-19	21-Jan-19	22-Jan-19	23-Jan-19	24-Jan-19		
		BREAKFA	ST (kindly select ONE opt	ion 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 Benedict	Cheese Omelet & Veggies		
Option 4	Zaatar & Cheese Saj Bread Rolls	Croissant Zaatar	Oat Bread Manakeesh Cheese	Cinnamon Crunch Banana Bread	Zaatar Rolls	Spinach & Feta Muffins		
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	Spiced Beef with Oriental Rice	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	Pumpkin Kebbeh	Mixed Vegetable Curry & Rice		
Option 3 (Arabic Food)	Beef & Rice Majbous	Moroccan Chicken Tagine & Couscous	Chicken with Burgul & Tomato	Koshari (lentl-rice pilaf & tomato sauce)	Tikka Shrimp & Rice	Freekeh with Chicken (grits)		
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 (protein/salad)	Grilled Beef Skewers with Hummus	Chicken Feta Salad	Grilled Halloumi & Vegetable Salad	Baked Chicken Parmesan	Vegetable Pasta Salad	Tuna Nicoise Salad		
Option 2 (sandwich)	Veggie Avocado 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 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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