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|--|--|---|--|--|---|--|
|  | | 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 |
| | 12-Jan-19 | 13-Jan-19 | 14-Jan-19 | 15-Jan-19 | 16-Jan-19 | 17-Jan-19 |
| 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 |
| Option 4 | Avocado & Cheese Protein Toast | Cheese Croissant | Oat Bread Manakeesh Zaatar | Choc Chip & Oats Banana Bread | Cheese & Oregano Muffins | Bran Flakes & Almond Milk |
| LUNCH (kindly select ONE option from below) | | | | | | |
| Option 1 (Lean Protein) | Curry-Spiced Chicken & Rice | Salmon w Spinach-Feta Saute & Sweet Potato Wedges | Beryani Spiced Beef with Rice & Yogurt | 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 | Potato, Spinach & Feta Gratin |
| Option 3 (Arabic Food) | Okra Stew with Beef & Rice (<i>bamyeh bi lahmeh w rez</i>) | Roasted Chicken with Oriental Rice | Baked Kebab (<i>meat-bulgur pie</i>) | Modardara (<i>lentil-rice pilaf</i>) | Mansaf with Rice & Yogurt (<i>beef cubes</i>) | 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 | Greek Yogurt Choc Banana Muffins | Strawberry Oat Cheesecake Bars | 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 | 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 | <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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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 2 | Saturday | Sunday | Monday | Tuesday | Wednesday | Thursday |
|---|---|---|---|--|--|--|
| | 19-Jan-19 | 20-Jan-19 | 21-Jan-19 | 22-Jan-19 | 23-Jan-19 | 24-Jan-19 |
| 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 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 | NEW Chicken with Burgul & Tomato | Koshari (lentil-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 | NEW 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 |
| For any enquiry contact Green Central on 02-6506677 - email: info@greencentral.ae - website www.greencentral.ae | | | | | | |