



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
	20-Apr-19	21-Apr-19	22-Apr-19	23-Apr-19	24-Apr-19	25-Apr-19
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	Avocado Parmesan Protein Toast	Plain Croissant with Jam	Oat Bread Manakeesh Zaatar & Cheese	Baked Oatmeal Banana Bread	Healthy Chocolate Chip Muffins	Cheese & Spinach Wheels
LUNCH (kindly select ONE option from below)						
Option 1 (lean Protein)	Baked Escalope Chicken with Potato Wedges	Herb-Crusted Salmon with Vegg-Potato Tian	Skinny Beef Stroganoff with Rice	Healthy Parmesan Baked Fish with Herbed Potato	Roasted Chicken with Oriental Rice	Shrimp Skewers with Veggies & Potato
Option 2 (Vegetarian)	Vegetarian Green Bean Stew & Rice	Lentil, Sweet Potato & Feta Salad	Roasted Vegg w Quinoa	Skinny Fettucini Alfredo	Healthy Lentil Dahl & Rice	Couscous-Feta Salad
Option 3 (Arabic Food)	Saudi Meat Kabsa	Healthy Tikka Masala Chicken & Rice	Fish Beryani	Kousa Mahshi with Meat (stuffed zucchini)	Lighter Vegetarian Lasagna	Tandouri-Spiced Chicken & Rice
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	Healthy Chocolate Brownies	Chocolate Petit Fours (cookies)	Bounty Bites	Oat Date Caramel Cups
DINNER & SOUP (kindly select ONE option from below)						
Option 1 (protein/salad)	Shawarma Beef Mix w Tahini & Veggies	Herb Potato & Egg Salad	Grilled Turkey Salad	Spinach-Stuffed Chicken & Corn Cobs	Crispy Baked Chicken Salad	Baked Chicken Mozzarella Rolls
Option 2 (sandwich)	Vegetarian Fajita Wrap	Chicken Burger	Mushroom Steak Sandwich	Feta Thyme Sandwich	Potato Samosa Wraps	Whole Wheat Tomato Basil Pizza
Option 3 (grills)	Grilled Chicken OR Fish	Grilled Steak OR Fish	Grilled Chicken OR Fish	Grilled Steak OR Fish	Grilled Steak OR Fish	Grilled Steak OR Fish
With SOUP	Everyday Vegg Soup	Healthy Creamy Broccoli Soup	Root Vegg Soup	Yellow Lentil Soup	Vegetable Vermicelli Soup	Blended Sweet Potato Soup

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
	27-Apr-19	28-Apr-19	29-Apr-19	30-Apr-19	1-May-19	2-May-19
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	NEW Chocolate Oat Breakfast Bars	Healthy Cinnamon Rolls
LUNCH (kindly select ONE option from below)						
Option 1 (Lean Protein)	Baked Chicken Enchiladas	Salmon with Kale-Apple Salad & Barley Bites	Caraway-Spiced Beef & Rice	Baked Escalope Fish & Roasted Sweet Potato Wedges	Steak with Mushroom Sauce & Mashed Potato	Curried Shrimp Pot with Rice Pilaf
Option 2 (Vegetarian)	Couscous Salad with Roasted Vegetables	French Lentil & Swisschard Risotto	Quinoa Salad with Beans & Avocado	Tortellini with Sweet Potato & Spinach	Healthy Vegetable Risotto	Vegetarian Stuffed Zucchini
Option 3 (Arabic Food)	Baked Chicken & Rice (Rez bi djej)	Shish Barak & Rice (dough rounds & yogurt)	Lighter Vegetable Gratin	Lighter Beef Curry & Rice	Chicken Beryani & Rice	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	Oatmeal Cookie Bars	Chocolate Oat Hobnobs	Honey Strawberry Cheesecake	Brownie Energy Rounds (with dates)	NEW Dana's Chocolate Granola Cups
DINNER (kindly select ONE option from below)						
Option 1 (protein/salad)	Fajita Steak Mix & Guacamole	Chicken Caesar Salad	Mediterranean Halloumi Salad	Shawarma Chicken Mix w Veggies	Grilled Turkey Cobb Salad	Taco Beef Salad
Option 2 (sandwich)	Greek Veggie Burgers	Kafta Arayes & Yogurt (minced meat in pita bread)	Baked Escalope Chicken Sandwich	Feta, Hummus & Avocado Sandwich	Baked Falafel Sandwich	Roasted Vegetable Pizza
Option 3 (grills)	Grilled Chicken OR Fish	Grilled Steak OR Fish	Grilled Steak OR Fish	Grilled Steak OR Fish	Grilled Steak OR Chicken	Grilled Chicken OR Fish
With SOUP	Moroccan Vegg Soup	Veggie Lentil Soup	Roasted Vegg Soup	Pumpkin Soup	Vegetable Soup	NEW Blended Potato & Leek Soup

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