



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
	13-Jun-20	14-Jun-20	15-Jun-20	16-Jun-20	17-Jun-20	18-Jun-20
<b>BREAKFAST</b> (kindly select ONE option from below)						
<b>Option 1 (Eggs)</b>	Omelet & Veggies	Eggwhite Omelete with Goat Cheese	Egg Muffins & Veggies	Spanish Egg Frittata	Avocado & Egg Protein Toast	Cheese Omelet & Veggies
<b>Option 2 (Oats &amp; Puddings)</b>	Tropical Fruit Parfait	Mango-Cashew Oatmeal	Granola Tarts	Fruit Yogurt & Granola	Vanilla Blueberry Chia Seed Pudding	Greek Yogurt & Chocolate Granola
<b>Option 3 (Sandwiches)</b>	Avocado Parmesan Protein Toast	Halloum Protein Toast	Feta Protein Wrap	Mozzarella Protein Toast	Labneh Protein Wrap	Mozarella & Olive Saj Bread Sandwich
<b>Option 4 (Healthy Mix)</b>	Fava Beans (foul mdammas)+ protein bread & veggies	Plain Croissant with Jam	Oat Bread Manakeesh Zaatar & Cheese	Baked Oatmeal Banana Bread	Healthy Chocolate Chip Muffins	Cheese & Spinach Wheels
<b>LUNCH</b> (kindly select ONE option from below)						
<b>Option 1 (International)</b>	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	Chicken & Macaroni Gratin	Chinese Sesame Shrimp with Yellow Rice
<b>Option 2 (Vegetarian)</b>	Vegetarian Green Bean Stew & Rice	Healthy Potato Curry & Rice	Roasted Vegg w Quinoa	Skinny Fettucini Alfredo	Roasted Sweet Potato, Spinach & Feta Bake	Orange Vegetable Tagine with Couscous
<b>Option 3 (Arabic)</b>	Saudi Meat Kabsa	Healthy Tikka Masala Chicken & Rice	Lighter Vegetarian Lasagna	Kousa Mahshi with Meat (stuffed zucchini)	Fish Beryani	Tandouri-Spiced Chicken & Rice
<b>Option 4 (Grills)</b>	Grilled Fish & Salad	Grilled Steak & Salad	Grilled Chicken & Salad	Grilled Chicken & Salad	Grilled Steak & Salad	Grilled Steak & Salad
<b>SIDE SALAD</b> (kindly select ONE option from below)						
<b>Salad 1</b>	Grilled Cauliflower & Tahini	Hummus	Loubyeh Bel Zeit (green beans)	Raheb Eggplant Salad	Cabbage Salad	Grilled Zucchini Greek Salad
<b>Salad 2</b>	Fattoush with Halloumi & Pomegranate	Rocca with Beets Salad	Tabbouleh	Greens with Avocado Salad	Caesar	Greens with Sesame Broccoli
<b>HEALTHY AFTERNOON SNACK</b>						
<b>Snack 1</b>	Healthy Carrot Cake	Greek Yogurt Chocolate Brownies	Mini Cheesecake Bites	Chocolate Date Snack Bars	Chocolate Coffee Energy Rounds	Chocolate Toffee Muffins
<b>Snack 2</b>	Crunchy Sesame Cookie	Healthy Date Squares	Bounty Bites	Peanut Butter Sandwich Cookies	Chocolate Chip Cake	Blueberry Oat Cake Squares
<b>DINNER</b> (kindly select ONE option from below)						
<b>Option 1 (protein/salad)</b>	Shawarma Beef Mix w Tahini & Veggies	Herb Potato & Egg Salad	<b>Herb Couscous &amp; Halloumi Salad</b>	Philly Cheese Steak Mix Skillet with Peppers & Sauce	Crispy Baked Chicken Salad	Grilled Turkey Salad
<b>Option 2 (sandwich)</b>	Vegetarian Fajita Wrap	Chicken Burger	Mushroom Steak Sandwich	Feta Thyme Sandwich	Potato Samosa Wraps	Whole Wheat Tomato Basil Pizza
<b>Option 3 (grills)</b>	Grilled Chicken OR Fish	Grilled Steak OR Fish	Grilled Steak OR Fish	Grilled Chicken OR Fish	Grilled Steak OR Fish	Grilled Steak OR Fish
<b>SOUP</b> (kindly select one option from below)						
<b>Soup 1</b>	Everyday Vegg Soup	Vegan Minestrone Soup	Root Vegg Soup	Garden Veggie Barley Soup	Vegetable Vermicelli Soup	Potato & Mushroom Soup
<b>Soup 2</b>	Red Lentil & Squash Soup	Rice & Mushroom Soup	Thai Coconut Soup	Yellow Lentil Soup	Blended Cauliflower & Rice Soup	Broccoli Carrot Soup



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<b>MENU WEEK 4</b>	<b>Saturday</b>	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>
	20-Jun-20	21-Jun-20	22-Jun-20	23-Jun-20	24-Jun-20	25-Jun-20

**BREAKFAST** (kindly select ONE option from below)

<b>Option 1 (Eggs)</b>	Omelet & Veggies	Eggwhite Omelet with Spinach	Egg Muffins & Veggies	Potato Leek Egg Frittata	Greek Avocado Egg Sandwich	Cheese Omelet & Veggies
<b>Option 2 (Oats &amp; Puddings)</b>	Mango Lime Ricotta Parfait	Cranberry-Pistachio Oatmeal	Almond Granola Cups	Fruit Yogurt & Granola	Honey-Pecan Chia Seed Pudding	Greek Yogurt & Berry Granola
<b>Option 3 (Sandwiches)</b>	Hummus Balila (chickpeas) & Protein Bread	Halloum Protein Toast	Feta Protein Wrap	Mozzarella Protein Toast	Labneh Protein Wrap	Peanut Butter & Chocolate Protein Toast
<b>Option 4 (Healthy Mix)</b>	Labneh & Zaatar Saj Bread Rolls	Cheese Croissant	Oat Bread Manakeesh Zaatar	Chocolate Banana Bread	Healthy Carrot Cake Muffins	Healthy Cinnamon Rolls

**LUNCH** (kindly select ONE option from below)

<b>Option 1 (International)</b>	Healthy Herb Creamy Chicken with Potato & Roasted Vegetables	Salmon with Kale-Apple Salad & Barley Bites	Pepper Steak Pot with Rice	Baked Fish Escalope & Roasted Sweet Potato Wedges	Steak with Mushroom Sauce & Mashed Potato	Coconut Curry Shrimp & Yellow Rice
<b>Option 2 (Vegetarian)</b>	Couscous Salad with Roasted Vegetables	Healthy Lentil Dahl & Rice	Quinoa Salad with Beans & Avocado	Tortellini with Sweet Potato & Spinach	Healthy Vegetable Risotto	Vegetarian Stuffed Zucchini
<b>Option 3 (Arabic)</b>	Lamb Kofta & Saffron Rice	Shish Barak & Rice (dough rounds & yogurt)	Lighter Vegetable Gratin	Caraway-Spiced Beef & Rice	Indian Butter Chicken & Rice	Baked Kofta in Tahini Sauce with Vermicelli Rice
<b>Option 4 (Grills)</b>	Grilled Fish & Salad	Grilled Chicken & Salad	Grilled Chicken & Salad	Grilled Chicken & Salad	Grilled Fish & Salad	Grilled Chicken & Salad

**SIDE SALAD** (kindly select ONE option from below)

<b>Salad 1</b>	Grilled Cauliflower & Tahini	Hummus	Bamyeh Bel Zeit (okra)	Batenjen Moutabbal	Grilled Zucchini, Feta & Corn Salad	Beets & Parsley Salad
<b>Salad 2</b>	Fattoush with Halloumi & Pomegranate	Rocca with Parmesan Salad	Tabbouleh	Greens with Avocado & Mozzarella	Caesar	Greens with Olives & Feta

**HEALTHY AFTERNOON SNACK**

<b>Snack 1</b>	Raspberry Oat Crumble Bars	Hazelnut Tahini Brownies	Blueberry Oatmeal Muffins	Cinnamon Squares	Chocolate Tahini Chunk Cookies	Honey Lemon Bars
<b>Snack 2</b>	Chocolate Oat Hobnobs	Oatmeal Cookie Bars	Chocolate Coconut Brownies	Honey Strawberry Cheesecake	Chocolate Cinnamon Energy Rounds	Chocolate Tagalong Cookies

**DINNER** (kindly select ONE option from below)

<b>Option 1 (protein/salad)</b>	Fajita Steak Mix & Guacamole	Chicken Caesar Salad	Mediterranean Halloumi Salad	Shawarma Chicken Mix w Veggies	Taco Beef Salad	Greek Chicken Kababs with Feta & Olives
<b>Option 2 (sandwich)</b>	Grilled Pesto Mozzarella Sandwich	Kafta Arayas & Yogurt (minced meat in pita bread)	Baked Escalope Chicken Sandwich	Roasted Potato Taco Sandwich	<b>Turkey Avocado Burger</b>	Roasted Vegetable Pizza
<b>Option 3 (grills)</b>	Grilled Chicken OR Fish	Grilled Steak OR Fish	Grilled Steak OR Fish	Grilled Steak OR Fish	Grilled Chicken OR Fish	Grilled Steak OR Fish

**SOUP** (kindly select one option from below)

<b>Soup 1</b>	Moroccan Vegg Soup	Winter Lentil Soup	Roasted Vegg Soup	Easy Minestrone Soup	Vegetable Soup	Healthy Creamy White Bean Soup
<b>Soup 2</b>	Roasted Cauliflower Soup	Carrot & Potato Soup	Healthy Broccoli Soup	Pumpkin Soup	Red Lentil Barley Curry Soup	Blended Potato & Leek Soup