



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
	1-Jun-19	2-Jun-19	3-Jun-19	4-Jun-19	5-Jun-19	6-Jun-19
BREAKFAST (kindly select ONE option from below)						
Option 1	Berry Parfait	Egg White Omelet	Honey-Nut Baked Oatmeal Cups	Asparagus & Mint Egg Frittata	Happy Eid	Happy Eid
Option 2	Fava Beans (foul mdammas)+ protein bread & veggies	Baked Banana Pecan Oatmeal	Feta Protein Wrap	Fruit Yogurt & Granola		
Option 3	Omelet & Veggies	Halloum Protein Toast	Egg Muffins & Veggies	Mozzarella Protein Toast		
Option 4	Avocado & Cheese Protein Toast	Cheese Croissant	Oat Bread Manakeesh Zaatar	Choc Chip & Oats Banana Bread		
LUNCH (kindly select ONE option from below)						
Option 1 (Lean Protein)	Curry-Spiced Chicken & Rice	Salmon w Spinach-Feta Saute & Sweet Potato Wedges	Chicken Mousakhan Rolls & Yogurt	Fish Sayadiyyeh (fish & rice)	Happy Eid	Happy Eid
Option 2 (Vegetarian)	Honey-Roasted Pumpkin & Couscous Salad	Vegetarian Rice Beryani-Style	Mdardara (lentil-rice pilaf)	Pasta Verde		
Option 3 (Arabic Food)	Okra Stew with Beef & Rice (bamyeh bi lahme w rez)	Kabsa Chicken	Beryani Spiced Beef with Rice & Yogurt	Chicken Saloona & Rice		
Option 4 (Grills)	Grilled Steak OR Fish & Salad	Grilled Steak OR Chicken & Salad	Grilled Chicken OR Fish & Salad	Grilled Steak OR Chicken & Salad		
HEALTHY AFTERNOON SNACK						
Sweet Snack	Date Cake	Light Chocolate Cake	^{NEW} Maamoul	^{NEW} Almond Cake	Happy Eid	Happy Eid
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	Happy Eid	Happy Eid
Option 2 (sandwich)	Veggie Caesar Burger	Shawarma Beef Sandwich	Fajita Chicken Wrap	Grilled Halloumi & Vegetable Sandwich		
Option 3 (grills)	Grilled Chicken OR Fish	Grilled Steak OR Fish	Grilled Steak OR Fish	Grilled Steak OR Fish		
With SOUP	Vegetable Vermicelli Soup	Lighter Cream of Mushroom Soup	Lentil Oat Soup	Chicken Noodle Soup		
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
	8-Jun-19	9-Jun-19	10-Jun-19	11-Jun-19	12-Jun-19	13-Jun-19
BREAKFAST (kindly select ONE option from below)						
Option 1 (Eggs)	Omelet & Veggies	Mediterranean Omelet	Egg Muffins & Veggies	Vegetable Frittata	Eggs Benedict	Cheese Omelet & Veggies
Option 2 (Oats & Puddings)	Pineapple Parfait	Almond Joy Oatmeal	Chocolate Chunk Baked Oatmeal Cups	Fruit Yogurt & Granola	Cinnamon Raisin Chia Pudding	Bran Flakes & Almond Milk
Option 3 (Sandwiches)	Zaatar & Cheese Saj Bread Rolls	Halloum Protein Toast	Feta Protein Wrap	Mozzarella Protein Toast	Labneh Protein Wrap	Peanut Butter & Baked Apple Protein Toast
Option 4 (Healthy Mix)	Hummus Balila (chickpeas)+ protein bread & veggies	Croissant with Dark Chocolate	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	Escalope Fish & Parmesan Potato Sticks	Samkeh Harra & Rice (fish with tahini sauce)	Kabab chicken & Roasted Potato & Veggies	Lighter Beef Lazagne
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	Chicken & Rice Makloubeh with Eggplant	Spiced Beef with Oriental Rice	Koshari (<i>lentil-rice pilaf & tomato sauce</i>)	Tikka Shrimp & Rice	Chicken with Moughrabiyyeh (dough rounds)
Option 4 (Grills)	Grilled Fish & Salad	Grilled Steak & Salad	Grilled Chicken & Salad	Grilled Steak & Salad	Grilled Steak & Salad	Grilled Fish & Salad
HEALTHY AFTERNOON SNACK						
Sweet Snack	Peanut Butter Energy Rounds	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	Roasted Vegetable Power 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 (<i>meat pie</i>)
Option 3 (grills)	Grilled Chicken OR Fish	Grilled Steak OR Fish	Grilled Steak OR Fish	Grilled Steak OR Fish	Grilled Chicken OR Fish	Grilled Steak OR Chicken
With SOUP	Potato Leek Soup	Healthy Minestrone Soup	Vegetable Noodle Soup	Lentil Soup & Barley Bites	Vegetable Barley Soup	Healthy Mushroom Soup

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