



HARROW
INTERNATIONAL
SCHOOL

DUBAI

the HARROW TABLE



HARROW
INTERNATIONAL
SCHOOL
DUBAI



Leela's
lunches

the HARROW TABLE

Lunch

WEEK 1



CHEESY SPINACH PASTA BAKE

+ CUCUMBER MELON SALAD

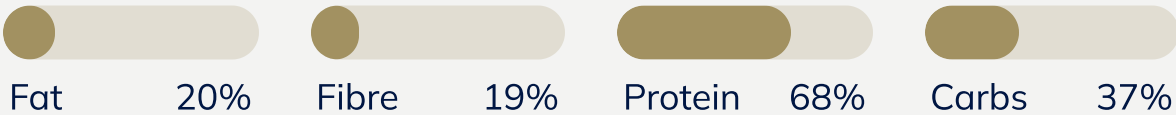


Healthy Secrets

- High in dietary fibre, essential for healthy absorption & elimination
- High in Vitamins B1, 2, 3, 5 and 6 and extremely high in Vitamin B12 for a healthy nervous system

Ingredients

	pasta		spinach		onion		mozzarella
	milk		olive oil		garlic		salt
	sweet melon		cucumber				



% of Recommended Daily Intake



This meal is rich in vitamins & minerals, but features only green veg. Did you know that each colour has a different nutritional benefit? Eat the rainbow at dinner - literally! Create a rainbow design from mixed bell peppers, corn, olives and purple cabbage as a topping over your homemade pizza. Resist the urge to douse in cheese (if you prefer, sprinkle parmesan and mozzarella under the veg rather than over). The point is for children to appreciate the colours!

BAKED CHICKEN IN SAFFRON RICE

+ ROASTED PUMPKIN + YOGHURT

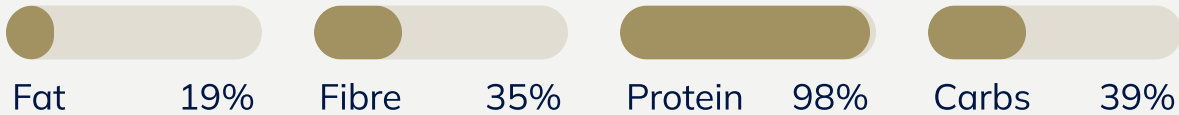


Healthy Secrets

- Very high in Vitamins B3, 5, 6 and 12, essential for nerve function
- Very high in Copper to form healthy red blood cells
- Extremely high in essential proteins
- High in Phosphorus to build strong bones
- Very high in Selenium and Manganese for a strong immune system

Ingredients

- | | | | |
|---------|-------------------|-----------|------------------|
| rice | chicken | tomato | onion |
| peas | herbs & seasoning | lemon | salt |
| yoghurt | pumpkin | olive oil | balsamic vinegar |
| honey | | | |



% of Recommended Daily Intake

BEEF LASAGNE

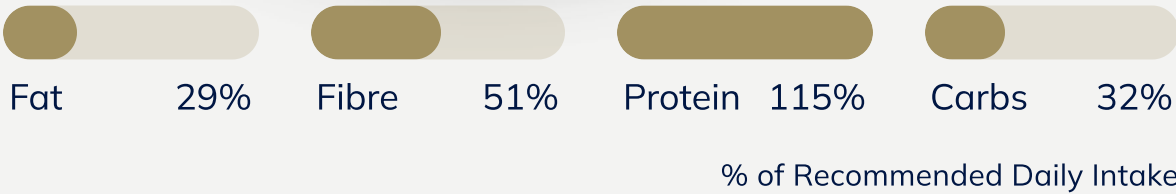
+ STEAMED CARROT, BROCCOLI & GREEN BEANS

Healthy Secrets

- High in Selenium & Phosphorus for stronger immunity
- High in Zinc for a strong immune system, wound healing and stronger hair
- High in good fats and fat soluble Vitamins E, A, D, K for healthy skin, hair and blood clotting
- Very high in dietary fibre, a must for a healthy gut
- High in Magnesium for muscle repair, and controlling cravings for sugar and junk food

Ingredients

	beef		tomato		carrot		onion
	celery		jaggery		olive oil		herbs & seasoning
	lasagne sheets		milk		wholewheat flour		plain flour
	salt		cheese		broccoli		green beans



CRUNCHY VEGETABLE CRUMBLE

+ COURGETTE ROLLS + QUINOA TOMATO SALAD

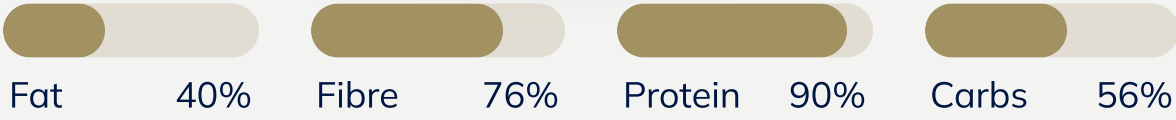


Healthy Secrets

- This is a rare instance of a food that contains Vitamin D and E for superior immune function and healthy skin, hair and nails
- Very high in Vitamins B1, 2, 3 and 6 for healthy nervous system function
- Rich in essential minerals including Zinc, Selenium, Potassium and Phosphorus

Ingredients

 milk	 carrot	 courgette	 cauliflower	 onion
 oats	 plain flour	 butter	 olive oil	 rosemary
 wholewheat flour	 parmesan cheese	 yeast	 quinoa	 tomato
 cucumber	 lemon	 parsley	 mint	 spring onion



% of Recommended Daily Intake



This lunch is extremely fibre rich as it contains plenty of veg. For dinner, how about adding healthy fats, Iron and protein: lentil bolognese with a side salad would be a good option, or for a lighter meal, egg fried rice with edamame and veg would add Choline, Iron and is a complete protein.

BAKED CHICKEN MILANESE

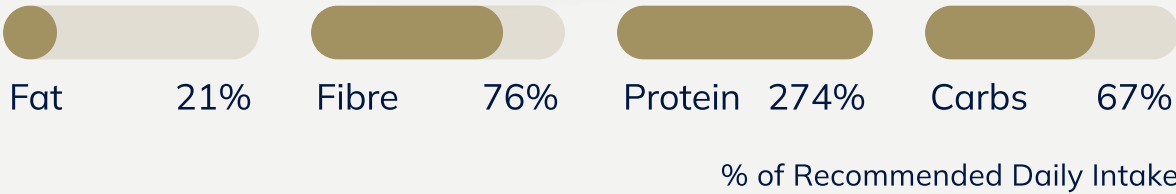
+ MASHED POTATO + SCRATCH MADE 'KETCHUP' + BANANA

Healthy Secrets

- High in Niacin for a healthy metabolism
- High In Iron
- High in Vitamin B6 for brain development and to balance mood
- High in Vitamin A to protect eyes, and support bone health
- High in Protein
- Very high in Vitamin C to boost immunity and also help absorb Iron more efficiently

Ingredients

	chicken		wholewheat breadcrumbs		chickpea flour		olive oil
	egg		tomato		carrot		garlic
	oil		jaggery		apple cider vinegar		salt
	potato		milk		butter		seasoning





HARROW
INTERNATIONAL
SCHOOL
DUBAI



Leela's
lunches

the HARROW TABLE

Lunch

WEEK 2

CREAMY COTTAGE CHEESE, CARROT & GREEN PEA LASAGNE

+ STEAMED BROCCOLI, CARROT & GREEN BEANS

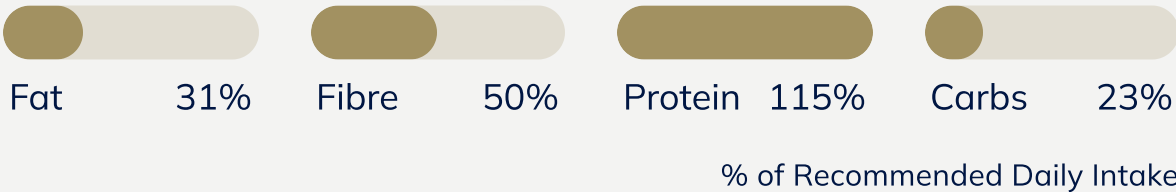


Healthy Secrets

- Extremely high in Vitamin A for strong vision
- Rich in potassium to help regulate fluid balance and nerve & muscle function
- Contains Vitamin E for healthy skin, hair and nails
- Very high in phosphorus that works with calcium to build strong bones and teeth

Ingredients

 cottage cheese	 milk	 veg stock	 celery
 cheese	 carrot	 peas	 wholewheat flour
 olive oil	 butter	 salt	 herbs & seasoning
 broccoli	 green beans		



BUTTER CHICKEN IN MIXED ROOT VEG SAUCE

+ RICE + CUCUMBER MELON SALAD

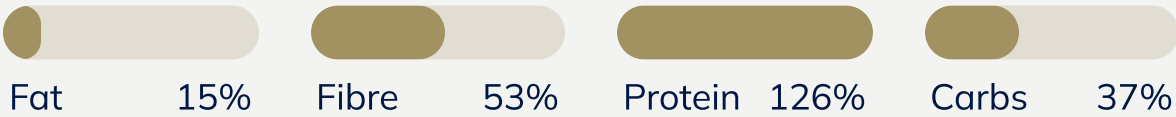


Healthy Secrets

- Very high in Vitamin C for immune support
- Very high in tryptophan, a protein that keeps us full for longer
- Extremely high in Vitamin A for strong vision
- Very high in vitamins B3 and B6 that support metabolism and help maintain, nourish & regenerate nerves

Ingredients

- | | | | | |
|----------|---------|-----------|---------|-------------------|
| rice | chicken | tomato | pumpkin | carrot |
| potato | onion | butter | lemon | ginger |
| garlic | cream | olive oil | jaggery | herbs & seasoning |
| cucumber | melon | | | |



% of Recommended Daily Intake

TEX MEX BEEF PASTA

+ STEAMED CORN & PEAS

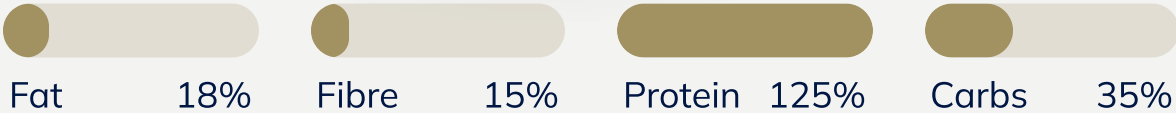


Healthy Secrets

- High in Phosphorus for stronger immunity and bones
- Very high in Manganese, Magnesium and Potassium which keeps energy levels high
- High in vitamins B1, 2, 3, 5, 6 and 12 for a healthy nervous system
- A complete source of proteins and amino acids including Valine, Tryptophan and Lysine

Ingredients

	pasta		beef		tomato		carrot		onion
	celery		jaggery		olive oil		herbs & seasoning		vegetable stock
	bell pepper		cheese		garlic		cocoa		salt
	corn		peas						



% of Recommended Daily Intake

CHICKEN, BLACK BEAN & PUMPKIN STEW

+ CORNBREAD + CAULIFLOWER GRATIN

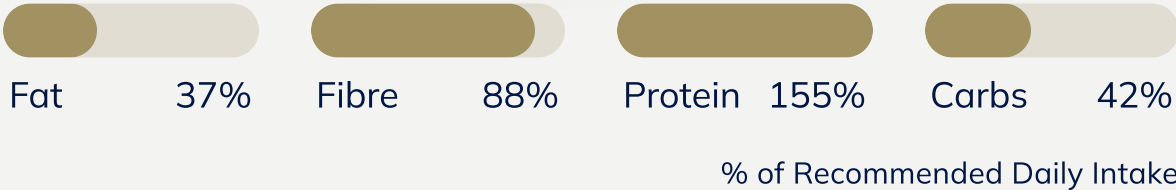


Healthy Secrets

- High in Folate to help with growth and development
- Contains Vitamin D and E for immune support and good skin, hair and nails
- Very high in Vitamin A to support healthy eyesight
- Very high in Magnesium, Potassium, and Phosphorus - all essential minerals

Ingredients

veg stock	pumpkin	chicken	black beans	onion
garlic	herbs & seasoning	jaggery	wholewheat flour	polenta
egg	milk	butter	leavening agents	coriander
sea salt	cauliflower	yogurt	mozzarella	cheddar
parmesan	wholewheat breadcrumbs	mustard	pepper	honey



BAKED CHICKEN MEATBALLS IN TOMATO SAUCE

+ MASHED POTATO + CARROT CONFETTI COOKIES

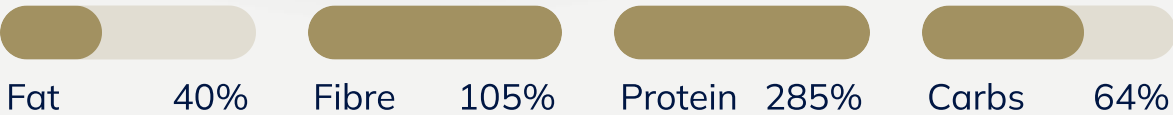


Healthy Secrets

- High in Iron
- High in Niacin for a healthy metabolism
- High in Vitamin A to protect eyes, support a healthy immune system and bone health
- High in Protein
- High in Vitamin B6 for brain development and to balance mood
- Very high in Vitamin C which boosts immunity and also helps absorb iron more effectively

Ingredients

chicken	tomato	courgette	oats	carrot
wholewheat breadcrumbs	milk	onion	olive oil	garlic
jaggery	salt	potato	butter	wholewheat flour
banana	pineapple	raisin	coconut	cinnamon



% of Recommended Daily Intake



FUN
facts

This dish has it all, but a boost of dietary fibre is always a good idea. Fibre-rich foods include darker veg like spinach, Swiss chard, broccoli, kale and purple cabbage. A great fibre-rich meal is spinach pesto pasta: follow a regular pesto recipe but substitute spinach for ¼-½ of the fresh basil, and use brown rice pasta for an added boost.



HARROW
INTERNATIONAL
SCHOOL
DUBAI



Leela's
lunches

the HARROW TABLE

Lunch

WEEK 3

HARVEST PIE

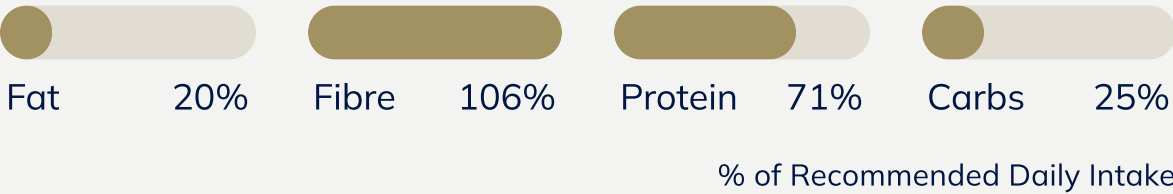
+ GARLIC BUTTER BROCCOLI

Healthy Secrets

- High in Biotin that supports healthy hair, skin, nails and helps maintain normal metabolism
- High in Folate which is essential for making new cells and DNA
- High in Retinol, the active form of Vitamin A, which supports healthy vision, and immune function
- Very high in Potassium that supports muscle function and balances fluids and electrolytes in the body

Ingredients

 carrot	 green beans	 peas	 tomato	 veg stock
 onion	 olive oil	 herbs & seasoning	 salt	 potato
 cauliflower	 red beans	 bell pepper	 celery	 butter
 red cheddar	 milk	 basil	 jaggery	 broccoli
 garlic				



CHICKEN PAELLA

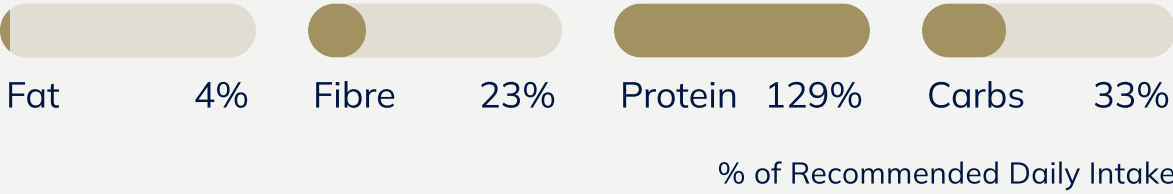
+ TOSSED SALAD IN YOGHURT DRESSING

Healthy Secrets

- Very high in Selenium and Manganese for a strong immune system
- Very high in Vitamin B3, 5, 6 and 12 that are essential for nerve function
- High in Phosphorus to build strong bones
- Very high in Copper to form healthy red blood cells
- Very high in essential Proteins

Ingredients

	rice		stock		chicken		tomato
	bell pepper		peas		potato		olive oil
	salt		cucumber		lettuce		yoghurt
	onion		coriander				



PUMPKIN MARINARA PASTA

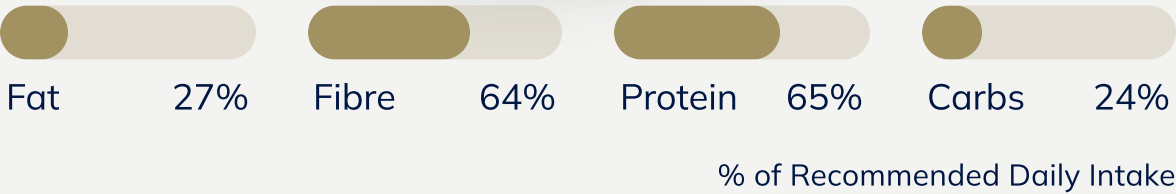
+ STEAMED PEAS & CARROTS

Healthy Secrets

- Very high in Vitamin C for immune support
- Very high in vitamin A for healthy vision, especially night vision
- High in Vitamin E for healthy skin, hair and nails
- High in essential minerals - Phosphorus, Potassium, Copper and Magnesium - which support energy production, healthy red blood cells, muscle and nerve function, mood, strong bones, and healthy cell growth

Ingredients

	pumpkin		pasta		tomato		onion
	carrot		olive oil		garlic		parmesan
	butter		seasoning		green peas		



SWEET & SOUR CHICKEN WITH BELL PEPPER & PINEAPPLE

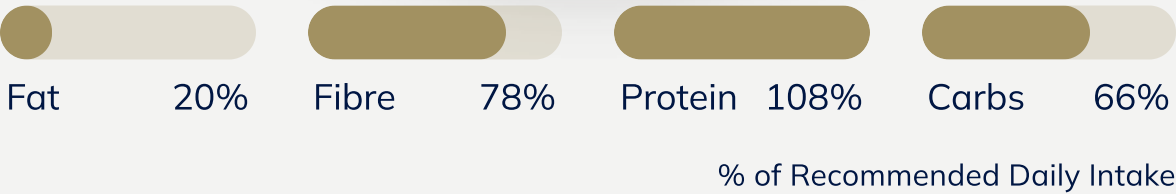
+ BROWN RICE + CORN & BLACK BEAN SALAD

Healthy Secrets

- High in Niacin for a healthy metabolism
- Very high in Potassium to control blood pressure
- Extremely high in Vitamin A to support vision, growth and development
- High in dietary fibre to balance blood sugar
- High in Vitamin B6 for brain development and to balance mood
- The perfect combination of Vitamin C and Iron, nutrients that complement each other's absorption

Ingredients

 chicken	 carrot	 bell pepper	 tomato	 pineapple
 onion	 jaggery	 soy sauce	 vinegar	 corn flour
 salt	 brown rice	 black beans	 corn	 olive oil
 herbs	 lemon			



POWERPACKED PIZZA

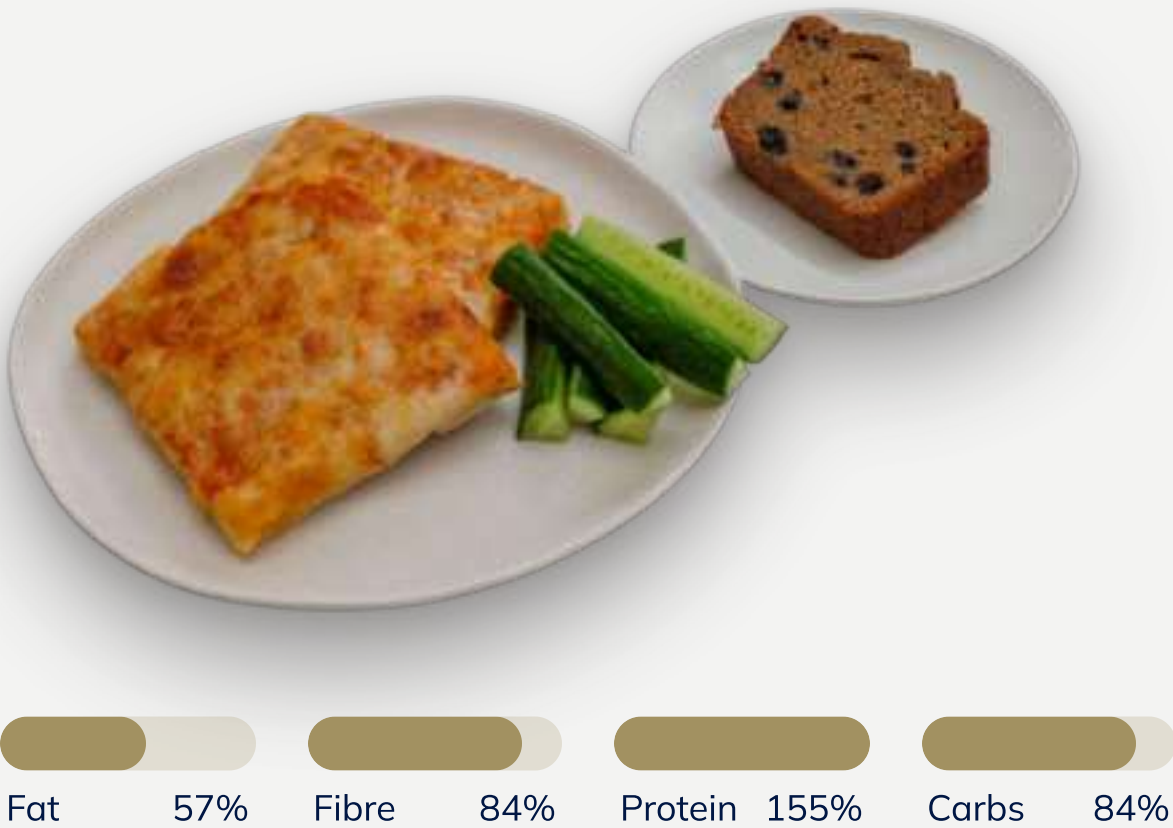
+ CUCUMBER + BLUEBERRY BANANA BREAD

Healthy Secrets

- A good source of slow-release carbs to keep us mentally alert through the morning
- Very high in Folate, vitamin E and K - fat soluble vitamins for blood clotting and healthy skin, hair and nails
- Great mineral profile: extremely high in Selenium, Manganese, Copper, Calcium, Zinc & Phosphorus
- High in vitamin C for healthy growth & development and immune system function
- The combination of veg and wholegrains makes this meal a plant protein powerhouse!
- High in Dietary Fibre for proper digestion and waste elimination

Ingredients

 wholewheat flour	 plain flour	 yeast	 salt	 sugar (eaten by yeast)
 tomato	 pumpkin	 carrot	 cauliflower	 onion
 olive oil	 garlic	 herbs & seasoning	 cheese	 cucumber
 banana	 eggs	 butter	 jaggery	 blueberries



% of Recommended Daily Intake



Our pizza features a panoply of fresh veg in the sauce and a burst of calcium from freshly grated cheese. We suggest an iron-rich dinner of pre-soaked beans or lentils to help balance the day's nutrients. Did you know NHS and AAP guidelines say carbs from vegetables, wholegrains and fruit should make up 45-60% of a child's diet? Carbs mean energy - and children need lots of it to play, learn and grow.