



HARROW
INTERNATIONAL
SCHOOL

DUBAI

the HARROW TABLE



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Leela's
lunches

the HARROW TABLE

Lunch (Vegetarian)

WEEK 1

CHEESY SPINACH PASTA BAKE

+ CUCUMBER MELON SALAD

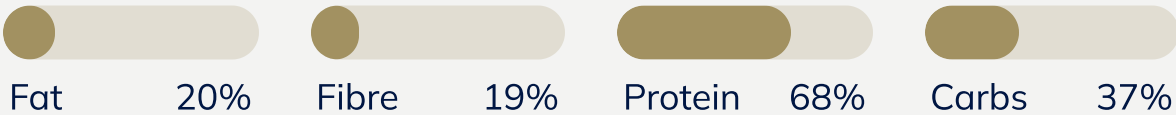


Healthy Secrets

- 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!

VEGGIE BIRYANI

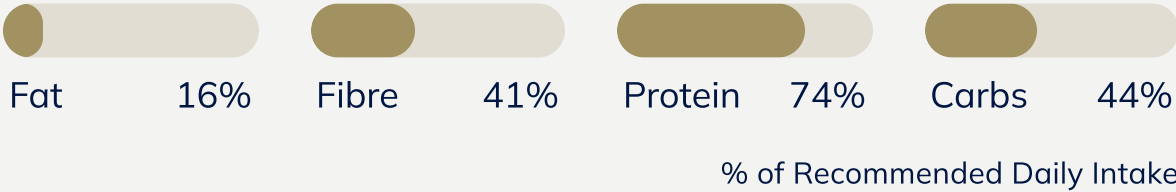
+ ROASTED PUMPKIN + YOGHURT

Healthy Secrets

- Very high in Biotin to support nervous system function
- This dish contains the rainbow - and all the different phytonutrients that go along with each colour
- Very high in Folate, essential for growth, repair & energy production

Ingredients

	rice		bell pepper		courgette		broccoli
	peas		cauliflower		potato		tomato
	olive oil		lemon		herbs & seasoning		yoghurt
	pumpkin		balsamic vinegar		honey		



BUTTERNUT SQUASH, SPINACH & SCRATCH MADE COTTAGE CHEESE LASAGNE

+ STEAMED CARROT, BROCCOLI & GREEN BEANS

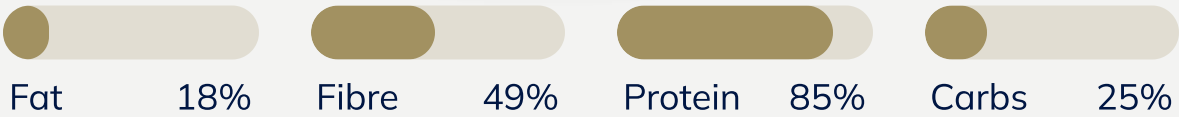


Healthy Secrets

- High in Vitamin B complex for a healthy nervous system
- Very high in Vitamin A, Folate and Biotin - excellent for vision, eye health, immune function, growth & development

Ingredients

- | | | | | |
|----------------|----------|------------------|-------------------|----------------|
| pumpkin | spinach | tomato | carrot | onion |
| celery | jaggery | olive oil | herbs & seasoning | cottage cheese |
| lasagne sheets | milk | wholewheat flour | plain flour | salt |
| cheese | broccoli | green beans | | |



% of Recommended Daily Intake



The combination of spinach & tomato brings together Vitamin C to unlock Iron. How about something lighter for dinner such as miso glazed tofu or an edamame bowl? Children can love poke style bowls! Add crunchy cucumber, avocado, sesame seeds, brown rice and perhaps work up to a teaspoon or two of pickled veg like kimchi for a balanced meal that perfectly complements this lunch.

CRUNCHY VEGETABLE CRUMBLE

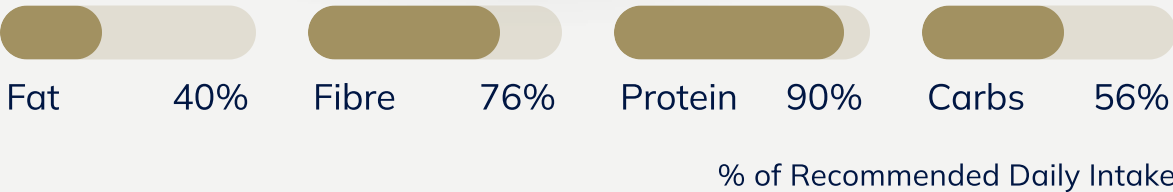
+ COURGETTE ROLLS + QUINOA TOMATO SALAD

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



BAKED VEGGIE NUGGETS

+ MASHED POTATO + SCRATCH MADE 'KETCHUP' + BANANA

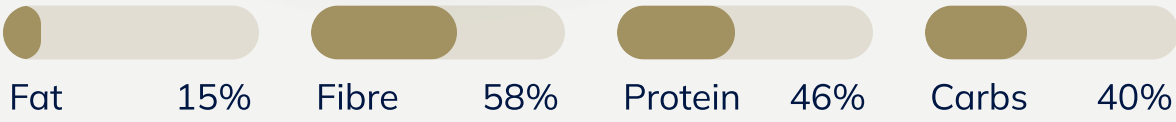


Healthy Secrets

- Multiple vegetables in one meal
- Provides Vitamin A, Vitamin C and Potassium - all essential nutrients
- Good source of fibre for digestive health
- Includes plant protein from peas

Ingredients

 potato	 marrow	 cauliflower	 carrot	 peas
 wholewheat breadcrumbs	 chickpea flour	 olive oil	 herbs & seasoning	 salt
 milk	 butter	 tomato	 garlic	 jaggery
 apple cider vinegar	 banana			



% of Recommended Daily Intake



As lunch is relatively higher in vegetables and carbs, and moderate in protein, dinner can focus on adding a stronger protein source while continuing to include veg. E.g. lentil and veg soup with wholegrain toast + watermelon or berries for dessert. A cottage cheese plate with cucumber, peppers and carrot sticks, wholegrain crackers and fresh fruit would also work.



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Lunch (Vegetarian)

WEEK 2

CREAMY COTTAGE CHEESE, CARROT & GREEN PEA LASAGNE

+ STEAMED BROCCOLI, CARROT & GREEN BEANS

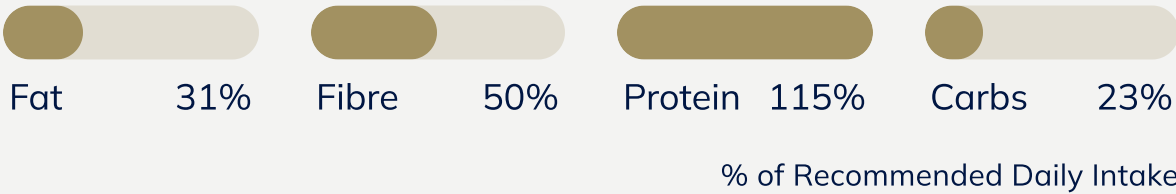


Healthy Secrets

- 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 PANEER IN MIXED ROOT VEG SAUCE

+ RICE + CUCUMBER MELON SALAD

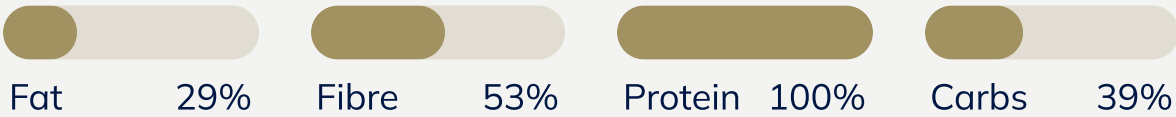


Healthy Secrets

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



% of Recommended Daily Intake

TEX MEX VEG PASTA

+ STEAMED CORN & PEAS

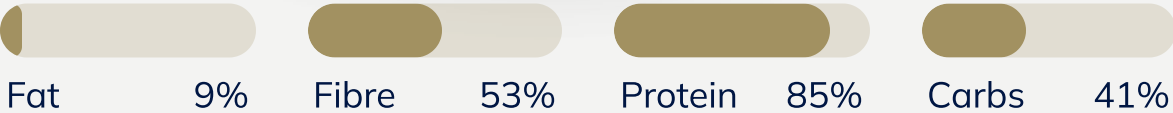


Healthy Secrets

- Rich in Folate and Vitamin K and plant antioxidants
- Rich in Vitamin C and Lycopene, a powerful antioxidant to support immune health and helps the body to absorb the Iron
- High in fibre, helping children stay fuller for longer
- Rich in Iron to support growth and muscle development
- This is a very nutrient dense veggie recipe: soy is a complete protein, containing all essential amino acids

Ingredients

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



% of Recommended Daily Intake



Since lunch already has carbs, protein and plenty of veg, for dinner try focussing on different nutrients: veggie omelette + salad, a hummus halloumi and veggie platter with wholegrain pita, or bean and avo tacos with a quick tomato salsa and salad would work well.

COTTAGE CHEESE, BLACK BEAN & PUMPKIN STEW

+ CORNBREAD + CAULIFLOWER GRATIN

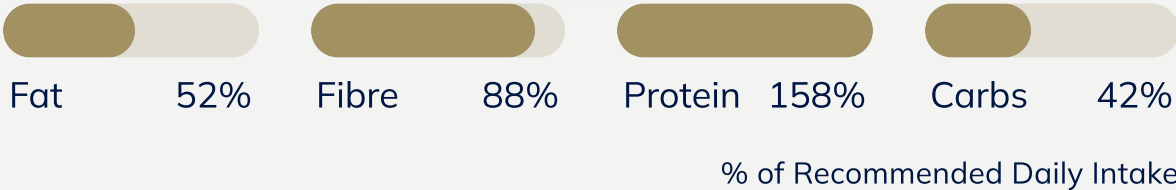


Healthy Secrets

- 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 Calcium, Magnesium, Potassium, and Phosphorus - all essential minerals

Ingredients

veg stock	pumpkin	paneer	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 VEGGIE MEATBALLS IN TOMATO SAUCE

+ MASHED POTATO + CARROT CONFETTI COOKIES

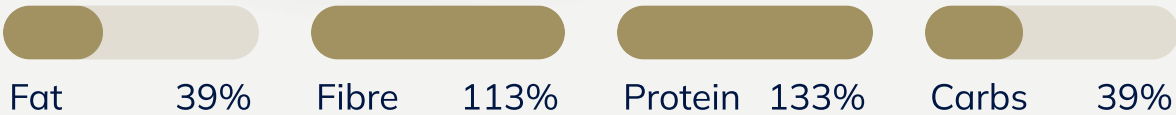


Healthy Secrets

- 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

 cottage cheese	 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.



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Lunch (Vegetarian)

WEEK 3

HARVEST PIE

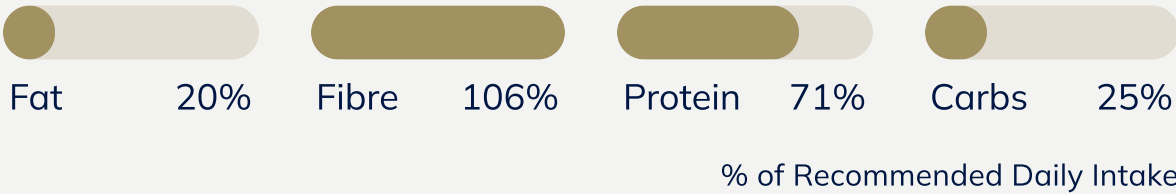
+ GARLIC BUTTER BROCCOLI

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				



VEGGIE PAELLA

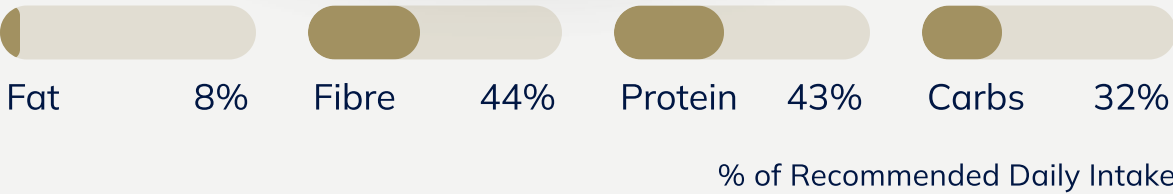
+ TOSSED SALAD IN YOGHURT DRESSING

Healthy Secrets

- High in Folate (vit B9), essential for making new cells and for brain and nervous system function
- Very high in Carotene to support eye and skin health and for antioxidant protection
- Very high in Selenium, Potassium, Phosphorus and Magnesium, all essential minerals
- High in Vitamin C for immune support

Ingredients

 rice	 veg stock	 marrow	 cauliflower
 broccoli	 tomato	 bell pepper	 peas
 potato	 olive oil	 salt	 cucumber
 lettuce	 yoghurt	 onion	 coriander



PUMPKIN MARINARA PASTA

+ STEAMED PEAS & CARROTS

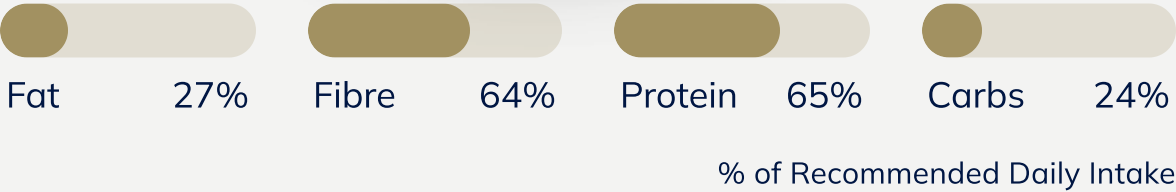


Healthy Secrets

- 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 | |



How about complementing this plant based power meal with a protein rich dinner? A simple chicken or beef stir-fry, perhaps, with other colours of vegetables such as purple/ yellow/ green.

SWEET & SOUR TOFU WITH BELL PEPPER & PINEAPPLE

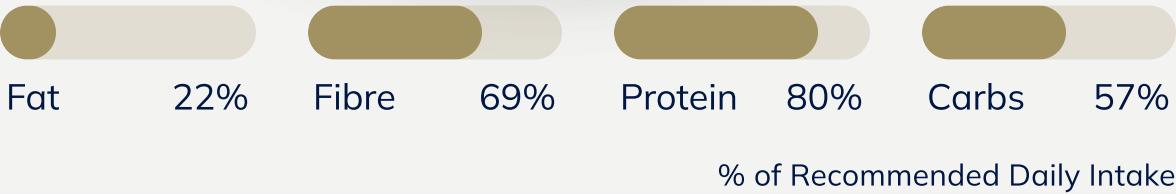
+ BROWN RICE + CORN & BLACK BEAN SALAD

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

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



POWERPACKED PIZZA

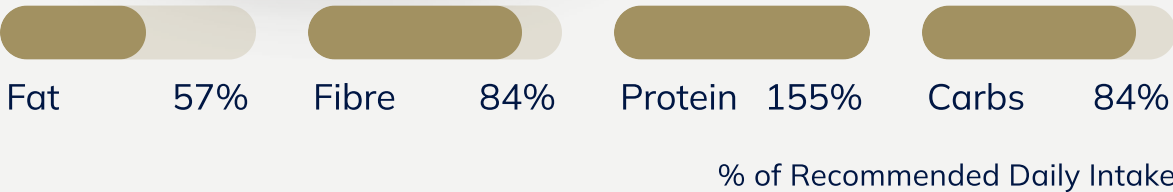
+ CUCUMBER + BLUEBERRY BANANA BREAD

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



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.