



HARROW
INTERNATIONAL
SCHOOL

DUBAI

the HARROW TABLE



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DUBAI



Leela's
lunches

the HARROW TABLE

Morning Snacks

WEEK 1

DATE & MUESLI MUFFIN

+ CARROT CRUDITÉS

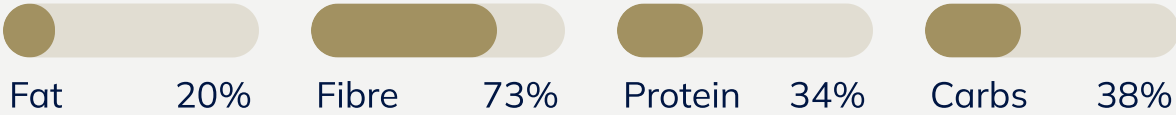


Healthy Secrets

- High in vitamin E for healthy skin, hair & nails
- High in essential minerals, especially Copper, Magnesium, Potassium, and Phosphorus
- Very high in folate, essential for growth, repair & energy production

Ingredients

 buttermilk	 wholewheat flour	 scratch-made muesli	 oil
 jaggery	 bran	 egg	 cinnamon
 baking soda	 carrot		



% of Recommended Daily Intake



FUN facts

Buttermilk doesn't just impart a soft crumb - it is a nutritional powerhouse! It is naturally rich in compounds called MFGM that are tiny bioactive particles that help support gut health, cholesterol balance, brain development & immune function. It's also easier to digest than regular milk.

CHEESE SANDWICH

+ FRESH FRUIT



Healthy Secrets

- Very high in biotin to support nervous system function
- High in pantothenate - a B vitamin that is crucial for metabolism

Ingredients



wholewheat bread



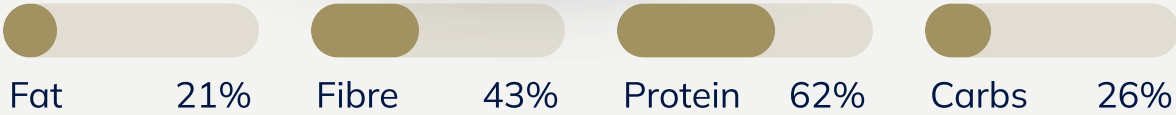
cheddar cheese



butter



seasonal fruit



% of Recommended Daily Intake



FUN facts

Did you know that cheddar naturally contains bioactive peptides that support mineral absorption, blood pressure regulation and gut microbial diversity! It's also rich in Calcium, Phosphorus & Vitamin K2.

WHOLEWHEAT CROISSANT

+ FRESH FRUIT



Healthy Secrets

- Very high in folate that produces red blood cells and makes DNA and RNA
- Very high in Vitamin C and A to support immune function, collagen production, iron absorption and healthy vision

Ingredients



wholewheat flour



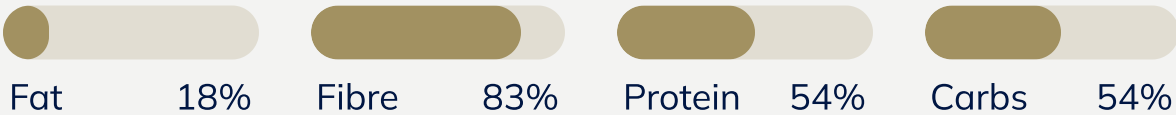
butter



leavening agents



seasonal fruit



% of Recommended Daily Intake



FUN facts

Eating seasonal fruit means it's fresher, harvested closer to peak ripeness, and often more nutrient dense and environmentally efficient!

SCRATCH MADE GRANOLA

+ BLUEBERRY YOGHURT

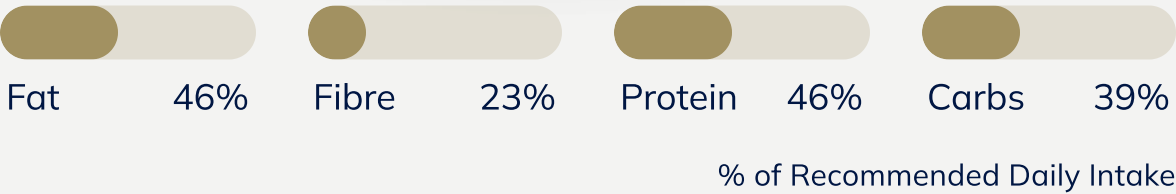


Healthy Secrets

- Extremely high in Manganese, Copper, Zinc, Magnesium, Phosphorus, Calcium & Potassium - this breakfast is a mineral powerhouse!
- High in dietary fibre
- Very high in Tryptophan, the satiety protein that keeps us fuller for longer, and mentally alert through the morning
- High in Vitamin A

Ingredients

-  yoghurt
-  blueberry
-  oats
-  butter
-  raisins
-  honey





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Morning Snacks

WEEK 2

BANANA CHOCOLATE CHIP MUFFIN

+ CARROT CRUDITÉS

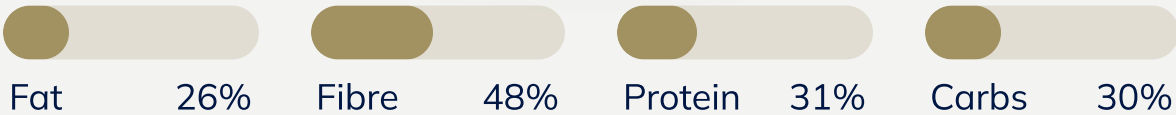


Healthy Secrets

- High in Vitamin A to protect eyes, and support bone health
- A good source of slow release carbs to keep us mentally alert through the morning
- High in Dietary Fibre for proper digestion and waste elimination
- High in Potassium that supports heart health, maintains muscle function, and balances fluids and electrolytes

Ingredients

	banana		wholewheat flour		jaggery		plain flour
	butter		eggs		dark chocolate		cinnamon
	leavening agents		salt		carrot		



% of Recommended Daily Intake



FUN facts

Did you know that according to NHS and AAP guidelines, carbs through vegetables, wholegrains and fruit should make up 45-60% of a child's diet? Carbs mean energy, and children need lots of energy to play, learn & grow.

LABNEH SANDWICH

+ FRESH FRUIT



Healthy Secrets

- High in Calcium
- High in Choline for healthy liver and brain function
- Very high in essential minerals including Magnesium, Copper, Zinc, Manganese & Selenium
- High in probiotics for good gut health
- High in Dietary Fibre, a crucial nutrient for good gut health
- High in vitamins E, K and B complex for healthy skin, nails, hair, bone density and healthy nervous system function

Ingredients



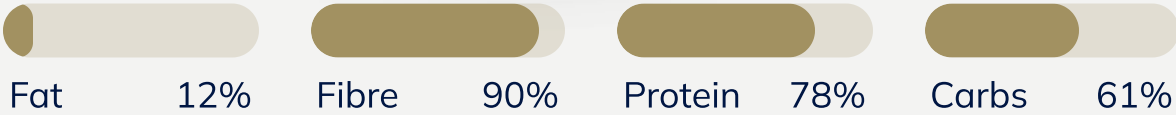
whole wheat bread



labneh



seasonal fruit



% of Recommended Daily Intake



FUN facts

If there were a battle of spreadable cheeses, labneh would win hands down: it contains more protein and probiotic cultures and none of the chemical stabilisers found in other creamy cheeses.

SCRATCH MADE GRANOLA

+ APPLE & APRICOT YOGHURT

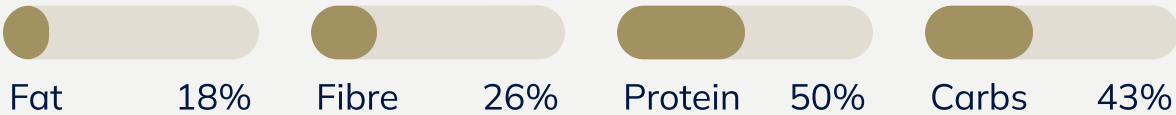


Healthy Secrets

- Extremely high in Manganese, Copper, Zinc, Magnesium, Phosphorus, Calcium & Potassium - this breakfast is a mineral powerhouse!
- Jaggery is a great detoxing agent, eases constipation and helps regulate hormones
- Very high in Tryptophan, the satiety protein that keeps us fuller for longer, and mentally alert through the morning
- High in Dietary Fibre

Ingredients

- | | | | |
|---------|----------|---------|---------|
| yoghurt | apple | apricot | jaggery |
| lemon | cinnamon | oats | butter |
| raisins | honey | | |



% of Recommended Daily Intake



FUN
facts

Did you know that carbs are the body's preferred source of fuel, especially for the brain and the central nervous system? In the absence of carbs, the body would be forced to break down protein from muscles and other tissues or stored fat for energy.

SWEET POTATO PANCAKE

+ FRESH FRUIT



Healthy Secrets

- Very high in Vitamin A to support vision and immune system function
- Contains only slow-release natural sugars
- High in Iron
- Very high in essential minerals including Manganese, Selenium, Copper, Zinc, Magnesium & Potassium
- High in slow-release carbs

Ingredients



wholewheat flour



sweet potato



plain flour



jaggery



leavening agents



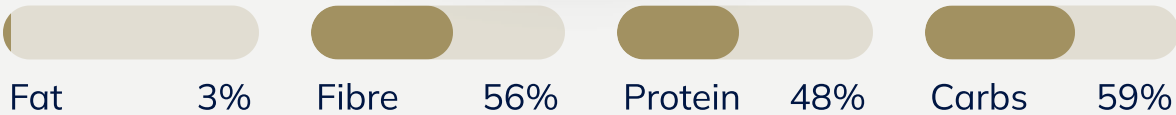
cinnamon



olive oil



seasonal fruit



% of Recommended Daily Intake



FUN facts

Who needs sugar when you can sweeten naturally with sweet veg like sweet potato, pumpkin or beetroot! Adding veggies also makes the texture of pancakes moist without the addition of fat.



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WEEK 3

SCRATCH MADE BAKED BEANS

+ COURGETTE ROLLS

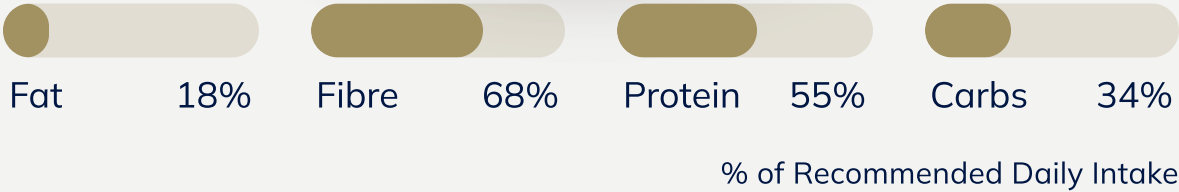


Healthy Secrets

- High in slow release carbs for sustained energy through the morning
- High in fat soluble vitamins E and K for healthy hair, skin, nails and blood clotting
- High in Vitamin B2, 3 and Folate which supports a healthy nervous system
- High in essential minerals including Manganese, Selenium, Copper, Zinc, Phosphorus, and Magnesium

Ingredients

 tomato	 white beans	 onion	 cauliflower	 pumpkin
 carrot	 olive oil	 garlic	 veg stock	 jaggery
 wholewheat flour	 courgette	 plain flour	 butter	 parmesan cheese
 yeast	 herbs & seasoning			



FUN
facts

Beans are amongst the few foods in nature that contain enough nutrients to grow a whole plant out of each one! Additionally, they are great for the gut because they are rich in dietary fibre and B vitamins.

SCRATCH MADE DARK CHOCOLATE GRANOLA

+ HONEY YOGHURT



Healthy Secrets

- Extremely high in manganese, copper, zinc, magnesium, phosphorus, calcium & potassium - this breakfast is a mineral powerhouse!
- High in dietary fibre
- Very high in tryptophan, the satiety protein that keeps us fuller for longer, and mentally alert through the morning
- High in Vitamin A

Ingredients

 yoghurt

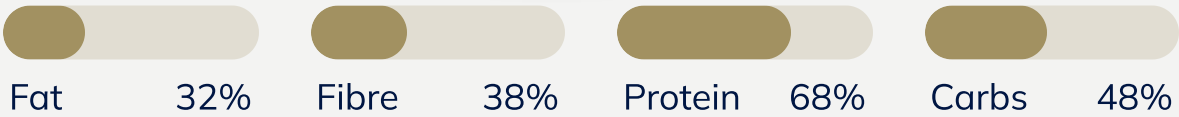
 oats

 butter

 raisins

 dark chocolate chips

 honey



% of Recommended Daily Intake



FUN facts

Did you know that carbs are the body's preferred source of fuel, especially for the brain and the central nervous system? In the absence of carbs, the body would be forced to break down protein from muscles and other tissues or stored fat for energy.

OAT FLAPJACK

+ MILK

Healthy Secrets

- High in dietary fibre, a crucial nutrient for good gut health
- Natural sugars with a good dose of fibre, keep moods balanced
- Jaggery is a great detoxing agent, eases constipation, and helps regulate hormones
- Very high in essential minerals including Calcium, Manganese, Potassium & Phosphorus

Ingredients



oats



butter



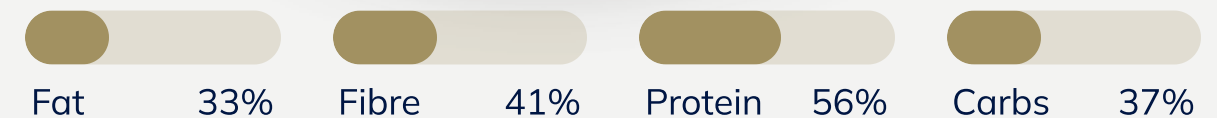
jaggery



golden syrup
(just to bind)



milk



% of Recommended Daily Intake

CARROT EGGY BREAD

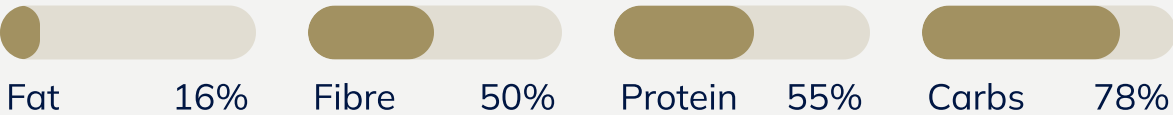
+ FRUIT

Healthy Secrets

- Contains rarer nutrients Biotin and Iodine
- Very high in fat soluble vitamins K and E to support healthy skin, hair, nails and blood clotting
- High in slow release carbs for sustained energy through the morning
- Extremely high in essential minerals including Manganese, Selenium, Copper, Zinc, Phosphorus and Magnesium

Ingredients

	carrot		milk		wholewheat flour		plain flour
	egg		oil		yeast		cinnamon
	salt		sugar (eaten by yeast)		seasonal fruit		



% of Recommended Daily Intake



FUN
facts

Did you know that adding fibre rich vegetables to baked goods is a great way to lower the glycaemic response? Not only does our scratch made brioche contain carrot, it also has loads of egg in it. Adding protein is another way to blunt blood sugar response and encourage slow and steady energy release.