



LUKE COUTINHO

Integrative & Lifestyle Medicine | Holistic Nutrition



Healthy and Balanced Kids Menu for September (Indian & International)

SEPTEMBER – 2021 (INDIAN MENU)

WEEK - 1

Week	Breakfast	Lunch	Dinner
Monday	Poha +added vegetables and steamed sprouts/egg with a dash of lemon.	Cucumber Sesame seeds salad +Choice of roti/rice +okra potato curry/chicken bharta+moong dal tadka .	Choice of tomato soup/clear soup +khichdi +boiled sweet potato stir fry masala.
Tuesday	Idli + Coconut chutney +Sambar with drumstick,pumpkin and vegetables of choice.	Steamed Cabbage and sprouts salad +Stuffed moong paratha/Dal rice +Spinach peas curry/spinach egg curry.	Corn Chaat +paneer bhurji/egg bhurji wraps of multigrain flour with a spread of dips/chutney.
Wednesday	Green Moong dal chilla with added pureed peas +tomato peanut chutney.	Mix Kachumber salad+Choice of roti/Ajwain paratha+Chole /Fish curry +Beans stir fry poriyal.	Broccoli soup +Nutri pav bhaji/keema bhaji+choice of wheat pav/gluten free pav.
Thursday	Aloo Dal Paratha/ Sprouts thepla/egg paratha +A2 curd dip.	Cucumber ,tomato salad +choice of roti/rice+Mix vegetable korma/Fish jalfrezi +Dal tadka.	Mix Vegetable cutlets +dal khichdi/palak khichdi+mint dip.
Friday	Rice Semiya/ Millet upma + choice of chutney.	Carrot sticks+Mix lentil dal /chicken korma+Steamed rice +A2 Beetroot raita.	Sweet potato salad +pudina roti/paratha +sabut moong dal .
Saturday	A2 Paneer burji//egg bhurji sandwich (sourdough bread /gluten free bread) with added vegetables +dips of choice.	Beetroot Salad + Cauliflower peas dry sabzi/Egg bhurji + Chana Dal +choice of phulka/paratha.	Mix dal and vegetable khichdi +aloo matar/egg curry + sliced onions salad.
Sunday	Vegetable dhokla with choice of chutney /Besan cheela with vegetables +coriander/mint chutney.	Sunday special Paneer Biryani/Chicken Biryani+Choice of raita made of A2 curd.	Lentil Soup +paneer/vegetable wraps/chicken wraps.

WEEK -2

Monday	Adai (Mix dal dosa)/Ragi dosa/egg dosa with chutney.	Mix Vegetable kachumber +Rajma masala +Rice/choice of roti +French beans aloo sabzi.	Pearl millet dosa/egg dosa + pumpkin sambar + garlic chutney .
Tuesday	Spinach paneer paratha /Broccoli dal paratha /Missi roti with A2 curd .	Boiled moong salad +one Pot sambar rice/ chicken chettinad curry rice+Beetroot poriyal.	Sweet corn vegetable soup +choice of grilled vegetable mushroom/egg/paneer/chicken sandwich.
Wednesday	Millet pongal with vegetables and chutney/podi /Sattu methi roti wrap with mint dip.	Stir fry raw papaya salad +Brinjal curry/fish curry +Jeera paratha +choice of dal with a tadka of garlic.	Chana chat masala +mix veg khichdi/ pulao +stir fry salad.
Thursday	Mumbai Masala sprouts sandwich with mint chutney/ vegetable egg sandwich with mint chutney.	Tomato onion raita/salad +Pea pulao /choice of roti,polka +steamed vegetable kofta curry/ chicken kofta curry .	Choice of soup + mushroom curry/mix vegetable curry +tandoori roti.
Friday	Mini Cabbage ,spinach,carrot pancakes made of idli batter/ragi batter with peanut garlic chutney.	Cucumber/ carrot sticks with mint chutney +Mix usal(boiled sprouts)gravy//Fish /egg masala + steamed rice /masala roti as per choice .	Capsicum masala rice/egg pulao + masoor dal tadka
Saturday	Savoury Vegetable masala oats /oats masala dosa /egg masala dosa with choice of dips/ chutney.	Choice of salad +Sabut moong dal tadka/ chicken methi curry crispy sweet potato fry+choice of roti /jeera rice.	Paneer tikka /chicken tikka masala + choice of roti/paratha.
Sunday	Dal puri/spinach puri with aloo sabzi.Or Paneer peas paratha/masala egg paratha .	Paneer biryani/chicken biryani/ egg biryani +Raita of choice .	Indian special chaat Ragda patties(sweet potato tikki) with choice of coriander chutney,tamarind dates chutney,garlic chutney/ Special baked vada pav with potato stuffed vegetable mixture with a spread of chutney.

WEEK - 3

Week	Breakfast	Lunch	Dinner
Monday	Peas Corn poha /Quick vegetables Appe made from idli batter/ ragi batter with coconut chutney.	Choice of green salad +matar mushroom curry +Dal tadka +choice of roti/lachha paratha.	Quick one pot vegetable rice + baked vegetables tossed with mild spices.
Tuesday	Vegetable methi/spinach /coriander thepla with A2 curd.	Cucumber salad +cauliflower stir fry/chicken korma+Garlic lentil Rasam +curd rice/lemon rice.	Moong dal and paneer/egg pudina chilla with hoive of chutney/ dips.
Wednesday	Ragi Jowar onion pureed peas paratha/ chilla with choice of chutney.	Moong salad+Dum aloo/egg dumped aloo+Missi roti + mint buttermilk.	Lentil peas soup/chicken soup + Ragi /rice pancakes with shredded vegetables and curd dip.
Thursday	Vegetable besan omelette/ vegetable egg oats omelette with homemade sauce.	Capsicum and raw papaya salad +Bhindi aloo+Dal palak + choice of roti,phulka/rice.	Mix veg soup +savory corn and peas uttapam/chilla/chicken savoury dosa with dips/chutney.
Friday	Mushroom dosa/ paneer dosa with sambar.	Boiled Kala chana salad +Drumstick sambar+Pumpkin curry/raw banana curry /fish korma +choice of roti steamed rice.	Methi Thepla/methi paratha + egg curry /Garlic dal tadka.
Saturday	Tomato And steamed sprouts/egg open sandwich/ Potato peas sandwich with homemade dips.	Carrot Koshimbir +Rajma masala +steamed rice +curd with a dash of jeera masala.	Punjabi dal palak /chicken dhansak + choice of roti/rice + mushroom peas fry.
Sunday	Special Misal served hot with gluten free pav/home made pav OR paneer bhurji/egg bhurji sandwich /wrap as per choice.	Choice Of salad +Dum aloo/chicken coconut curry +Paneer paratha /chana vegetable pulao.	Palak lobia beans khichdi /chickpeas pulao +vegetable stew /chicken stew.

WEEK - 4

Monday	Moong Dal chilla with chutney/millet upma with peas and tomato served with the choice of chutney.	Steamed Cabbage salad +Methi aloo/palak aloo+choice of roti +Dal makhani.	Mix Vegetable paratha beetroot roti +Jeera dal tadka +choice of salad of lemon.
Tuesday	Masala Missi roti /Besan tomato dosa with curd .	Grated Beetroot salad + tawa bhindi masala /fish korma+Gujarati dal + choice of rice/paratha.	Tomato rice + mix veg kofta curry /fish curry + onion slices with a dash.
Wednesday	Ragi Porridge/ Ragi rava tomato upma OR Beetroot dosa /oats carrot dosa with sambar/chutney.	Cucumber raita +Gobi mutter curry/egg curry +vegetable corn pulao/bisi bele rice.	Sweet Corn soup +vegetable sprouts khichdi/pulao .
Thursday	Paneer bhurji roll/egg bhurji roll. OR Masala vegetable omelette roll.	Carrot salad +Ridge gourd curry /Bottle gourd chana dal curry + pumpkin sambar /garlic rasam + rice/ masala roti.	Vegetable salad + chicken /kheema biryani /paneer biryani plus choice of dips.
Friday	Pumpkin idli/masala idli with tomato chutney .	Kachumber salad +Chole masala /chicken curry +ajwain paratha.	Mix Vegetable kulcha +roasted cauliflower curry/roasted chicken curry +choice of salad.
Saturday	Lemon Rice semiya /Appam/neer dosa /egg dosa with vegetable stew.	Koki(Masala roti with onions)+spinach /mix vegetable curry with added dal +cucumber raita.	Cream of mushroom broccoli soup+paneer tikka wraps/ chicken tikka wraps.
Sunday	Aaloo Puri/aloo,beetroot puri OR Rainbow vegetable cutlet sandwich.	Paneer biryani/chicken biryani/ egg biryani +Raita of choice.	Special Nutri pav bhaji with assorted vegetables cooked in mild indian masala served with gluten free/wheat buns/ roti.

SEPTEMBER – 2021 (INTERNATIONAL MENU)

WEEK - 1

Week	Breakfast	Lunch	Dinner
Monday	Spanish sweet potato omelette plus added egg boiled /scrambled with choice of Avocado dip.	Easy Paella gravy made from chicken breast/beans/cottage cheese assorted vegetables stew cooked with garlic chilli sauces served hot +Rice +baked vegetables.	Thai tom yum soup with stir fried vegetable + thai vegetable rice with coconut milk.
Tuesday	Rice Crepes with added bean sprouts salad.	Traditional mexican guacamole salad kidney beans mexican rice /fish in red sauce + herbed rice.	Gluten free spaghetti aglio olio pasta with grilled vegetables +sweet potato pumpkin basil soup.
Wednesday	Asian Omelette with added vegetables/cottage cheese and choice of sourdough bread.	Massaman curry with thai and indian style fusion made of red curry paste and coconut milk with a tinge of whole spices adding vegetables mushroom and potatoes + parsley rice.	Grilled chicken /cottage cheese with green sauces/ dips / served with gluten free tortilla wraps and hummus.
Thursday	Potato Pancakes with added egg and variety of vegetables.	Ratatouille with rich flavours of garlic,herbs zucchini,eggplant,thyme and tomato paste cooked along with chicken /beans +steamed rice /tortilla.	Lentil and French onion soup +Chicken/ cottage cheese vegetable cutlets served with gluten free burger buns.
Friday	Savoury Oatmeal and poached eggs.	Steamed Asparagus +quick wheat/buckwheat tortilla + chicken breast cooked in dry sauces and herbs /cottage cheese refried beans cooked in mild sauces served with vegan cheese dressing.	Minestrone soup+garlic mushroom risotto.
Saturday	Avocado bean Salad with choice of salad and French toast.	Miso +Healthy soba /buckwheat noodles with stir fried fish and vegetables/ mushrooms and vegetable stew.	Gourmet mushroom risotto with grilled chicken /fish served with farro/rice and choice of sauerkraut.
Sunday	Baked egg/mushroom/cottage cheese casserole+choice of buckwheat tortilla with spread of dips/sauces.	Bean sprouts in chicken/cottage cheese with assorted vegetables with choice of mild chilli garlic sauces homemade made + Basic vegetables fried rice.	Stir Fried baby bok choy +mild sauces with dipped chicken/ mushroom balls with garlic sauce served with rice noodles /rice.

WEEK - 2

Monday	Mexican Quiche with egg,mushroom and vegetables.	Pesto sauce + tomato basil chicken curry/egg curry /beans curry + choice of oven baked bell pepper parsley rice .	Paneer steak with vegan cheese/rosemary chicken in mustard sauce + choice of herbed rice /buckwheat vegetable noodles.
Tuesday	Broccoli Egg/cottage cheese scramble with choice of sourdough bread toast.	Chickpea stew + steamed vegetables + herbed rice /herbed millet rice.	Mexican bean soup + gluten free pizza with simply seasoned homemade tomato sauce + loads of fresh vegetable topping and vegan cheese.
Wednesday	Whole wheat pancakes served with peanut butter.	Healthy momos made of rice flour with steamed sprouts filling + Spanish rice + chicken stew/herbed filled eggs.	Paneer kebabs/chicken kebabs+ whole wheat spaghetti with asparagus,spring onions.
Thursday	Chillaquilles(Leftover wheat tortillas stuffed with stir fried beans and salad with mushroom sauce .	Lentil Spinach stew + traditional saffron flavored spanish rice with chicken/beans,artichokes and peas.	Creamy chickpea soup + sweet potato ,cauliflower roasted pizza.
Friday	Italian open Omelette with added bell pepper,parsley and spring onions.	Pasta Salad with homemade made dressing +fried rice with added cherry tomatoes and homemade made marinara sauce.	Clear soup +chicken /paneer shashlik skewers served with fried rice /noodles with mild sauces.
Saturday	Easy egg/beans and Avocado toast.	Tomato,basil and macaroni salad + mix vegetable mexican one pot meal rice with a layer of beans,vegetables and crumbled cottage cheese.	Spinach and lentil soup +Homemade baked falafel wraps with a layer of vegetables and tahini sauce.
Sunday	Whole Wheat waffles served with choice of maple syrup.	Barbecue vegetable with steamed sprouts in mushroom sauce + eggplant curry + choice of tortilla/ baked rice casserole.	Pumpkin soup +homemade made red thai curry + thai fried rice.

WEEK - 3

Week	Breakfast	Lunch	Dinner
Monday	Chinese steamed gluten free Bao buns with steamed sprouts salad filling.	Guacamole salad +Bean curry/stew + choice of assorted vegetables stir fry +rice.	Hot and sour soup +pad thai noodles with assorted vegetables and bean sprouts.
Tuesday	Mexican Ranch style egg/beans /cottage cheese with home made salsa sauce.	Baked Vegetable casserole + herbed rice +fish curry/lentil curry in mustard sauce /choice of sauce.	Mexican bean soup + gluten free pizza with simply seasoned homemade made tomato sauce + loads of fresh vegetable topping with added chicken/ cottage cheese and vegan cheese.
Wednesday	Fresh Corn and sweet potato pancakes with a spread of vegetables and Avocado dip.	Broccoli mix vegetable cooked in red curry paste +refried beans rice /egg rice /chicken rice .	Lentil soup +Mediterranean hummus bowls with choice of beans ,rice,assorted vegetables hummus and vegan cheese.
Thursday	Chickpeas and sesame dip served with a choice of fresh salad and gluten free breads.	Ratatouille with rich flavours of garlic,herbs zucchini,eggplant,thyme and tomato paste cooked along with chicken /beans +steamed rice /tortilla.	Minestrone soup +choice of pasta with salsa sauce and bean salad ,assorted vegetables+homemade nachos with vegan sauce.
Friday	Persian Vegetable Omelette with parsley,cilantro,eggs and mushrooms.	Grilled cottage cheese/ marinated fish in chilli sauce +choice of rice with assorted vegetables,coconut aminos and fresh herbs dressing .	Chicken patties/beans vegetables patties stuffed in burger buns with homemade salads and dressing + choice of basil tomato soup.
Saturday	Savory/ sweet french crepes made from rice flour with a spread of homemade nutella /sauces .	Egg drop stew /mushroom stew +choice of Singapore fried rice /noodles.	Sweet potato soup +paneer and assorted vegetables rice bowl/chicken rice bowl.
Sunday	Roasted chickpeas crepes with fresh cracked pepper and assorted vegetables.	Simple italian minestrone soup +Quesadillas with beans/cottage cheese/ chicken.	Mix vegetable thai soup + sesame thai chicken rice /bean sprouts rice with coconut milk.

WEEK - 4

Monday	Healthy sweet potato hash browns served with boiled eggs.	Baby potato and cherry tomato salad +lentil stew with added vegetables +chicken rice /beans rice /tortilla wraps.	Gourmet mushroom risotto with grilled chicken /fish served with farro/rice and choice of sauerkraut.
Tuesday	Healthy beans /cottage cheese burrito served with homemade sauces.	Hot and sour chicken/paneer +choice of steamed rice and dim sums with sprouts.	Broccoli peas soup +gluten free cauliflower pizza base with assorted vegetable and salsa dressing with added herbs and vegan cheese.
Wednesday	Oatmeal porridge with added nuts and seeds.	Chickpeas gravy +millet rice with added lentils and garlic,herbs.	Tahini rice noodles +baked potatoes/baked chicken in mustard sauce.
Thursday	Finger millet waffles with peanut butter /waffles with mushroom and falafel.	Zucchini,baby corn stir fry +paneer/ chicken naan(gluten free)pizza with pesto sauce.	Barbeque chicken/ paneer + sweet potato patties stuffed inside gluten free burgers.
Friday	Spinach Mushrooms eggs baked and served with spicy tomato sauce with vegan cheese.	Sri Lankan curry with coconut milk + beetroot tortilla+choice of fresh salad with basil leaves.	Chicken soup/lentil pumpkin soup +mix vegetable bean sprouts rice chow mein.
Saturday	Poached eggs with tomato,bell pepper sauce served with gluten free tortilla crusty sourdough bread.	Aubergine salad +burnt garlic rice +fish curry/ lentil curry.	Home-made nachos salad with added beans and salsa dressing +pesto pasta with assorted vegetables.
Sunday	Sweet potato spinach carrot Rosti with herbed sauces.	Mexican soup +bell pepper garlic rice.	Asparagus,Bok choy stir fry +buckwheat noodles with chicken/paneer in garlic sauce.

Stay tuned for the October menu as we plan to roll it out in the last week of September!

Note :

- The menu is designed in a balanced way.
- Preferable oils to cook : cold pressed coconut oil, peanut oil, sesame oil, wood pressed mustard oil and ghee.
- Avoid all kinds of refined oils.
- Extra virgin olive oil is suited for raw consumption only, like on salads, soups.
- Prefer chemical free, local and fresh vegetables and fruits, however peas can be frozen and herbs can be dried.
- Quantity can be as per kids appetite, requirements and lifestyle.
- School going children, who are 3 years old and above can make use of this menu plan. (nursery to 10th grade)
- For recipes, please visit our recipe corner :
<https://lukecoutinho.com/blog/category/recipe-corner/>

Disclaimer: This is a general menu plan and does not address any medical condition. If your child has a medical condition or is taking medications, it is necessary to seek professional help and get a nutrition plan personalised to his/her case.



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