



# Healthy and Balanced Kids Menu for November (Indian & International)

# NOVEMBER - 2021 (INDIAN MENU)

## WEEK - 1

Week	Breakfast	Lunch	Dinner
Monday	Oats idli/egg appe with vegetables+choice of tomato garlic chutney with added Bengal gram/coconut chutney.	Pumpkin raita+ridge gourd chana dal curry/fish curry+choice of roti/paratha.	Pumpkin soup+multigrain frankie rolls+added spouts/egg, vegetables, pickled onions and mint chutney.
Tuesday	Maharashtrian poha with added sprouts/boiled egg as per choice.	Carrot salad+palak paneer/egg palak+ajwain roti+A2 buttermilk.	Broccoli peas soup+nutri pav bhaji with spinach and assorted vegetables+choice of gluten-free bread/sourdough bread.
Wednesday	South Indian pongal+sambar/egg bhurji dosa+sambar.	Radish, onions salad+okra curry+choice of masoor dal/chicken curry+steamed rice as per choice.	Sweet potato chaat+pumpkin moringa khichdi+steamed vegetables.
Thursday	Rice semiya upma with added sprouts and vegetables/sourdough bread upma with eggs scrambled	Spinach raita+baby brinjal curry/fish curry+tomato toor dal+roti/rice as per choice.	Tomato soup+millet lentil pancakes/millet egg pancakes+garlic tomato chutney.
Friday	Besan chilla/oats egg chila with carrots, peas, onions, tomato+mint dip.	Mix kachumber salad+rajma curry/coconut chicken curry+rice+bottle gourd raita.	Steamed moong chaat+chickpeas peas/egg roti wraps+homemade tahini sauce.
Saturday	Sprouts and sweet potato paratha/egg paratha plus a choice of dips/chutney.	Pickled carrot+paneer/chicken in kasuri methi+masala roti.	Mushroom tikka/chicken tikka+One pot corn and peas pulao+mint dip/garlic dip.
Sunday	Peas and sweet potato pan-fried kachori with added besan+carrot picked (or) boiled egg kachori pan-fried plus coriander chutney.	One-pot chicken biryani/egg biryani/mushroom peas biryani+choice of mint and carrot raita.	Masoor dal soup/lentil rasam+ajwain roti+chettinad chicken curry/vegetable avial (assorted vegetables cooked in coconut milk with mild Indian spices and masala).

## WEEK - 2

Monday	Finger millet vegetable idli/uttapam/dosa/mushroom omelette+mint/coriander chutney.	Garden fresh salad+bottle gourd kofta curry/egg korma+jeera paratha/jeera rice.	A2 paneer stir fry/fish stir fry+pearl millet khichdi with added dal and vegetables served hot with a dollop of ghee.
Tuesday	Corn peas poha/scramble egg poha+choice of dip.	Cucumber carrot kosambari+one pot sambar rice.	Kulith soup+sattu vegetable pancakes+fresh coriander chutney.
Wednesday	Multigrain crepe with added vegetable and sprouts/egg dosa+tomato garlic dal chutney.	Kala chana salad/egg salad+mix vegetable korma+lentil rasam+roti/rice.	Garlic mushroom/chicken, broccoli stir fry+akki (rice roti)+carrot pickle.
Thursday	Beetroot+A2 paneer paratha/egg bhurji paratha+curd.	Raw papaya salad+Masala dal khichdi+vegan kashi with added vegetables.	Indian lentil and egg curry/mushroom curry+millet vegetables pan-fried cutlets.
Friday	Carrot oats and lentil pancakes+moringa chutney.	Spring onions, corn salad+methi with added boiled dal and assorted vegetables/fish in coconut gravy+Masala ajwain garlic thepla.	Clear soup/chicken soup+one pot chana pulao/egg pulao.
Saturday	Ragi porridge+steamed sprouts/boiled egg with a mild masala.	Cucumber salad with mint chutney+dal palak/chicken Dhansak+jeera rice/peas pulao as per choice.	Turmeric broth+Khandeshi khichdi+stir fry sprouts salad.
Sunday	Mumbai masala gluten-free/sourdough sandwich with added sprouts and coriander chutney/Mumbai masala egg sandwich with added vegetables and coriander chutney.	Beetroot salad with sesame seeds+punjabi chole/fish curry+Ajwain paratha+A2 curd.	Tomato basil soup+gluten free burger buns+vegetables moong dal cutlet/egg cutlets+spread of dips, assorted sliced vegetables.

## WEEK - 3

Week	Breakfast	Lunch	Dinner
Monday	Millet adai/jowar upma with carrots and peas+coconut chutney.	Tomato, onion, cucumber salad+bitter gourd stir fry/boneless chicken in Punjabi gravy+split green gram dal+rice/multigrain roti.	Roasted chickpeas salad+dal makhani/masala egg curry+steamed rice.
Tuesday	Appam+stew/egg idiyappam/masala omelette+stew.	Green salad+egg curry/mushroom peas curry+malabar paratha of multigrain flour.	Grilled vegetables+kerala style vegetables stew+neer dosa.
Wednesday	Paneer bhurji roll/egg bhurji roll/masala omelette roll with assorted vegetables.	Cabbage poriyal/egg poriyal+pumpkin, drumstick, brinjal sambar+steamed rice.	Vegetable clear soup+spinach/beetroot roti wraps+mustard dip.
Thursday	Multigrain pumpkin idly/beetroot idly+sambar/egg and peas tiki plus coriander garlic chutney.	Cucumber salad+stuffed chana dal paratha+Almond milk rice kheer with a garnish of saffron and cardamom.	Dal shorba+masala ajwain roti+eggplant curry/fish curry.
Friday	Oats savoury porridge with added vegetables and chana dal tadka/oats and sattu porridge with Almond milk and chia seeds with the sweetness of jaggery.	Steamed sprouts+vegetable jalfrezi, paneer/chicken+roti+A2 masala chaas.	Lemon coriander soup+moong dal chilla+chutney.
Saturday	Sprouted moong dosa/egg dosa/sprouted steamed chapati roll with mint dip.	Steamed corn and peas salad+rajma pulao/chicken pulao+mint raita	Vegan naan+lentil korma/chicken korma+steamed broccoli.
Sunday	Boiled egg sandwich/mushroom vegetable chutney sandwich of gluten-free bread/sourdough bread.	Freshly boiled lobia salad+bhindi potato fry+Gujarati dal+choice of roti/phulka as per choice.	Mushroom kheema biryani/chicken kheema biryani+choice of raita.

## WEEK - 4

Monday	Carrot avocado dosa/uttapam with curry leaves chutney.	Steamed bottle gourd raita+cluster beans curry/egg curry+methi roti with added Indian masala.	Bottle gourd and spring onion soup+oats dal khichdi/daliya dal khichdi.
Tuesday	Multigrain gobi paratha/radish paratha/sprouts paratha+choice of dips.	Mix kachumber salad+sol kadi+millet khichdi with spinach and assorted vegetables.	Fresh salad+multigrain stuffed dal and vegetable paratha+Amritsari fish curry/cluster beans curry.
Wednesday	Overnight soaked oats porridge+topped chia seeds, pumpkin seeds for garnish.	Raw papaya salad+paneer bhurji/egg/egg bhurji+envelope paratha of multigrain flour+beetroot pachadi.	Paneer kebab/chicken kebab+millet spinach/methi khichdi.
Thursday	Idli (pumpkin idli, beetroot idli)+chutney/podi+drumstick sambar.	Fresh turmeric and ginger pickle+Sindi kadi with added dal and assorted vegetables+steamed rice.	Steamed sprouts salad+dal palak/chicken curry+choice of roti/paratha/thepla.
Friday	Vegetables besan omelette/egg and oats omelette with homemade tomato sauce, dips.	Carrot and cucumber salad+Corn and peas pulao/one-pot coconut rice/tamarind rice+vegetables korma/chicken korma.	Vegetable stew+mix vegetable lentil oats appe+fresh coconut chutney/tomato dal chutney.
Saturday	Paneer, egg tikka sandwich/paneer, egg tikka wrap with multigrain roti.	Shredded vegetable salad+gobi paratha+egg curry/whole moong dal tadka+A2 raita with beetroot and mint.	Broccoli peas soup+baked vada pav with sweet potato baked vada and spread of fresh coconut garlic chutney.
Sunday	Special dal puri/beetroot puri/palak puri+A2 curd.	Mix kachumber raita+Hyderabadi paneer biryani/chicken/egg biryani+stir fry broccoli salad.	Cream of tomato soup+homemade made Indian pizza on thin roti with a spread of Indian sauces, assorted vegetables and grated A2 paneer/chicken.

# NOVEMBER - 2021 (INTERNATIONAL MENU)

## WEEK - 1

Week	Breakfast	Lunch	Dinner
Monday	Avocado and rice pancakes+almond/peanut butter.	Aubergine salad+herbed rice lentil curry/fish curry with flavours of burnt garlic.	Clear soup+chicken shawarma/cottage cheese shawarma wraps.
Tuesday	Italian omelette with mushrooms/eggs, herbs and added vegetables+choice of dips.	3 beans salad+parsley, cilantro herbed rice+vegetables stew.	Clear chicken soup/pumpkin soup+mix vegetables chow mein with added sprouts and beans.
Wednesday	Savory oats/amaranth porridge+boiled egg.	Fresh salad with basil and oregano+Srilankan korma+Buckwheat tortilla/steamed coconut rice.	Hummus and broccoli layered rice+baked chicken/cottage cheese in mustard sauce.
Thursday	3 beans with tomato salsa+choice of gluten-free bread/French toast.	Hot and sour chicken/cottage cheese momos+steamed rice+vegetables tossed in garlic sauce.	Thai soup with coconut milk+pad Thai noodles with added beans.
Friday	Almond flour+rice flour pancakes+egg/steamed sprouts+Guacamole dip.	Egg drop curry/peas stew+Singapore rice with added sprouts.	Macaroni soup+gluten free chicken pizza/sprouts Pizza with added vegetables and homemade salsa and vegan cheese.
Saturday	Swedish sweet pancakes made of rice and coconut flour+added honey+sweet potato boiled/egg as per choice.	Thai green curry/red curry/chicken curry+steamed rice with flavour of cinnamon, saffron and fresh herbs.	Tahini dip with fresh salad+homemade baked falafel with assorted vegetables.
Sunday	Baked egg/mushroom/chicken casserole+thin tortilla+homemade sauce.	Curried coconut chicken/lentils+jasmine rice with assorted vegetables.	French onion soup+pesto sauce with lentil pasta and grilled vegetables.

## WEEK - 2

Monday	Lentil waffles/crepes+choice of dips.	Tomato, zucchini salad+Afghan curried chicken curry/vegetable mushroom curry with strong flavours of mint, garlic and ginger+choice of the tortilla.	Cottage cheese steak/chicken steak marinated with herbs and mustard sauce+buckwheat noodles/quinoa.
Tuesday	Carrot, sweet potato, mushroom/egg and zucchini Rosti+herbed sauce.	Eggplant barbecue+baked vegetables casserole/chicken casserole.	Chicken patties/kidney beans patties+choice of gluten-free buns+tom yum soup.
Wednesday	A sweet potato baked hash brown+mustard sauce+boiled egg/steamed sprouts stir fry.	Khimchi salad+mexican rice+eggplant pizza with homemade made salsa and vegetables.	Broccoli spinach soup+cauliflower based pizza with vegetables and cashew cheese/herbed cheese.
Thursday	Vegetable omelette with parsley, spinach, eggs/oats, mushrooms and bell peppers+homemade garlic sauce.	Hummus with carrot and cucumber sticks+Broccoli baked rice with ricotta, assorted vegetables and bean sprouts.	Cold cucumber soup+Italian herbed rice+baked and roasted beans/chicken.
Friday	Potato, mushroom veggie scramble/egg scramble+lemon tahini dip.	Lentil in red gravy/fish in red gravy+Korean rice with spinach, vegetables, bean sprouts and hot garlic sauce.	Lentil soup+Mediterranean bowls with hummus, vegetables, egg and beans.
Saturday	Amaranth, cacao porridge+choice of garnish with pumpkin seeds, sunflower and chia seeds+sweetness of pure honey.	Minestrone soup+Lentil spaghetti and marinara sauce.	Chilli chicken/chilli mushroom+Lentil rice with flavours of lemongrass, coconut and assorted vegetables.
Sunday	Chickpeas flour crepes+choice of assorted vegetables+salsa dip.	Cowpea curry/chicken curry with minced ginger and garlic+pad Thai noodles with added vegetables and bok choy.	Basil soup+zucchini noodles with pesto sauce.

### WEEK - 3

Week	Breakfast	Lunch	Dinner
Monday	Baked beans on toast (gluten-free/sourdough bread)/poached eggs with choice of gluten-free bread.	Grilled chicken lemongrass kebabs/cottage cheese kebabs+grilled vegetable curry+spanish rice.	Baby corn soup+gluten free chicken pizza/cottage cheese pizza with hummus sauce.
Tuesday	Red lentil pancakes+choice of mustard sauce/tahini dip/yoghurt dip.	Burrito+assorted vegetables+beans/chicken/mushroom in gravy+homemade harissa paste.	Beans soup+Tabbouleh with chickpeas/chicken+herb dressing.
Wednesday	Persian style open omelette with shredded vegetables+mushroom sauce.	Assorted vegetable salad+lentil stew+millet pancakes with baked beans and spinach sauce.	Vegetables rice/chicken dumplings+bean sprouts buckwheat/rice noodles.
Thursday	Gluten-free bao buns stuffed with egg filling/mushroom and sprouts filling.	Gluten free nachos+guacamole dip+Mexican fajitas.	Creamy tomato soup+baked chilli chicken/baked cottage cheese with herbed rice and assorted vegetables in red sauce.
Friday	Buckwheat pancakes+honey+minced chicken with basil/steamed sprouts with lemon dressing.	Vegetable teriyaki/chicken teriyaki+Chinese fried rice with added beans sprouts.	Chilli baked potatoes+gluten free quesadilla.
Saturday	Avocado/cottage cheese sandwich+steamed broccoli, peas and corn.	Vegetables lentil croquettes/chicken croquettes+Ratatouille+rice.	Grilled fish with sesame dressing/mushroom in sesame dressing+tortilla wraps with added beans and salsa.
Sunday	Spinach and baby corn quiche+boiled egg+vegan cheese sauce	Baked vegetables bean sprouts salad/egg salad+buckwheat noodles+stir fry vegetables in garlic pepper sauce.	Sweet potato soup+soba noodles with added chicken/beans and assorted vegetables.

### WEEK - 4

Monday	Chia, almond milk, cacao smoothie+topped pumpkin seeds+boiled egg.	Corn and baby tomatoes salad+baked chicken breast with gravy/baked vegetables in mushroom sauce+steamed rice/gluten-free tortilla.	Persian chicken/fish/mushroom with turmeric, lime and sesame seeds+baked saffron rice with vegetables.
Tuesday	Herbed spinach leftover tortilla+homemade harissa sauce.	Lettuce and tomato fiesta salad+okra lentil curry+herbed coconut rice.	chicken balls/vegetable sprouts balls in hot garlic sauce+herbed rice with garlic, basil and shallots.
Wednesday	Mix lentil savoury crepes+cauliflower creamy sauce.	Swedish chicken balls/vegetable balls in hot sauce+lentil noodles/rice/broccoli and corn pilaf.	Fattoush salad+gluten free shawarma with crunchy chicken and cottage cheese filling.
Thursday	Beetroot waffles of raw banana flour+vegan cream dressing+scrambled eggs.	Cold potato salad with sesame seeds+gluten free tacos+baked beans filling/chicken filling+assorted vegetables+vegan cheese.	Lentil curry/fish curry+steamed rice and grilled broccoli and zucchini salad.
Friday	Sweet potato and pumpkin pancakes+guacamole dip.	Baby spinach and corn salad+mexican chicken rice/egg rice bake with pickled jalapeno.	Roasted chicken in green garlic sauce/cluster beans curries in green garlic sauce+steamed rice.
Saturday	Crispy rice savoury, sweet pancakes+added sweet potato and chickpeas+herbs and spices.	Miso soup+Japanese fried rice with eggs, spring onions and black sesame topping.	Cream of mushrooms soup+middle eastern rice with added black beans/Chinese and strong flavours of garlic.
Sunday	Mini homemade pancakes+hot chocolate sauce.	Spanish paella/chicken paella+lentil stew.	Basil tomato soup+lentil crust pizza with topped vegetables/chicken and bolognese sauce.

**If there is any specific recipe you would like to receive from the above menu, please write to us at [info@lukecoutinho.com](mailto:info@lukecoutinho.com) and our Meal Planning Expert will help you out.**

**Stay tuned for the December menu as we will roll it out in the last week of November!**

You will find the monthly menus on our website or you can leave your email address in the contact us section of our website ([www.lukecoutinho.com](http://www.lukecoutinho.com)) and we will email it to you.

**Note :**

- The menu is designed in a way that's healthy, balanced as well as tasty.
- 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 kid's 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 personalized to his/her case.



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