



Healthy and Balanced
KIDS MENU
for December



DECEMBER – 2021 (INDIAN MENU)

WEEK - 1

Week	Breakfast	Lunch	Dinner
Monday	Semiya poha+added vegetables and steamed sprouts/boiled egg with a dash of lemon.	Raw papaya and sesame seeds salad+choice of multigrain roti/rice+eggplant curry/chicken bharta+masoor dal tadka.	Turmeric broth+Rajsthani masala dal and vegetable khichdi+stir fry vegetable salad with a dash of fresh herbs.
Tuesday	Beetroot ragi idli+coconut chutney/tomato chana dal chutney.	Steamed beetroot poriyal+stuffed moong dal paratha/sambar rice+amaranth leaves curry/spinach egg curry.	Bottle gourd and beetroot soup+ajwain roti+Chettinad fish curry/chicken curry/vegetable avial cooked in coconut milk
Wednesday	Rice appam with vegetables and egg stew+onion garlic chutney.	Mixed kachumber salad+choice of jeera paratha+rajma curry/Chettinad fish curry+cluster beans stir fry.	Tomato and basil soup+wheat roti pizza with a spread of Indian homemade sauce, assorted vegetables, beans/chicken.
Thursday	Moong dal ajwain paratha/makhana sprouts thepla+A2 mint and curd dip.	Onion salad+choice of roti/rice+pumpkin korma/chicken korma+moong dal tadka.	Dal shorba+moong dal chilla with shredded vegetables+choice of tomato garlic chutney/moringa chutney.
Friday	Ragi upma/oats lentil appe+choice of chutney.	Radish sticks+arhar dal/chicken stew+steamed rice+A2 bottle gourd raita as per season and weather conditions.	A2 paneer marinated stir fry/fish stir fry+little millet masala khichdi+fresh turmeric and carrot pickle.
Saturday	Grilled sandwich with A2 paneer/sprouts/egg sandwich with added vegetables+avocado dip.	Steamed sprouts salad+sarson ka saag+makki ki roti+A2 curd at room temperature/kadhi.	Mushroom keema biryani/egg pulao/Bhuna chicken biryani+choice of raita.
Sunday	Vegetable oats and besan dhokla/egg chilla with coriander/mint chutney.	A2 Paneer biryani/chicken biryani/mushroom biryani+choice of raita.	Sweet corn vegetable and broccoli soup+baked wheat pav/buns with sweet potatoes and onion vada with a spread of fresh garlic chutney.

WEEK - 2

Monday	Oats sattu beetroot chilla with added sprouts/egg+mint chutney.	Fresh ginger and turmeric pickle+corn pulao+lobia curry/fish curry+ridge gourd sabzi.	Bottle gourd soup+beans stir fry+masala methi thepla/akki roti+choice of garlic dal.
Tuesday	Overnight soaked oats chia pudding+choice of nuts, seeds+drizzle of almond butter.	Carrot and cucumber salad+roti/rice+cabbage chana dal. poriyal+tomato rasam/chicken korma.	Spinach soup+oats and sattu vegetable pancakes+fresh coriander chutney/tomato garlic chutney.
Wednesday	Corn and sprouts poha+boiled egg.	Sliced onion salad+kofta curry/fish curry+jeera, ajwain roti+kala chana stir fry.	Macaroni peas and corn soup+vegetable frankie of multigrain flour+added sprouts/mushroom/egg/chicken, pickled onions, and mint chutney.
Thursday	Ragi and sattu porridge sweet/savoury+choice of steamed sprouts/egg.	Sol kadhi+fresh methi and peas curry+ragi roti/steamed rice+chana dal tadka.	Grilled broccoli, capsicum, and onion in mild spices+oats masala khichdi/daliya khichdi.
Friday	Vegetable uttapam/masala egg omelet+home made tomato sauce/dip.	Fresh carrot and ginger pickle+Punjabi chole+Missi roti+mint chutney.	Vegan kadhi/mixed vegetable soup+baingan bharta/chicken bharta+choice of ragi roti/bajra roti.
Saturday	Ragi chocolate sheera/ragi rava upma+coconut chutney.	Yellow moong dal and carrot koshimbir+dum aloo/stuffed egg curry+roti/rice+stir fry spinach poriyal with grated coconut.	Fresh corn and peas soup+choice of A2 Paneer wraps/shawarma wraps with shredded vegetables and curd dip.
Sunday	Radish and dal paratha made of multigrain flour+A2 curd with added cumin powder.	Choice of fresh salad+A2 paneer, capsicum curry/chicken masala+jeera paratha/masala roti+sabut moong dal tadka.	Pumpkin soup+Mumbai masala sandwich of sourdough bread/gluten-free bread+garlic dip.

WEEK - 3

Week	Breakfast	Lunch	Dinner
Monday	Mushroom dosa/egg dosa with added vegetables+drumstick sambar.	Fresh salad with basil and lemon dressing+mushroom/pumpkin korma/fish korma+coconut rice/lemon rice.	One-pot lentil soup+baked vegetables served with rice/millet+grilled chicken/eggs/mushroom tikka
Tuesday	Masala thepla/ajwain missi roti+A2 curd.	Fresh amla pickle+spinach with cubed A2 paneer in fresh coconut milk/chicken in kasuri methi and coconut milk+garlic paratha/jowar roti.	Vegetable stew/chicken stew/rasam+masala pulao with chickpeas peas/kidney beans/lobia beans.
Wednesday	Pumpkin idli/carrot idly+moringa curry leaves chutney.	Carrot poriyal+mixed vegetable korma/egg masala curry+choice of lemon rice/tamarind rice/coconut rice.	Stuffed mix vegetable kulcha made of multigrain flour+grilled cauliflower/grilled chicken+choice of dips.
Thursday	A2 paneer paratha/egg paratha+tahini dip.	Boiled chickpeas salad+tawa bhindi masala/chicken korma+gujarati dal+choice of roti/rice.	Cold potato salad with sesame seeds+podina roti/masala thepla+sabut moong dal.
Friday	Mini cabbage, carrot, spinach pancakes made of lentil flour/banana flour+onion, tomato, garlic chutney.	Fresh carrot and ginger pickle+bottle gourd chana dal sabzi+Punjabi kadhi+steamed rice.	Corn soup+sattu bhakri+tomato methi curry/fish curry.
Saturday	Moong dal chilla/lentil adai/egg adai+coriander mint chutney.	Cucumber salad+surti undhiyu+phulka roti+rice kheer made of A2 milk.	Fresh salad+A2 paneer kulcha/shawarma wraps+sweet potato soup.
Sunday	Dal puri/palak puri+tomato peanut chutney/curd dip as per choice.	Choice of salad+dum biryani/chicken biryani+mint dip.	Chicken cutlets/lentil cutlets+rajma pulao+vegetable korma.

WEEK - 4

Monday	Jowar vegetable upma with peas, carrots added chana dal tadka+choice of chutney.	Tomato rasam+A2 peas and paneer curry/tawa machli+pepper jeera chapati.	Pumpkin soup+masala khichdi+edamame stir fry.
Tuesday	Avocado oats dosa/egg dosa+flax chutney/curry leaves chutney.	Bean sprouts salad+Boneless chicken Farcha/dhansak masala+Paris style brown rice with rich flavors of cinnamon and peppercorns.	Kala chana chaat+buckwheat flour wraps made of A2 paneer/egg bhurji/chicken bhurji.
Wednesday	Sattu and sweet potato pancakes/sattu egg pancakes+choice of peanut butter/hazelnut spread homemade.	Carrot and onion salad+mix vegetables in Bengali style with potato, pumpkin, brinjal+chana dal/fish curry+choice of roti+fresh chenna Bengali Sandesh.	Lemon and coriander soup+sprouts and spinach khichdi+sliced onion salad and fresh carrot pickle.
Thursday	Carrot and methi ragi roti/egg roti+A2 curd dip.	Shredded vegetable salad+methi aloo/peas aloo/egg aloo curry+green gram split dal+multigrain roti/paratha.	Masur soup+mix vegetable cutlets/chicken cutlets+millet pulao+mint dip.
Friday	Multigrain lentil crepe with mushrooms, choice of vegetables+garlic dal chutney.	Carrot, cucumber, and tomato salad+Murgh makhani/mushroom makhani/A2 paneer and capsicum makhani+jeera dal+steamed rice.	Ragi masala dosa/neer dosa+moringa sambar+tomato chutney.
Saturday	Ragi cacao almond milk smoothie+choice of nuts and seeds garnish+steamed sprouts/scrambled egg.	Chicken kebab/dal kebab+choice of fluffy palak puri/beetroot puri+masala chole+fresh mint chutney.	Tomato soup+Nutri pav bhaji/keema bhaji+choice of gluten-free roti/pav/roti.
Sunday	A2 paneer tikka sandwich/boiled egg sandwich+chive of homemade spreads and dips.	Steamed bottle gourd raita+choice of Hyderabadi paneer/chicken biryani+fresh carrot halwa made of A2 ghee.	Homemade hot and sour soup+sprouts and vegetable pulao/chicken and vegetable layered rice+stir fry mushroom in garlic sauce.

DECEMBER – 2021 (INTERNATIONAL MENU)

WEEK - 1

Week	Breakfast	Lunch	Dinner
Monday	Oats and almond flour avocado omelette+choice of homemade pesto dip.	Sri Lankan curry with assorted vegetables, coconut milk, fresh red curry paste+steamed herbed rice+barbeque chicken/vegetables.	Steamed bok choy+mushroom stir fry/fish stir fry+lentil spaghetti with garlic, herbs, and assorted vegetables.
Tuesday	Lentil crepes+almond milk with topped chia seeds and peanut butter.	Steamed broccoli with herbs+wheat/rice tortilla+chicken/beans cooked in mild sauces served with fresh caesar salad dressing.	Cream of spring onion soup+cauliflower rice+avocado dip with steamed vegetables.
Wednesday	Persian omelette with vegetables, spinach, cottage cheese and choice of gluten-free bread.	Ratatouille with layers of yellow squash, zucchini, eggplant, pumpkin, and bell pepper served with flavorful tomato garlic sauce cooked with chicken/beans+choice of rice/tortilla.	Thai soup+pad Thai noodles/chicken rice with coconut milk.
Thursday	Pumpkin and rice pancakes+choice of boiled egg/mushrooms stir fry	Steamed momos made of rice flour with sprouts filling+parsley, +bell pepper rice+stuffed egg/stuffed eggplant dressing.	Millet nachos salad with beans/eggs and salsa sauce+vegan cheese dressing+pasta in pesto sauce and assorted vegetables.
Friday	Overnight soaked oats chia pudding with almond milk topped with nuts and seeds as per choice.	Tomato basil lentil pasta salad+baked vegetable rice with layers of beans/marinated chicken cooked with fresh herbs, spices, and garlic.	Clear chicken broth/vegetable broth+Rice chow mein with grilled vegetables in spicy garlic sauce.
Saturday	French toast+bean salad with lemon and basil dressing+choice of homemade salsa sauces.	Caprese salad+mushroom risotto/chicken risotto+festive special vegan cheesecake/homemade plum cake.	Lebanese fattoush salad+Mediterranean hummus bowls with choice of refried beans/chicken and spicy tomato basilico sauce.
Sunday	Baked egg/mushroom/cottage cheese casserole+choice of buckwheat tortilla with a spread of dips/sauces.	Minestrone soup+quesadilla with beans/chicken/cottage cheese/eggs in choice of salsa sauce.	Kung Pao brussel sprouts/chicken+bell pepper parsley fried rice+rice pudding.

WEEK - 2

Monday	Egg quiche/mushroom quiche with tossed vegetables and avocado dip.	Cold potato salad+vegetable stew+fish curry rice/kidney bean curry rice.	Vegetable soup+Persian fish curry/mushroom curry with sesame sauce+baked saffron and cinnamon rice with broccoli and peas.
Tuesday	Rice pancakes/banana flour pancakes+hazelnut dip.	Stir-fried cottage cheese steaks/chicken steaks+Bolognese with mushrooms/egg, thyme, rosemary+quinoa spaghetti with	Basil soup+cauliflower crust pizza with vegetables/chicken and bolognese sauce.
Wednesday	Lentil waffles/egg waffles+almond milk topped with chia seeds.	Asparagus salad+burnt garlic rice+Thai red curry with mushrooms, sprouts/chicken.	Chicken kebabs/chicken/cottage cheese balls in hot sauce+burnt garlic rice+sweet cinnamon cold noodle dessert with chia topping.
Thursday	Honey-based french crepes served with a choice of almond butter.	Steamed dimsum+baked rice with broccoli and parsley+egg curry.	Baked Au gratin with assorted vegetables+quesadilla/chicken quesadilla.
Friday	Baked sweet potato hash brown+choice of roasted red pepper dip.	Pumpkin curry/fish curry+Risi e Bisi (Italian rice & peas) curry with assorted vegetables, leeks, and creamy mushroom sauce.	Hot and sour chicken/hot and sour mushroom+baked rice cakes with homemade hoisin sauce.
Saturday	Poached eggs with cilantro, chopped vegetables, herbs served with a choice of gluten-free bread/tortilla wraps.	Vegetable teriyaki/chicken teriyaki+Srilankan dhal curry+brinjal pahi/chicken pahi+steamed rice.	Lentil pasta soup+gluten-free tortilla with loaded vegetables, salsa sauce, and vegan cheese and sprout dressing.
Sunday	Spinach and chicken/mushroom crepes with a choice of vegan cheese sauce.	Curried chicken with coconut milk/lentil curry with beans and coconut milk+jasmine rice with assorted vegetables.	Soba noodle soup/chicken soup+stir fry vegetables in garlic sauce.

WEEK - 3

Week	Breakfast	Lunch	Dinner
Monday	Savoury pumpkin tarts+choice of almond milk smoothie with chopped nuts and seeds.	Guacamole salad+fajitas+pumpkin drop cookies (dessert treat).	Homemade bruschetta+topping of corn and beans+cream of broccoli soup+vegan cheesecake.
Tuesday	Thin rice crepes with a choice of raw honey topping/peanut butter topping.	Chicken patties/egg patties+Singapore fried rice/noodles with added sprouts and beans.	Egg drop soup/mushroom soup+bean kebabs/chicken kebabs+choice of gluten-free breadsticks+garlic chilli dip.
Wednesday	Savoury quinoa porridge+boiled egg/steamed sprouts with lemon dressing.	Burmese khow suey soup+assorted garlic rice with tossed vegetables and marinara sauce.	Chilly chicken/chilly mushroom+rice pancakes with added vegetables and dips.
Thursday	Vegan beetroot pancakes+coconut cream dressing+poached eggs.	Zucchini and lentil fritters/chicken fritters+one pot lentil and vegetable millet rice.	Chicken spring rolls/mix vegetable and sprouts spring roll+one pot gingery chicken/mushrooms and rice with peanut sauce.
Friday	Baked egg with spinach and mushroom sauce/baked potato with spinach and mushroom sauce.	Horse gram in coconut gravy+Korean egg rice/Korean vegetable rice.	Lentil and barley soup+spinach and mushroom/egg ravioli.
Saturday	Baked corn fritters+homemade salsa+steamed vegetables/boiled egg.	Chickpea stew+tomato and spinach pilaf/chicken pilaf.	Coconut and beetroot soup+tricolor seeks kebab+spicy Singapore noodles.
Sunday	Potato rosti+scrambled eggs/minced mushroom in hot sauce	Mushroom/chicken quinoa risotto+baked corn in mushroom sauce.	Amaranth and lentil soup+tricolor lasagne with spinach sauce, creamy sauce and tomato sauce, and beans stuffing.

WEEK - 4

Monday	Coconut flour pancakes with vegetables and avocado salsa.	Tomato and zucchini salad+Afghani fish curry/Afghani mix vegetable curry+lentil stew+choice of tortilla.	Steamed chicken momos/sprouts momos+broccoli and cauliflower base pizza with vegan cheese topping.
Tuesday	Baked beans frittata+roasted garlic dip.	Healthy rice burrito+choice of beans/chicken/mushrooms+pickled jalapeno+homemade sour cream dressing.	Quinoa beetroot beans kebab/salmon fry+mushroom rice with garlic sauce+festive special homemade plum cake.
Wednesday	Thin classic mini vegan Apple tarts+cacao smoothie with topped chia seeds.	Lentil carrot curry+millet Tabbouleh+tahini dressing.	Layered rainbow salad with beans and yogurt dressing+wholemeal wrap with peas hummus and assorted vegetables stuffing.
Thursday	Herbed spinach leftover tortilla with beans stuffing/scrambled egg stuffing with choice of spreads.	Swedish chicken balls/beans in hot sauce+corn and broccoli herbed rice.	Chicken/chickpea potato soup+gluten-free empanadas with egg/sprouts and cheese filling+vegan sweet potato pie treat.
Friday	Amaranth porridge with peanut butter and seeds topping+boiled egg.	Easy Teriyaki rice bowl with roasted vegetables, bok choy broccoli, mushrooms/chicken	Garlic roasted cabbage salad+Jamaican rice and peas with thyme and coconut milk flavor.
Saturday	Gluten-free bao buns with minced chicken filling/beans filling.	Miso soup+Japanese/Chinese fried rice+egg salad with black sesame seed garnish.	Tom yum soup+chicken shashlik/mushroom shashlik+Rice noodles in mild gravy.
Sunday	French toast+chia pudding with coconut milk and cacao.	Asparagus salad+gluten-free tacos+black beans filling/chicken filling+shredded vegetables filling with salsa+vegan cheese garnish.	Gluten-free spaghetti Aglio olio lentil pasta+barbeque cottage cheese/fish fry+fresh hummus dressing.

If there is any specific recipe you'd like to receive from the above menu, please write to us at info@lukecoutinho.com. Our Meal Planning Expert will help you out.

Found the menu helpful? For more interesting and thoughtfully curated recipes, visit our [Recipe Corner](#).

Note :

- The menu is designed in a way that is healthy, balanced as well as tasty.
- Preferable oils to cook: cold-pressed coconut oil, peanut oil, sesame oil, wood pressed mustard oil, or ghee based on what suits you.
- Avoid refined oils.
- Extra virgin olive oil is suited for raw consumption only, like salads or 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 your kid's appetite, requirements, and lifestyle.
- School-going children who are 3-years and above can make use of this menu plan. (Nursery to 10th grade)

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 their case.



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