



LUKE COUTINHO

Integrative & Lifestyle Medicine | Holistic Nutrition

Healthy and Balanced Kids Menu for October



OCTOBER – 2020 (INDIAN MENU)

WEEK - 1

Week	Breakfast	Lunch	Dinner
Monday	Vermicelli rice upma with added vegetables and sprouts/scrambled eggs+choice of coconut chutney/tomato garlic chutney.	Masala onion salad with ginger pickle+roti/rice+Lobia curry/egg curry+Lauki sabzi.	Broccoli soup+paneer tikka/chicken tikka+Oats khichdi/daliya khichdi.
Tuesday	Oats sattu chilla with grated vegetables+mint chutney.	Mix kachumber salad+roti/jeera rice+cauliflower/cabbage poriyal+Arhar tomato dal/chicken stew.	Sweet potato soup/salad+masala dosa/roti with grated vegetables and paneer/mushrooms+choice of chutney.
Wednesday	Punjabi aloo dal paratha+A2 curd with a dash of jeera powder.	Green salad+black chana masala+choice of roti/ajwain paratha+onion raita.	Stir fry broccoli, corn, peas with salt and pepper+masala brinjal and vegetable pulao.
Thursday	Besan/mix flour uttapam+garlic curd dip.	Cucumber salad+khichdi+pumpkin curry/mushroom curry.	Tomato soup+Mumbai masala sandwich of sourdough/gluten free bread+cilantro dip
Friday	Homemade made pancake with Almond/raw banana/millet flour+drizzle of raw honey.	Carrot salad+bhindi masala/egg masala+steamed rice/methi dal paratha.	Beans salad+paneer/chicken wrap with mint curd dressing.
Saturday	Homemade made A2 Paneer tikka sandwich/egg sandwich+avocado mint dip.	Cucumber salad with green mint chutney+masoor dal tadka/fish coconut curry+chapathi+fresh turmeric ginger pickle.	Mix vegetable stew+choice of neer dosa/appam/egg bhurji soda.
Sunday	Idly+drumstick sambar+coconut chutney/egg burji dosa+choice of chutney.	Spring onion raita+chicken/paneer biryani.	Spinach pav bhaji (Assorted boiled and mashed vegetables with spinach and cooked with mild Indian garam masala)/chicken keema bhaji+choice of gluten free pav.

WEEK - 2

Monday	Multigrain radish stuffed paratha/egg roll+curd with added flax powder.	Beetroot salad+rajma masala+steamed rice+carrot raita.	Pumpkin soup/clear chicken soup+mix lentil vegetable khichdi.
Tuesday	Overnight soaked oats+choice of seeds and nuts to garnish+drizzle of peanut butter.	Green salad+ridge gourd curry+punjabi kadhi with vegetables+rice/roti.	Lentil soup+sattu methi bhakri+tomato curry.
Wednesday	Onion corn poha+steamed sprouts/boiled egg.	Tomato onion salad+palak paneer/mushroom peas curry+yellow moong dal tadka+roti.	Clear soup/egg drop soup+one pot palak paneer rice.
Thursday	Paneer moong chila/egg chila+garlic chutney.	Raw papaya salad+sabud moong dal tadka/egg masala+roti/rice+masala chaas.	Chilly garlic mushroom tikka/chicken tikka+millet khichdi with masoor dal and vegetables.
Friday	Coriander tomato peas upma pan-fried eggs.	Green salad+hauki dal kofta curry/chicken kofta curry+steamed rice+curd.	Kulith soup+egg pulao/mix vegetable corn pulao.
Saturday	Grilled sandwich with mushrooms/eggs, assorted vegetables with a spread of mint garlic dip.	Fresh carrot pickle+dry peas paneer capsicum curry/fish fry+Arhar dal tadka+roti/rice.	Chicken kebabs/paneer kebabs+spinach roti wraps with stuffed vegetables and mustard dressing.
Sunday	Moong dal savoury pancakes/waffles+coriander.	Sliced onion salad+mix vegetable pulao/egg pulao+curd with jeera powder.	Indian style home made paneer in garlic sauce/fish fry+corn and peas rice/corn and peas paratha.

WEEK - 3

Week	Breakfast	Lunch	Dinner
Monday	Multigrain masala thepla+choice of home made dips.	Kachumber salad+mint chutney+paneer bhurji/egg bhurji+paratha.	Sprouts chaat+sweet potatoes cutlets+white peas curry garnished with home made tamarind, coriander chutney.
Tuesday	Mix lentil adai/egg dosa+pumpkin seeds chutney.	Mint curd+palak curry/chicken curry+masala koki (onion roti)+chana dal tadka.	Pumpkin drumstick sambar/rasam+Beetroot idli/Apple+tomato chutney.
Wednesday	Poha cereal porridge/savoury protein poha with added sprouts/mushrooms.	Carrot poriyal+steamed rice+drumstick sambar+stir fry bitter gourd with grated coconut.	Cucumber sesame salad+Pindi chole+Ajwain onion roti.
Thursday	Sweet potato paratha/egg bhurji paratha+garlic tomato chutney.	Steamed moong sprouts salad+cauliflower potato dry preparation/fish curry+missi roti (mix flour roti)+curd.	Mushroom soup+paneer bhurji/egg bhurji roti wraps.
Friday	Oats pongal/millet pongal+sambar/chutney as per choice.	Mix kachumber salad+baby corn masala/mushroom peas dry masala+coconut rice/tomato rice with added chana dal tadka.	Oats moong dal chilla/oats egg chilla+coriander+vegetable stew.
Saturday	Palak dal paratha/palak egg paratha+choice of homemade made dips/yoghurt.	Beetroot salad+gobhi paratha+whole moong dal tadka/boiled egg curry+masala chaas/buttermilk.	Palak dal tadka/palak dhansak/chicken dhansak+choice of ajwain roti.
Sunday	Indian vegetable masala omelette/masala egg omelette+homemade tomato sauce.	Cucumber raita+special Hyderabadi paneer/chicken biryani+sliced cucumber	Sweet corn vegetable soup with sattu+choice of grilled paneer/chicken sandwich+fresh mint chutney.

WEEK - 4

Monday	Dosa/uttapam with pureed spinach and grated vegetables and chutney/podi.	Carrot ginger pickle+potato capsicum curry+garlic dal+roti/rice.	Fresh salad+Amritsar wheat kulcha stuffed with dal+Aloo methi sabzi/Amritsari fish curry.
Tuesday	Stuffed masala paratha with sweet potato and sprouts filling+curd.	Cabbage stir fry+lobia curry+roti/steamed rice.	Sattu peas soup+cauliflower dal curry+millet upma/Amaranth upma.
Wednesday	Sattu flour pancakes+peanut butter/homemade nutella.	Shredded vegetables salad+mix veg paneer curry/chicken curry with whole spices+triangle roti/paratha.	Lentil garlic rasam/bottle gourd pumpkin soup+Gujarathi dal+Methi ragi paratha.
Thursday	Ragi sheera/Ragi rava upma+coconut roasted chana dal chutney.	Masala mint buttermilk/chaas+cluster beans stir fry+split black dal+jeera roti/rice.	Baingan bharta+Bajra roti/khichdi+vegan Kadhi with vegetables.
Friday	Moong dal palak paneer dosa/moong dal appe+mint chutney.	Fresh spices of carrot, tomato, cucumber+mushroom tikka masala+spinach dal+jeera rice.	Dry mushroom/chicken/stir fry/pumpkin sesame seeds stir fry+chana pulao/rajma pulao.
Saturday	Spinach/beetroot puri/paratha+kala chana dry curry.	Beetroot poriyal+steamed rice/tamarind rice+lentil garlic rasam.	Fresh tomato basil soup+mix vegetable dal paratha+tomato garlic chutney.
Sunday	Rainbow paneer cutlet/egg cutlet sandwich made of gluten free/sourdough bread.	Choice of salad+dum aloo/chicken kofta curry+dal paratha/peas pulao.	Paneer biryani/chicken biryani/egg biryani+raita.

OCTOBER – 2020 (INTERNATIONAL MENU)

WEEK - 1

Week	Breakfast	Lunch	Dinner
Monday	Overnight soaked oat chia pudding with soaked nuts and seeds+boiled egg/steamed sprouts.	Vegetable stew/chicken stew+gluten free quesadilla+beans salad+tahini dressing.	Gluten free taco salad with avocado lime dressing+broccoli cottage cheese rice/chicken rice.
Tuesday	Avocado rice and raw banana flour crepes+poached eggs/mushrooms.	Thai sweet potato curry+sprouts rice/chicken rice with added vegetables and coconut milk.	Sweet potato hummus+falafel wraps/chicken wraps with gluten free tortilla and tahini spread.
Wednesday	Crispy pancakes (sweet or savory) with eggs+drizzle of honey.	One pot chicken broccoli rice with added corn and peas/one pot cottage cheese rice with herbs and seasoning plus added corn and peas.	Beans stew+lentil zucchini pasta+pesto sauce dressing.
Thursday	Parsi style omelette with chickpea flour and grated vegetables+mint dip	Herbed mexican bell pepper rice+salsa sauce with added beans and peas.	Clear soup/clear chicken soup+baked rice chicken casserole/baked rice beans casserole.
Friday	Sweet potato hash brown+baked beans on gluten free toast.	Burmese khaw suey soup+rice with added garlic chicken/mushrooms and assorted vegetables.	Vegetable rice dumplings with sprouts/chicken dumplings+mix vegetables buckwheat noodles.
Saturday	Scrambled eggs/sprouts stir fry+Rice crepes+guacamole.	Hot and sour vegetables with chicken/cottage cheese+vegetable rice noodles.	Italian lentil pasta soup+cauliflower base pizza with grilled cottage cheese/grilled chicken with assorted vegetables garnished with vegan cheese.
Sunday	Almond flour cinnamon rolls+vegan cream topping/persian vegetable egg omelette with added almond flour.	Chickpea spiced curry+spinach tahini vegetable wraps/spinach broccoli herbed rice	Spring onions soup+zucchini rice noodle+homemade cauliflower mustard sauce dressing.

WEEK - 2

Monday	Gluten free french toast+almond milk cacao chia pudding.	Miso soup+mushrooms fried rice/stir fish fried rice+lentil stew.	Basil tomato soup+grilled chicken/grilled paneer in mustard sauce stuffed in gluten free burger buns.
Tuesday	Buckwheat lentil flour waffles+honey+boiled egg/mushroom fry.	Tomato, zucchini basil salad+one pot mexican rice with chickpeas/kidney beans/marinated chicken+added herbed seasonings.	Macaroni vegetable soup+homemade buckwheat nachos with beans and salsa dressing.
Wednesday	Fresh avocado egg/cottage cheese sandwich of sourdough bread+saute beans, peas.	Steamed asparagus and broccoli salad+burnt garlic rice/buckwheat noodles+fish curry/egg curry/lentil curry.	Clear soup+fish fry/mushroom fry/sweet potatoes fry+baked millet rice with vegetables and vegan cheese sauce garnish.
Thursday	Savoury oatmeal with egg scrambled+boiled vegetables with a dash of pepper.	Bok choy stir fry salad with sesame seeds dressing+hot and sour rice with cottage cheese/chicken, spring onions, bell pepper marination.	Pumpkin soup+gluten free lentil pasta/spaghetti aglio olio with grilled vegetables, sprouts/scrambled eggs.
Friday	Egg muffins/lentil muffins+guacamole.	Thai curry in red paste+spinach tortilla+lentil vegetable stew with mushrooms and assorted vegetables.	Spinach soup+traditional Spanish rice with chicken/beans, peas and corn.
Saturday	Spinach and cottage cheese omelette of rice flour+yoghurt dip.	Healthy momos with bean sprouts filling+baked tomato parsley rice+boiled egg curry/beans curry.	Eggplant curry in coconut milk+egg rice/chicken herbed rice/one pot rice with vegetables and boiled chickpeas.
Sunday	Scrambled egg/scrambled cottage cheese+cold potato salad.	Healthy Rice burrito with assorted vegetables, beans/chicken and cottage cheese+avocado slices+homemade harissa sauce to garnish.	Three beans soup+gluten free thin based tortilla pizza+loads of fresh vegetable topping with added chicken/cottage cheese, sprouts and vegan ricotta.

WEEK - 3

Week	Breakfast	Lunch	Dinner
Monday	Buckwheat/amaranth porridge+added nuts and seeds+dates.	Chickpea salad+millet cakes with spinach, carrots, beans+sweet potato stew.	Roasted broccoli, bell pepper soup+rice spaghetti with homemade tomato sauce and grilled mushrooms/chicken..
Tuesday	Vegan carrot waffles with buckwheat flour+coconut cream dressing+poached eggs.	Vegetable coconut curry+cilantro lime rice+hummus dip.	Pumpkin soup+spinach enchiladas/chicken enchiladas+pesto sauce.
Wednesday	Mushroom tomato pancakes made of gluten free flour+sliced avocado with grounded pepper.	Kimchi salad+cauliflower rice+baked stuffed potatoes with beans and salsa.	Cold cucumber soup+layered mexican rice with beans/chicken+marinara vegetables sauce+vegan cheese.
Thursday	Gluten free bao buns+egg filling/sprouts filling.	Gluten free vegetable fajita+mushroom, beans and bell pepper, avocado garlic dressing+pickled jalapenos and homemade salsa.	Broccoli and peas soup+creamy chicken/lentil pasta with sundried tomatoes.
Friday	Pumpkin egg pancakes+avocado dip.	Baked corn and avocado salad/chicken salad+spinach herbed beans ricotta cheese rice with parsley dressing.	Chickpea soup+paneer and assorted vegetables/chicken/egg shawarma wraps with rice flour.
Saturday	Baked gluten free quiche with egg and vegan cream filling.	Ratatouille with garlic, herbs, zucchini, eggplant and tomato sauce cooked along with beans/chicken+steamed rice/tortilla.	Baby corn soup+vegetable sprouts chow mein/buckwheat noodles.
Sunday	Overnight soaked almond milk porridge+topped chia and pumpkin seeds.	Pumpkin lentil curry/fish stew+steamed rice+coconut curry with mixed vegetables.	Clear chicken soup/mushroom soup+Mediterranean hummus bowls with choice of beans, cottage cheese+red pepper salsa sauce.

WEEK - 4

Monday	Homemade harissa paste sandwich of gluten free/sourdough bread+stuffed spinach and egg dressing.	Stir fry Asian vegetables with ginger, garlic sauce+Asian chicken/bean sprouts broccoli rice bowl with sesame seeds dressing.	Thai green curry with eggplant plant/chicken+coconut lentil rice with lemongrass and basil.
Tuesday	Frittata made of buckwheat flour and eggs+roasted bell pepper and broccoli garnish.	Cow pea curry+choice of egg/assorted corn, broccoli pad thai noodles.	Pumpkin soup Instant pot mexican rice with boiled beans/egg/chicken , tomato salsa, jalapeno and herb dressing.
Wednesday	Almond milk avocado smoothie with topped pumpkin seeds+boiled eg.g	Horse gram ginger sauce with coconut gravy+Korean rice with egg scrambled with assorted vegetables, spinach, bean sprouts, red pepper sauce.	Homemade chilli barbecue chicken/chilli mushroom+fried rice/rice noodles with assorted vegetables.
Thursday	Fluffy almond flour pumpkin pancakes+vegan yoghurt with cinnamon powder.	Ginger, chicken/mushroom and rice soup+baked tortilla asparagus, green beans wrap with mustard dressing.	Lentil, carrot soup+millet tabbouleh with black beans/chicken+cucumber parsley lemon dressing with peppercorns
Friday	Roasted sweet potato+french sourdough toast+steamed sprouts+avocado dip.	Minestrone soup+healthy bolognese with mixed chicken/mushroom, assorted vegetables, rosemary, thyme dressing served with quinoa spaghetti.	Ginger cilantro lentil stew+Arrabbiata sauce in zucchini noodles.
Saturday	Spinach mushroom roti+herbed pesto sauce.	Coconut chicken curry/coconut curry with sprouts and beans+Italian rice with spinach and roasted bell pepper.	Hot and sour vegetables soup+pan fried chicken/cottage cheese pizza with gluten free base/cauliflower base and ricotta homemade.
Sunday	Baked beans on toast+stir fry vegetables+homemade salsa	Broccoli, zucchini, baby corn fry+gluten free chicken/paneer Naan pizza with hummus sauce and assorted vegetables topping.	Grilled chicken gluten free bread wraps with hummus sauce/vegetables hummus and beans wraps of gluten free flatbread/tortilla.

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

You will find the monthly menus on our website or you can leave your email address in the contact us or blog comment section of our website (www.lukecouthinho.com) and we will email it to you.

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://lukecouthinho.com/blog/category/recipe-corner/>
- If there is any specific recipe you would like to receive from the menu, please type in your request in the comment section and our Meal Planning Expert will help you out.

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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