

# EAT WELL MENU FOR KIDS

At Westin, we believe that eating well isn't just for grownups. That's why we've teamed up with SuperChefs™, a group of doctors, dentists and dietitians dedicated to helping kids eat smart. These special kid-friendly meals are as delicious as they are nutritious, making the whole family happy.

## BREAKFAST [6:00AM] to [11:30AM]

WAFFLE SANDWICH 7.00

Fruit salad

ORANGE GRANOLA PANCAKES 7.00

Fresh berries and vanilla yogurt

BELGIUM WAFFLES 7.00

Bananas, whipped cream

## LUNCH OR DINNER [11:30AM] to [11:30PM]

BUTTER CHICKEN POUTINE 9.00

Roasted sweet potato, cheese curds, side of carrot & celery sticks, creamy dip

MAC AND CHEESE 9.00

Elbow pasta, broccoli, cauliflower in a creamy coconut milk sauce

WILD SALMON SALAD 9.00

Fresh berries on iceberg lettuce leaves, creamy cucumber dressing

VEGGIE MEATBALL SANDWICH 9.00

Open faced on a grilled panini, side of sliced apples

CHICKEN TACO 9.00

Crispy carrot & celery sticks, creamy dip

CHICKEN PIZZA 9.00

Bell peppers, cherry tomatoes, mozzarella

## DRINKS

STRAWBERRY YOGURT

MILKSHAKE 4.00

Low fat vanilla yogurt blended

FRUIT SMOOTHIE 4.00

Strawberries, blueberries, bananas blended with orange juice and honey

## DESSERTS

STRAWBERRIES AND CREAM IN A CHOCOLATE BOWL 4.00

Dark chocolate cup filled with honey sweetened cream cheese, strawberries

APPLE DONUTS 4.00

Slices of apple finished with peanut butter and pistachios



Indicates a SuperFoodsRx™ dish. SuperFoodsRx powerfully pairs together whole foods to boost nutritional composition and flavors.

This recipe has been created and tested in the SuperChefs kitchens by the SuperChefs kids.