

# 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 [07:00AM] to [10:30AM]

**PEANUT BUTTER AND BANANA SANDWICH** USD 8.00  
Served on whole-wheat bread with seasonal fruit

**CEREAL** *gf* USD 6.00  
Honey loops, frosted flakes, granola, gluten free, choccos, milk

**PANCAKE** USD 7.50  
Banana, seasonal berries, pancake, low-fat yoghurt, fruit salad, syrup

## LUNCH OR DINNER [11:00AM] to [11:00PM]

**HUMMUS WRAP** USD 10.00  
Whole wheat wrap, lettuce, red bell pepper, cucumber

**CHICKEN WRAP** USD 10.00  
Carrots, cucumber, bell-pepper, avocado

**SPAGHETTI & MEATBALLS** USD 15.00  
Turkey meatballs, tomato sauce, broccoli, carrots

**PITA CHIPS & VEGETABLE** USD 12.00  
Hummus, low-fat yoghurt dip

**SALMON WITH SOBA NOODLES** USD 18.00  
Asian style baked salmon, fresh ginger, carrots, red peppers, onion, sesame seeds

**CHICKEN NOODLE SOUP** USD 8.00  
Fresh garden vegetables, thin whole-wheat pasta

## DRINKS

**PINEAPPLE STRAWBERRY SMOOTHIE** USD 10.00  
Pineapple, strawberries, honey with low fat milk

**FRUIT SMOOTHIE** USD 10.00  
Strawberries, blueberries and banana blended with orange juice and honey

## DESSERTS

**FRUIT SALAD** *gf* USD 15.00  
Cored apple filled with fresh fruit

**ROASTED PINEAPPLE** USD 15.00  
Crème fraîche & pistachios



**OUR SOURCING PROMISE**  
We actively seek out suppliers we trust, to source ethical, sustainable and organic ingredients wherever possible.

*gf* Gluten Free

Contains Nut

FIND THE HEALTHY FOODS HIDDEN IN THE PICTURE, OR COLOR IN YOUR FAVORITE PLANTS AND ANIMALS.



CORN



STRAWBERRY



ORANGE



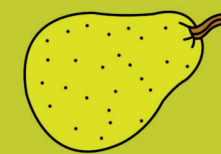
BLUEBERRIES



BLACKBERRY



TOMATO



PEAR



BELL PEPPER