

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 06:30 AM to 11:00 AM

CEREAL 6.00

Breakfast cereal served with seasonal fruit and milk 🍓

SMOOTHIE 6.00

Strawberries, blueberries, banana, orange juice and honey 🍓

PANCAKES 10.00

Blueberry and banana pancakes lollipops, low-fat yogourt, fruit salad and maple syrup

PEANUT BUTTER & BANANA SANDWICH 8.00

Peanut butter and banana sandwich served with seasonal fruit 🍓

LUNCH OR DINNER 11:30 AM to 10:00 PM

BUILD YOUR OWN SALMON SALAD 12.00

Poached salmon with mixed greens, egg, potato, green beans, beets, cherry tomatoes and more 🍓

PITA CHIPS & VEGETABLES 8.00

Served with hummus and low-fat yogurt dip 🍓

TUNA SALAD SANDWICH 10.00

Served on whole wheat bread with lettuce and tomato 🍓

TURKEY SLIDERS 12.00

Grilled turkey burgers, carrots & celery sticks and low-fat cranberry mayonnaise 🍓

FILET MIGNON & SMASHED POTATOES 15.00

3 oz beef tenderloin with potatoes for smashing and served with broccoli, carrots and cherry tomatoes 🍓

CHICKEN STIR FRY 12.00

Brown rice and market vegetables 🍓

DRINKS

FRUIT JUICE 2.50

Orange, grapefruit, cranberry or apple

MILK 2.50

Skim or 1% milk

DESSERTS

FRUIT 8.00

Fruit kebabs served with low-fat Greek yogurt and a cornbread cookie

FRUIT SALAD 6.00

Fresh fruit in a cored apple bowl



OUR SOURCING PROMISE

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



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

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



PINEAPPLE



SUGAR SNAP PEAS



KIWI



WHEAT



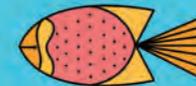
WATERMELON



ASPARAGUS



BROCCOLI



FISH