

Mediterranean Flavors Sample Menus

Try 1-2 of the featured recipes paired with some simple sides to complement the meal!

1. WG Pita (½ oz eq Ages 1-5/ 1 oz eq Ages 6+)

Chicken Shawarma (see recipe page)

Diced tomato & cucumber mix (1/8 cup Ages 1-2/ ¼ cup Ages 3-5/ ½ cup Ages 6+)

Melon Mint Salad (see recipe page)

2. **Mujaddara (see recipe page)**

Hummus (see recipe page)

Roasted Zucchini (1/8 cup Ages 1-2/ ¼ cup Ages 3-5/ ½ cup Ages 6+)

Orange Wedges (1/8 cup Ages 1-2/ ¼ cup 3+)

3. **Chicken Shawarma (see recipe page)**

Brown Rice (½ oz eq Ages 1-5/ 1 oz eq Ages 6+)

Tzatziki (see recipe page)

Red Pepper slices (1/8 cup Ages 1-2/ ¼ cup Ages 3-5/ ½ cup Ages 6+)

Sliced melon (1/8 cup Ages 1-2/ ¼ cup Ages 3+)

4. **Hummus (see recipe page)**

WW Pita (½ oz eq Ages 1-5/ 1 oz eq Ages 6+)

Broccoli florets (1/8 cup Ages 1-2/ ¼ cup Ages 3-5/ ½ cup Ages 6+)

Apple slices (1/8 cup Ages 1-2/ ¼ cup Ages 3+)

5. **Mujaddara (see recipe page)**

Mozzarella cheese (1 oz eq Ages 1-2/ 1.5 oz eq Ages 3-5 / 2 oz eq Ages 6+)

Steamed green beans (1/8 cup Ages 1-2/ ¼ cup Ages 3-5/ ½ cup Ages 6+)

Melon Mint Salad (see recipe page)

6. **Chicken Shawarma (see recipe page)**

Couscous (½ oz eq Ages 1-5/ 1 oz eq Ages 6+)

Cucumbers sticks (1/8 cup Ages 1-2 ¼ cup Ages 3-5/ ½ cup Ages 6+)

Hummus (see recipe page)

Blueberries (1/8 cup Ages 1-2/ ¼ cup Ages 3+)

