

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 5:00AM to 11:30AM

BUILD YOUR OWN GRANOLA PARFAIT 7

Low-fat vanilla Greek yogurt, organic granola, strawberries, blueberries and raspberries 🍓

BLUEBERRY & BANANA PANCAKE LOLLIPOPS 7

Banana and blueberries cooked into pancake and served with low-fat yogurt, fruit salad and syrup

HAM, EGG & CHEESE QUESADILLA 7.50

Two eggs, corn tortilla, low sodium ham, cheese and pico de gallo

Lunch or dinner 11:30AM to 11:00PM

CHICKEN NOODLE SOUP 7

Fresh garden vegetables and thin whole wheat pasta

CHICKEN FINGERS 8

Baked chicken in corn-flake breading served with carrots, celery sticks and low-fat ranch sauce

GRILLED BEEF BURGER 9

Mustard, lettuce, tomato, oven-roasted sweet potatoes and vegetable crudité

ZUCCHINI PIZZA 9

Split zucchini topped with tomato sauce, cherry tomatoes, basil,

panko crumbs, Mozzarella cheese and Parmesan cheese

ASIAN-STYLE SALMON WITH SOBA NOODLES 11

Baked salmon with fresh ginger, carrots, red peppers, onions and sesame seeds

Poutine

JE M'APPELLE POUTINE 10.00

Traditional poutine with roasted red skin and russet potato wedges, cheese curds and gravy

TOMAYTO-TOMAHTO POUTINE 10.00

Roasted red skin and russet potato wedges with chunky tomato sauce and cheese curds, yogurt and grapes ^{and Carbin}

BUTTER CHICKEN POUTINE 10.00

Roasted sweet potato wedges with butter chicken and cheese curds

Drinks

STRAWBERRY YOGURT MILKSHAKE 6

strawberries with low-fat vanilla Greek yogurt

FRUIT SMOOTHIE 6

strawberries, blueberries and bananas blended with orange juice and honey

SuperFoodsRx

Desserts

RICE PUDDING 6

Brown rice and almond milk topped with dark chocolate, orange peel and cranberries

APPLE FRUIT SALAD 6

Cored apples filled with fresh fruits

SuperFoodsRx

Find the healthy foods hidden in the picture, or color in your favorite plants and animals.



apple



onion



avocado



cherries



lemon



grapes



broccoli



cabbage