D:\Dropbox\Healthy Kitchens Healthy Children Project\Healthy Kitchens Project\Results and papers\Methods and Process evaluation\Submission\PHN\Response\Supplementary-Figure1.tif

Supplementary Figure 1- Four-week menu

Supplementary Table1- Sample 5 day menu

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| **Snack** | **Ingredients** | **Nutritional content** |
| Lentils and rice (*mjaddrah*) (200g) + Salad (1 cup) | Medium grain rice, lentils, lemon juice, cumin and table salt + Shredded cabbage, lemon juice, olive oil and table salt. | Energy: 345 kcal  Carbohydrate: 63.5g Protein: 15.1g Fat: 3.4g |
| Rice milk pudding (*riz bhalib*) (150g)+ Fruit (1 piece) | Orange blossom water, powder wheat starch, white granulated sugar, vitamin D fortified powdered milk and medium grain rice. + fruits | Energy: 238 kcal  Carbohydrate: 45.6g Protein: 4.9g Fat: 4.0g |
| Cabbage rolls and grape leaves with meat and rice (*malfouf w waraq inab*) (2 cabbages,2 grapes) + Yogurt (*laban*) (1/2 cup) | Cabbage, grape leaves, ground beef, garlic, medium grain rice, olive oil and table salt + Vitamin D fortified powdered milk and yogurt. | Energy: 314 kcal  Carbohydrate: 41.8 g Protein: 13.0g Fat: 10.5g |
| Bulgur and Chickpeas (*bulgur bi hummus*) (200g) +Salad (1 cup) | Bulgur, Chickpeas/Garbanzo, onions, olive oil, ground black pepper and table salt + Tomatoes, romaine lettuce, olive oil, lemon juice and table salt. | Energy: 362 kcal  Carbohydrate: 59.8g Protein: 13.6g Fat: 7.6g |
| Meat pies (*laham bi ajeen)* (90 g) + Yogurt (*laban*) (1/2 cup) | All-purpose wheat, ground beef, baker yeast, tomatoes, onions, olive oil, allspices, cinnamon, table salt and sugar + Vitamin D fortified powdered milk and yogurt. | Energy: 463 kcal  Carbohydrate: 67.1 g Protein: 16.0g Fat: 14.5g |