



HARROW  
INTERNATIONAL  
SCHOOL

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DUBAI

JOIN *the* HARROW TABLE



# DINING AT HARROW INTERNATIONAL SCHOOL DUBAI

**I**n partnership with the award-winning Leela's Lunches, Harrow Dubai introduces a distinctive dining experience to the region, founded on the shared commitment to delivering a pupil-centred offering of the highest calibre.

The dining offering presents a thoughtfully curated menu that celebrates Harrow's rich British heritage whilst embracing a wide array of international cuisines, embodying the vibrant multicultural spirit of the UAE.

The Harrow Dubai menu is crafted to provide balanced, nutrient-rich meals that support every aspect of a pupil's day. By prioritising whole foods, essential vitamins, and slow-release carbohydrates, the meals contribute to overall wellbeing, emotional balance, and academic performance, ensuring pupils are fuelled to thrive both mentally and physically.





# COMMUNITY EATING AT HARROW

**H**arrow has a strong tradition of community eating where pupils sit and eat together. This approach to dining builds the sense of belonging that is integral to imparting the values and ethos Harrow has upheld over their 450-year history.

Leela's Lunches is equally passionate about community dining, which naturally fosters healthy eating habits and social interaction.

At Harrow Dubai, community dining is regarded as an integral part of a pupil's development - a daily opportunity to reinforce wellbeing, cultivate discipline, and foster thoughtful decision-making. The dining experience brings pupils and staff together in a spirit of community and conversation. Mealtimes are designed to encourage connection, and reinforce the values of respect, responsibility, and togetherness that underpin the Harrow Values and ethos.

Since 2021, Leela's Lunches has been a trusted partner of the Taaleem schools. Harrow Dubai selected Leela's Lunches not only for the quality of their food but also for their commitment to delivering a unique, community focused dining experience designed for Harrow. Leela's Lunches has consistently demonstrated their ability to nurture lifelong healthy habits, helping children broaden their palates and make thoughtful, health-conscious choices.

# THE FOOD PHILOSOPHY

## Leela's Lunches food adheres to a strong health philosophy:

- All meals and snacks are prepared fresh daily using high-quality ingredients, prioritising wholegrains
- Fresh vegetables, fruit and bone broth made from scratch form the basis of each recipe
- No preservatives, additives, artificial or refined sweeteners are used within the food
- Portion sizes follow British Paediatric guidelines and local authority requirements
- Allergy-friendly options are available, including dairy-free, gluten-free, bean-free, vegan and other tailored meals, ensuring every child is safely accommodated





## DINING IN THE EARLY YEARS

**T**he dining principles at Harrow International School Dubai remain consistent across all age groups. Pupils will eat together as a community, supported by a thoughtfully age-appropriate menu tailored to their developmental needs.

The approach goes beyond the food itself, focusing on how children experience mealtimes and nurturing positive habits within the early years setting. Harrow Dubai will embed food education into the daily routine, helping children understand healthy eating as an integral part of their learning journey.

Leela's Lunches brings invaluable expertise, drawing on a strong foundation in child psychology, to ensure mealtimes support children's social, emotional, and cognitive development.

Leela's has developed a comprehensive programme especially for the early years and pioneered this in the UAE. This programme seamlessly embeds food education into the daily routine. In this way, children begin to understand healthy eating before, during, and after mealtimes, making food an integral part of their learning journey.



## SUSTAINABILITY

**E**nvironmental responsibility is a core value taught to our pupils and a guiding principle of the Harrow Dubai menu.

Ingredients are locally sourced where possible to support local businesses, and recipes are optimised to reduce carbon footprint.

The focus does not end there as we also use data analytics to minimise waste in the dining hall. We are committed to monitoring and continually reducing our environmental impact and driving meaningful, lasting change.

# BEYOND THE PLATE

Healthy eating is a core part of Harrow's culture and curriculum.

## For pupils:

Partnering together, Leela's Lunches and Harrow Dubai provide food technology as part of the pupil's education. The experience is designed to mimic a domestic kitchen and focus on daily balanced meals that children can prepare and cook at home.

## For parents:

Leela's Lunches conduct information sessions for the parent community on a range of paediatric nutrition topics to help demystify healthy eating and share practical tips. This ensures alignment between the child's school and home life, extending the benefits of our community dining approach beyond the school day.



**Leela's**  
lunches

# ABOUT LEELA'S LUNCHES

**L**eela's Lunches is dedicated to shaping the palates of the next generation, guiding children towards wholesome, nourishing food.

Our philosophy is simple yet impactful: we replace additives, refined sugars and processed products with fresh vegetables, wholegrains and balanced ingredients.

We offer hot lunches and nutritious snacks inspired by global cuisines, all prepared from scratch, fresh on the day, and in line with our strict health philosophy. Working with trusted suppliers, sourcing locally where possible, and upholding sustainable practices, we ensure that every meal reflects our commitment to quality and well-being.

Today, Leela's Lunches provides more than 20,000 meals daily across leading schools and nurseries in the UAE. With three central kitchens, a team of over 150 dedicated staff, and a strong focus on food education.





## LAVI CHANDRA

CO-FOUNDER & CEO

With over a decade of leadership experience in global investment banking at RBS, Barclays and KPMG across the US, UK, India, and the Middle East, Lavi co-founded Leela's Lunches to combine her entrepreneurial drive with her commitment to children's well-being.

Under her direction, the company has expanded from a single nursery to partnerships with more than 50 nurseries and 10 schools across Dubai and Abu Dhabi. Passionate about the role of nutritious, high-quality food in education, she has been instrumental in advancing sustainability initiatives and embedding healthy eating practices across all partner schools.

Her vision and dedication have earned Leela's Lunches multiple start-up awards, while she remains focused on tailoring services to meet the evolving needs of children, families and schools.



## KANIKA HUGHES

CO-FOUNDER &  
EXECUTIVE NUTRITIONIST

Kanika is the creative force behind Leela's Lunches, blending classical training in French cuisine at Le Cordon Bleu with expertise in Ayurvedic and holistic cooking. Certified as a Health Coach with the Institute of Integrative Nutrition, she brings a distinctive philosophy that food should be as nourishing as it is appealing.

Inspired by her daughter Leela, she develops recipes tailored to children's nutritional needs, oversees menu innovation, and leads parent and teacher workshops on health and wellbeing.

A recognised speaker and media contributor, Kanika is a thought leader in healthy education, pioneering community-style dining in early childhood settings to foster lifelong positive food experiences.

# FAQs

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## HEALTH PHILOSOPHY

### Is the food healthy?

All meals are freshly prepared from scratch, with fruit and vegetables at the core of every recipe and no use of preservatives or artificial additives. We prioritise wholegrains, natural sweeteners, responsibly sourced produce, and healthy fats such as olive oil, coconut oil, butter and ghee.

### Is the food organic?

We prioritise certified produce with a focus on meat, poultry, eggs and dairy. These are sourced with higher standards of certification - hormone and antibiotic free, and where possible, free-range. Additionally, we aim for produce to be procured locally.

### Is my child getting enough protein?

According to leading health guidelines, children require the following average daily intake of protein:

Ages 4 to 8: 19g	Ages 14 to 18 (girls): 46g
Ages 9 to 13: 34g	Ages 14 to 18 (boys): 52g

Our menus are carefully designed to meet or exceed these recommendations, while balancing carbohydrates and fats to support healthy growth and optimal nutrient absorption.

### Can I opt for a lower-carb menu for my child?

We do not recommend low-carbohydrate diets for children. Leading health guidelines advise that 45-60% of a child's diet should come from carbohydrates, primarily from vegetables, wholegrains and fruit. Carbohydrates are the body's primary source of energy, essential for growth, learning, and physical activity.

## PORTION SIZES

### What are your portion sizes?

Our portion sizes follow the British Paediatric guidelines set out by the National Health Service 'Eatwell' guide and the British Nutrition Foundation. They are also aligned with recommendations from local health authorities, Dubai Municipality and SEHHI - the health labelling and food programme launched by the Abu Dhabi Public Health Centre.

According to these standards, snacks range from 40-60 grams for sweet baked items, 100 grams for savoury snacks, and up to 250 grams for heartier items such as salads and sandwiches that may serve as a meal replacement. Hot lunches are carefully portioned to remain under 300 grams in total for a combined main and side. For younger children, age-appropriate portions are observed: 100-150 grams for a snack, and 220-300 grams for a combined main and side.

### How do I know how much my child has eaten?

For younger pupils, each menu item is accompanied by detailed nutritional information and a photo reference of the portion served which will be shared with parents.

To learn more about how much your child ate or whether they had additional helpings, you may ask the class teacher, who is present at mealtimes to encourage healthy habits, table etiquette, and the gradual broadening of each child's palate.

## ALLERGIES

### My child has allergies. Will you be able to cater for this?

Our meal programme accommodates most allergies, including combination allergies. The only exceptions are coeliac and airborne allergies, or cases where restrictions are too extensive.

Allergy meals are prepared and packaged separately with special labels to avoid cross-contamination, but are designed to look and feel as similar as possible to the regular menu, ensuring every child can enjoy the mealtime experience without feeling excluded.

## SUSTAINABILITY

### Are the meals sustainably produced?

Our approach follows a clear farm to fork philosophy, ensuring that every stage of the process respects both people and the planet. From sourcing to serving, we consider the entire journey of each ingredient that reaches a child's plate.

- **Sourcing:** prioritising local and regional produce wherever possible
- **Production:** carefully calculating the carbon footprint of each meal to minimise environmental impact
- **Packaging:** choosing reusable or recyclable materials to reduce waste
- **Transport:** pioneering the use of electric vehicles within our fleet
- **Wastage:** employing data-driven systems to ensure right-sizes production
- **Composting:** partnering with schools to recycle food waste through composting initiatives

## HEALTH AND SAFETY

### How is the food prepared?

Meals and snacks are prepared fresh on the day at Leela's kitchen facility, located close to the school. The kitchen facility is HACCP certified, and is currently implementing ISO 22000, the international gold standard for food safety.

The food is transported using temperature-controlled vehicles, ensuring it remains at the correct temperature throughout its short journey.

Deliveries are made twice daily for morning snacks, followed by freshly prepared lunches and afternoon snacks. This ensures children enjoy meals that are not only safe, but also freshly made, wholesome, and full of nutritional value.



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# COMMUNITY

## **Why follow the shared dining experience?**

The Harrow dining experience is an established part of tradition, embedded in the curriculum since Harrow on the Hill's founding in 1572. More than nourishment, it is a structured practice that fosters healthy habits, social bonds, and a sense of belonging.

Communal dining encourages children to eat together, share experiences, and learn from one another. Over time, the positive peer effect helps even the most selective eaters develop confidence, broaden their tastes, and adopt stress-free, fuss free eating habits.

## **My child is a picky eater...**

Picky eating is common, and the dining experience is designed to help children gradually broaden their palate in a supportive community setting. Childhood is a key stage for establishing lifelong healthy habits, and repeated exposure to a variety of flavours, textures, and colours is essential in encouraging children to accept and enjoy new foods.

At school, pupils are introduced to a three-week rotational menu, ensuring balanced variety and repeated exposure. At home, we encourage parents to mirror this approach by offering diverse meals without relying on safe alternatives. Over time, this consistency helps children develop a healthy, confident relationship with food.

## **My child doesn't eat vegetables or certain foods...**

It can take up to 17 exposures for a child to become familiar with a new food. Parents can support this process by offering small, approachable portions, incorporating hidden vegetables where appropriate, and serving more vegetables and savoury whole foods rather than fruit or convenience foods.

## **My child already has a healthy diet...**

That's wonderful. Beyond nutrition, the dining experience provides valuable social benefit - sharing meals fosters community, develops etiquette, and encourages curiosity for a wide range of cuisines. Over time, this experience broadens children's palates and helps prepare them for the diverse, global world they will inherit.

# THE HARROW TABLE

At Harrow Dubai we believe the Dining Programme is an integral part of a child's school experience. Our compulsory programme is designed to provide nutritious and balanced meals that will fuel learning throughout the entire school day. The offering will include breakfast serving (where applicable), morning tea, lunch and afternoon tea (where applicable).

## Sample Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	beef lasagna + steamed carrot, green beans and broccoli	beef or bean burger + oven baked potato wedges & scratch made ketchup	English roast dinner (roast beef + yorkshire puddings + steamed veg + roast potatoes)	white cheddar mac and cheese with chicken & broccoli + wholewheat garlic knots	roast chicken with gravy + roast potatoes + steamed peas and carrots
Main 2	Ho chi minh chicken stirfry + egg fried rice	Lebanese chicken with scratch made 7 spice + steamed basmati + tzatziki	Arabic chicken wrap (chicken + fattoush salad + garlictoum)	beef hash with caramelised onions & carrots + jacket potatoes + butter beans	beef korma + naan bread + cucumber raita
Main (veg)	cheesy twice baked potatoes with rosemary grilled peppers; summer vegetable stew + wholewheat rolls	stirfried egg and vegetable noodles + soy honey garlic potatoes	bean burrito (trio of beans + cilantro lime rice + guac + sour cream + cheese)	chickpea & veggie curry + cumin scented rice + poppadoms	powerpacked pizza + lemony white bean salad with broccoli
Accompaniments	roasted root veg salad with cranberries and pepitas, strawberry banana yogurt, crunchy veg rice paper rolls	healthy purple slaw, guacamole with pita chips, multiseed bread rolls with butter	cucumber and melon salad, mixed bean and pumpkin dip with pita chips, sticky toffee pudding	Greek salad with herbed feta, mango yogurt, sundried tomato focaccia	beetroot salad with sheep's cheese and olives, apple and raisin yogurt, Victoria sponge with scratch made mixed berry jam filling

## Costings

Dining fees will be billed termly, directly by our catering partner, Leela's Lunches. Fees are inclusive of VAT.

	Term 1	Term 2	Term 3	Total Per Year
FS1	AED 2,660	AED 1,995	AED 1,995	AED 6,650
FS2	AED 3,082	AED 2,311.50	AED 2,311.50	AED 7,705
Year 1 - Year 2	AED 3,864	AED 2,898	AED 2,898	AED 9,660
Year 3 - Year 4	AED 4,730	AED 3,547.50	AED 3,547.50	AED 11,825
Year 5 - Year 6	AED 5,376	AED 4,032	AED 4,032	AED 13,440



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