

# harness foods

September 30th - October 4th 2024

# MENU

أكاديمية امبسادور الدولية  
**AMBASSADOR**  
INTERNATIONAL ACADEMY  
INSPIRE INQUIRE INNOVATE



## MONDAY

Chicken pizza panini

Allergen: gluten & dairy

Shish tawook chicken panini

Allergen: gluten & dairy

Cheesy beef quesadillas

Allergen: gluten & dairy

Chicken pesto with fusilli pasta

Allergen: gluten & dairy

Pulled beef with mixed peppers and jasmine rice

Allergen: soy

Pulled BBQ mushrooms with jasmine rice

Allergen: soy

## TUESDAY

Chicken teriyaki panini

Allergen: gluten, soy & dairy

Meatball pesto panini

Allergen: gluten & dairy

Buffalo chicken quesadilla

Allergen: gluten & dairy

Penne arrabbiata with chicken

Allergen: gluten, dairy & egg

Chicken teriyaki With broccoli and couscous

Allergen: soy

Penne arrabbiata with veg

Allergen: none

## WEDNESDAY

Honey mustard chicken panini

Allergen: gluten & dairy

BBQ chicken panini

Allergen: gluten, soy & dairy

Spicy slow-cooked chicken with cheese quesadilla

Allergen: gluten & dairy

Butter chicken curry with rice and paratha

Allergen: gluten & dairy

Beef kharouf with pita bread and tzatziki sauce

Allergen: gluten & dairy

Veg curry

Allergen: none

## THURSDAY

Chicken pesto panini

Allergen: gluten & dairy

Pulled beef panini

Allergen: gluten & dairy

Chicken sausage quesadillas

Allergen: gluten & dairy

Beef fried couscous with tomato relish

Allergen: none

Sweet & sour chicken with jasmine rice

Allergen: none

## FRIDAY

Lemon & herb chicken panini

Allergen: gluten & dairy

Chilli con carne panini

Allergen: gluten & dairy

Fajita quesadillas

Allergen: gluten & dairy

Low-fat yoghurt pancakes

Allergen: gluten, egg & dairy

## HEALTHY EATING TIPS

- Eat a Variety of Foods
- Stay Hydrated
- Portion Control
- Limit Added Sugars & Refined Carbs
- Choose Healthy Fats
- Eat Whole Grains
- Include Protein in Every Meal
- Snack Smartly
- Limit Sodium Intake
- Eat Mindfully.

Fuelling tomorrow's minds 

