

harness foods

September 30th- October 4th 2024

MENU



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MONDAY

Chicken pizza panini

Allergen: gluten & dairy

Shish tawook chicken panini

Allergen: gluten & dairy

Cheesy beef quesadillas

Allergen: gluten & dairy

Penne arrabbiata with chicken

Allergen: gluten egg & dairy

Chicken teriyaki with broccoli and couscous

Allergen: soy & gluten

Penne arrabbiata with veg

Allergen: none

TUESDAY

Chicken teriyaki panini

Allergen: gluten, soy & dairy

Meatball pesto panini

Allergen: gluten & dairy

Buffalo chicken quesadilla

Allergen: gluten & dairy

Butter chicken curry with rice and paratha

Allergen: gluten & dairy

Beef kharouf with pita bread with tzatziki sauce

Allergen: gluten & dairy

Veg curry with jasmine rice (gluten-free)

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

beef fried couscous with tomato relish

Allergen: none

Sweet & sour chicken with jasmine rice (gluten free)

Allergen: none

Sweet & sour tofu with rice

Allergen: soy

THURSDAY

Chicken pesto panini

Allergen: gluten & dairy

Pulled beef panini

Allergen: gluten & dairy

Chicken sausage quesadillas

Allergen: gluten, soy & dairy

Chicken strips & roasted potatoes

Allergen: gluten, & egg

Pizza margherita

Allergen: gluten & dairy

Garlic and thyme chicken tenders with roasted potatoes (gluten-free)

Allergen: none

FRIDAY

Lemon & herb chicken panini

Allergen: gluten & dairy

Chilli con carne panini

Allergen: gluten & dairy

Fajita quesadillas

Allergen: gluten & dairy

Vanilla waffles

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 

