

harness foods

February 10th -14th 2025

MENU

أكاديمية امباسادور الدولية
AMBASSADOR
INTERNATIONAL ACADEMY
INSPIRE INQUIRE INNOVATE



MONDAY

Chicken pizza panini

Allergen: gluten & dairy

Shish tawook chicken panini

Allergen: gluten & dairy

Cheesy beef quesadilla

Allergen: gluten & dairy

Beef bulgogi with rice and veg

Allergen: gluten & soy

Penne arrabbiata with chicken

Allergen: gluten, dairy, May contain soya, mustard

Lentil curry

Allergen: celery

TUESDAY

Chicken teriyaki panini

Allergen: gluten, soy & dairy

Meatball pesto panini

Allergen: gluten & dairy

Buffalo chicken quesadilla

Allergen: gluten & dairy

Lemon and herb chicken with rice & steamed veg

Allergen: None

Conchiglie meatball pasta

Allergen: gluten, egg, dairy may contain mustard & soya

Pasta with veg (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

Buffalo chicken quesadilla

Allergen: gluten & dairy

Beef kharouf with pita bread, roast potatoes and tzatziki sauce

Allergen: gluten & dairy

Creamy coconut chicken with rice and veg

Allergen: celery and mustard

Bean curry with brown rice

Allergen: None

THURSDAY

Chicken pesto panini

Allergen: gluten & dairy

Pulled beef panini

Allergen: gluten & dairy

Korean chicken quesadillas

Allergen: gluten & dairy

Chicken strips with roasted potato wedges & coleslaw

Allergen: gluten, dairy & egg

Chicken fried rice

Allergen: egg, gluten & soya

Veggie fried rice

Allergen: egg, gluten & soya

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 

