

# harness foods

September 30th- October 4th 2024

# MENU



## MONDAY

Chicken pizza panini

Allergen: gluten & dairy

Cheesy beef quesadillas

Allergen: gluten & dairy

Penne arrabbiata with chicken and veg

Allergen: gluten egg & dairy

Penne arrabbiata with assorted veg

Allergen: none

## TUESDAY

Chicken teriyaki panini

Allergen: gluten, soy & dairy

Meatball pesto panini

Allergen: gluten & dairy

Butter chicken curry with rice and paratha

Allergen: gluten & dairy

Veg curry

Allergen: gluten

## WEDNESDAY

Buffalo chicken quesadillas

Allergen: gluten & dairy

BBQ chicken panini

Allergen: gluten, soy & dairy

Sweet and sour chicken with rice

Allergen: none

Sweet and sour tofu with rice

Allergen: soy

## THURSDAY

Pulled beef panini

Allergen: gluten & dairy

Chicken and cheese panini

Allergen: gluten & dairy

Chicken strips & roasted potatoes

Allergen: gluten, soy & egg

Pizza margherita

Allergen: gluten & dairy

## FRIDAY

Chicken and cheese panini

Allergen: gluten & dairy

BBQ chicken panini

Allergen: gluten & dairy

Low-fat yoghurt pancakes

Allergen: gluten & 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 

