

# harness foods

November 25th - 29th 2024

# MENU



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## MONDAY

Chicken pizza panini

Allergen: gluten & dairy

Shish tawook chicken panini

Allergen: gluten & dairy

Cheesy beef quesadilla

Allergen: gluten & dairy

Beef lasagne

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

Crumbled fish with mash and peas

Allergen: gluten, egg & dairy

Veg lasagne

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

## TUESDAY

Chicken teriyaki panini

Allergen: gluten, soy & dairy

Meatball pesto panini

Allergen: gluten & dairy

Buffalo chicken quesadilla

Allergen: gluten & dairy

Fettucine with slow cooked beef

Allergen: gluten, egg may contain soy and mustard

Veg curry with rice

Allergen: dairy, mustard & gluten

Sweet potato chicken curry with rice and paratha

Allergen: sulphites & gluten

## 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

Cajun chicken burger with coleslaw

Allergen: sulphites & gluten

Falafel burger

Allergen: none

Sweet chili beef noodles

Allergen: soya, egg, gluten

## THURSDAY

Chicken pesto panini

Allergen: gluten & dairy

Pulled beef panini

Allergen: gluten & dairy

Korean chicken quesadillas

Allergen: gluten, soy & dairy

Chicken strips with potato wedges

Allergen: gluten, egg & dairy

Pizza margherita

Allergen: gluten, soy & 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

French toast

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 



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