

# harness foods

March 10th - 14th DESS

# MENU



## MONDAY

Chicken pizza panini

Allergen: gluten & dairy

Cheesy beef quesadillas

Allergen: gluten & dairy

Penne pink with chicken

Allergen: gluten, celery, dairy, may contain soy, mustard

Pasta with veg

Allergen: gluten, celery, dairy, may contain soy, mustard

## TUESDAY

Chicken teriyaki panini

Allergen: gluten, soy & dairy

Meatball pesto panini

Allergen: gluten & dairy

Chicken mandi with vermicelli rice & paratha

Allergen: gluten

Veg tikka masala with rice and paratha

Allergen: gluten & dairy

## WEDNESDAY

Buffalo chicken quesadillas

Allergen: gluten & dairy

BBQ chicken panini

Allergen: gluten, soy & dairy

Chicken katsu with rice and steamed veg

Allergen: gluten, mollusks, crustacean, soya, dairy, eggs, fish, mustard, sulphites

Stir-fry quinoa

Allergen: gluten & soya

## THURSDAY

Chicken pesto panini

Allergen: gluten & dairy

Pulled beef panini

Allergen: gluten & dairy

Chicken strips & roasted potatoes

Allergen: gluten, egg & dairy

Pizza margherita

Allergen: gluten & dairy

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

Allergen: none

## FRIDAY

Honey mustard chicken panini

Allergen: gluten, mustard & dairy

Lemon & herb chicken panini

Allergen: gluten & dairy

Korean 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 

