

harness foods

February 3rd - 7th 2025

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: gluten, dairy & egg, may contain soy, mustard

Chicken piccata with rice and veg

Allergen: gluten

Eggplant parmigiana

Allergen: soya, gluten, celery & dairy

TUESDAY

Chicken teriyaki panini

Allergen: gluten, soy & dairy

Meatball pesto panini

Allergen: gluten & dairy

Buffalo chicken quesadilla

Allergen: gluten & dairy

Sweet potato chicken curry with rice & paratha

Allergen: gluten & sulphites

Fettucine with slow cooked beef

Allergen: gluten, eggs may contain soy & mustard

Veg curry with rice

Allergen: gluten & dairy

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

Sweet chili beef noodles

Allergen: egg, gluten & soya

Cajun chicken burger with coleslaw

Allergen: gluten, egg, dairy may contain mustard

Penne pesto with veg (gluten free)

Allergen: none

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 & 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 

