

# harness foods

February 10th - 14th 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

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

## TUESDAY

Chicken teriyaki panini

Allergen: gluten, soy & dairy

Meatball pesto panini

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

Pasta with eggplant

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

Chicken fried rice

Allergen: egg, gluten & soya

Beef noodle soup

Allergen: gluten, egg, celery & sulphite

Sweet & sour tofu with rice and veg

Allergen: soy

## 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

Vanilla waffles

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 

