

harness foods

November 25th - 29th 2024

MENU

أكاديمية امبسادور الدولية
AMBASSADOR
INTERNATIONAL ACADEMY
INSPIRE INQUIRE INNOVATE



MONDAY

Chicken pizza panini

Allergen: gluten & dairy

Shish tawook chicken panini

Allergen: gluten & dairy

Cheesy beef quesadilla

Allergen: gluten & dairy

Balsamic chicken with rice and veg

Allergen: gluten, soy may contain sulphites

Macaroni bolognese

Allergen: gluten dairy & celery may contain soy & mustard

Vegan malai kofta

Allergen: none

TUESDAY

Chicken teriyaki panini

Allergen: gluten, soy & dairy

Meatball pesto panini

Allergen: gluten & dairy

Buffalo chicken 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

Pasta with veg

Allergen: 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

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

THURSDAY

Chicken pesto panini

Allergen: gluten & dairy

Pulled beef panini

Allergen: gluten & dairy

Korean chicken quesadillas

Allergen: gluten & dairy

Chickpea curry with jasmine rice

Allergen: none

Sweet chili beef noodles

Allergen: none

Balsamic chicken with rice and veg

Allergen: soya may contain sulphites

FRIDAY

Lemon & herb chicken panini

Allergen: gluten & dairy

Chilli con carne panini

Allergen: gluten & dairy

Fajita 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 

