

harness foods

March 10th - 14th 2025

MENU

أكاديمية امباسادور 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

Beef teriyaki with rice and steamed veg

Allergen: gluten, molluscs, soya, sulphites

Chicken pesto fusilli pasta

Allergen: gluten, dairy, may contain soya, mustard

Masoor dal with jasmine rice

Allergen: mustard

TUESDAY

Chicken teriyaki panini

Allergen: gluten, soy & dairy

Meatball pesto panini

Allergen: gluten & dairy

Buffalo chicken quesadilla

Allergen: gluten & dairy

Penne pink with chicken

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

Chicken enchiladas with napolitana

Allergen: Dairy & gluten

Pasta with veg

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

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

Buffalo chicken quesadilla

Allergen: gluten & dairy

Chicken mandi with vermicelli rice & paratha

Allergen: gluten

Cottage pie

Allergen: dairy & celery

Veg tikka masala with rice and paratha

Allergen: gluten & dairy

THURSDAY

Chicken pesto panini

Allergen: gluten & dairy

Pulled beef panini

Allergen: gluten & dairy

Korean chicken quesadillas

Allergen: gluten & dairy

Chicken strips with roasted potato wedges & coleslaw

Allergen: gluten, dairy & egg

Stir-fry noodle with chicken

Allergen: egg, gluten, soya, mollusk & crustacean

Stir-fry quinoa

Allergen: gluten & soya

FRIDAY

Lemon & herb chicken panini

Allergen: gluten & dairy

Chilli con carne panini

Allergen: gluten & dairy

Fajita quesadillas

Allergen: gluten & dairy

Vanilla waffles

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 

