

harness foods

September 2nd - 6th 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 quesadillas

Allergen: gluten & dairy

Chicken pesto with fusilli pasta

Allergen: gluten & dairy

Beef teriyaki with pineapple & jasmine rice

Allergen: gluten & soy

Fusilli pesto 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

Vegetable fried noodles

Allergen: gluten & dairy

Sweet chilli fried beef noodles with vegetables

Allergen: gluten & dairy

Lemon & herb chicken with steamed vegetables & mash (gluten-free)

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

Bean curry with brown rice (gluten free)

Allergen: none

Chicken teriyaki with roasted potatoes

Allergen: gluten & dairy

Beef kofta with pulao rice & tomato relish

Allergen: gluten & dairy

THURSDAY

Chicken pesto panini

Allergen: gluten & dairy

Pulled beef panini

Allergen: gluten & dairy

Chicken sausage quesadillas

Allergen: gluten & dairy

Beef stroganoff with jasmine rice & mixed capsicum (gluten free)

Allergen: none

Balsamic chicken with mashed potato & steamed veg

Allergen: gluten & dairy

FRIDAY

Lemon & herb chicken panini

Allergen: gluten & dairy

Chilli con carne panini

Allergen: gluten & dairy

Fajita quesadillas

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 

