

# harness foods

September 2nd - 6th 2024

# MENU



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## MONDAY

Chicken pizza panini

Allergen: gluten & dairy

Shish tawook chicken panini

Allergen: gluten & dairy

Cheesy beef quesadillas

Allergen: gluten & dairy

Sweet chilli fried beef noodles with vegetables

Allergen: gluten & egg

Lemon & herb chicken with steamed vegetables & mash

Allergen: Dairy

Vegetable fried rice

Allergen: gluten & egg

## TUESDAY

Chicken teriyaki panini

Allergen: gluten, soy & dairy

Meatball pesto panini

Allergen: gluten & dairy

Buffalo chicken quesadilla

Allergen: gluten & dairy

Beef kofta with pulao rice & tomato relish

Allergen: gluten

Chicken teriyaki with roasted potatoes

Allergen: Soy

Bean curry

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

Beef stroganoff with jasmine rice & mixed capsicum

Allergen: gluten

Balsamic chicken with mashed potato & steamed vegetable

Allergen: dairy

sweet potato and lentil curry with rice (gluten free)

Allergen: none

## THURSDAY

Chicken pesto panini

Allergen: gluten & dairy

Pulled beef panini

Allergen: gluten & dairy

Chicken sausage quesadillas

Allergen: gluten, soy & dairy

Chicken strips & roasted potatoes

Allergen: gluten & dairy

Pizza margherita

Allergen: gluten & 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 with honey

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 

