

# harness foods

March 17th -21st 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

Chicken Satay with yellow rice and veg

Allergen: gluten & soy

Macaroni bolognese

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

Vegan malai kofta (gluten free)

Allergen: soy

## TUESDAY

Chicken teriyaki panini

Allergen: gluten, soy & dairy

Meatball pesto panini

Allergen: gluten & dairy

Buffalo chicken quesadilla

Allergen: gluten & dairy

Beef lasagne

Allergen: gluten, dairy & egg, may contain soy, mustard

Chicken piccata with rice and veg

Allergen: gluten

Pasta with veg (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

Buffalo chicken quesadilla

Allergen: gluten & dairy

Sweet potato chicken curry with rice & paratha

Allergen: gluten & sulphites

Fettucine with slow cooked beef

Allergen: gluten, eggs may contain soy & mustard

Veg curry with rice

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

Sweet chili beef noodles

Allergen: egg, gluten & soya

Penne pesto with veg (gluten free)

Allergen: none

## 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 

