

harness foods

March 17th - 21st 2025

MENU



MONDAY

Chicken pizza panini

Allergen: gluten & dairy

Cheesy beef quesadillas

Allergen: gluten & dairy

Beef lasagne

Allergen: dairy, gluten, eggs, may contain soya & mustard

Veg lasgane

Allergen: dairy, gluten, eggs, may contain soya & mustard

TUESDAY

Chicken teriyaki panini

Allergen: gluten, soy & dairy

Meatball pesto panini

Allergen: gluten & dairy

Fettucine with slow cooked beef

Allergen: gluten & eggs may contain soya & mustard

Veg curry with rice

Allergen: gluten & dairy

WEDNESDAY

Buffalo chicken quesadillas

Allergen: gluten & dairy

BBQ chicken panini

Allergen: gluten, soy & dairy

Cajun chicken burger with coleslaw

Allergen: gluten, eggs, soy, dairy may contain mustard, soya

Falafel burger

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

THURSDAY

Chicken pesto panini

Allergen: gluten & dairy

Pulled beef panini

Allergen: gluten & dairy

Chicken strips & roasted potatoes

Allergen: gluten, egg & dairy

Pizza margherita

Allergen: gluten & dairy

Garlic and thyme chicken tenders with roasted potatoes(gluten-free)

Allergen: none

FRIDAY

Honey mustard chicken panini

Allergen: gluten mustard & dairy

Lemon & herb chicken panini

Allergen: gluten & dairy

Korean quesadillas

Allergen: gluten & dairy

French toast

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 

