

# harness foods

February 10th - 14th 2025

# MENU



## MONDAY

Chicken pizza panini

Allergen: gluten & dairy

Cheesy beef quesadillas

Allergen: gluten & dairy

Conchiglie meatball pasta

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

Pasta with veg (gluten free)

Allergen: none

## TUESDAY

Chicken teriyaki panini

Allergen: gluten, soy & dairy

Meatball pesto panini

Allergen: gluten & dairy

Beef kharouf with pita bread, roast potatoes and tzatziki sauce

Allergen: gluten & dairy

Bean curry with rice

Allergen: none

## WEDNESDAY

Buffalo chicken quesadillas

Allergen: gluten & dairy

BBQ chicken panini

Allergen: gluten, soy & dairy

Chicken fried rice

Allergen: gluten, egg & soy

Vegetable fried rice

Allergen: gluten, egg & soy

## 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

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 

