

WEEK 1

MONDAY

BREAKFAST (choose 1 from sweet and savory option)

SWEET OPTION

- Blueberry Muffin with Yogurt
- Cranberry Cookie with Yogurt
- Home-Made Granola with Yogurt

SAVORY OPTION

- Beef Pesto Panini
- Chicken Fajita Quesadilla
- Feta Bell Pepper Egg Muffin

SNACKS

- Cucumber Sticks with Hummus
- Cheese Popcorn
- Watermelon Pot

BEVERAGE

- All Juices
- Milk
- Flavored Milk
- Iced Tea
- Smoothies

LUNCH

- Veg: Buttery Veg Curry with Rice & Cucumber Slices
- Chicken: Butter Chicken Curry with Rice & Cucumber Slices or Chicken Tikka Potato Pot with Grilled Peppers & Tomato
- Beef/Fish: Beef Ragu Pasta

TUESDAY

BREAKFAST (choose 1 from sweet and savory option)

SWEET OPTION

- Banana Bread with Yogurt
- Oatmeal with Apple
- Nut-free Flapjack With Yogurt

SAVORY OPTION

- Italian Chicken Panini
- Cheesy Beef Tomato Quesadilla
- Hashbrown with Baked Beans

SNACKS

- Carrot Sticks with Labneh
- Popcorn
- Pineapple & Orange Pot

BEVERAGE

- All Juices
- Milk
- Flavored Milk
- Iced Tea
- Smoothies

LUNCH

- Veg: Egg Fried Rice with French Beans, Carrot & Peas
- Chicken: Chicken Katsu with Rice & Sautéed Veggies
- Beef/Fish: Beef Shanghai Egg Noodles

WEDNESDAY

BREAKFAST (choose 1 from sweet and savory option)

SWEET OPTION

- Apple Muffin with Cream Cheese
- Mini Blueberry Pancake with Yogurt
- Cranberry Granola with Yogurt

SAVORY OPTION

- Scrambled Egg with Bread Sticks
- Chicken Bechamel Panini
- Cheesy Beef Quesadilla

SNACKS

- Rice Cake with Sour Cream
- Potato Bites
- Apple & Pear Pot

BEVERAGE

- All Juices
- Milk
- Flavored Milk
- Iced Tea
- Smoothies

LUNCH

- Veg: Margherita Pizza Triangles
- Chicken: Cajun Chicken Slider With Lettuce & Tomato or Chicken Patty with Potato Wedges (GF)

THURSDAY

BREAKFAST (choose 1 from sweet and savory option)

SWEET OPTION

- Banana Waffle with Honey
- Raisin Cookies with Yogurt
- Carrot Cake with Yogurt

SAVORY OPTION

- Zucchini Fritters with Yogurt
- Buffalo Chicken Quesadilla
- Chicken Mozzarella Sandwich

SNACKS

- Cheesy Corn Bowl
- Sweet Potato Fries
- Cucumber Melon Pot

BEVERAGE

- All Juices
- Milk
- Flavored Milk
- Iced Tea
- Smoothies

LUNCH

- Veg: Veg Penne Arrabbiata
- Chicken: Chicken Strips with Potato Wedges & Coleslaw
- Beef/Fish: Beef Bulgogi with Rice & Veg

FRIDAY

BREAKFAST (choose 1 from sweet and savory option)

SWEET OPTION

- Vanilla Pancake with Banana
- Lemon Slice Cake with Yogurt
- Crunchy Mango Yogi Bowl

SAVORY OPTION

- Chicken Pesto Quesadilla
- Cheddar Egggy Omelette
- Pulled Beef Panini

SNACKS

- Breadsticks with Guac
- Popcorn
- Tangy Apple Pot

BEVERAGE

- All Juices
- Milk
- Flavored Milk
- Iced Tea
- Smoothies



TERM ONE
harness foods **MENU**

WEEK 2

MONDAY

BREAKFAST (choose 1 from sweet and savory option)

SWEET OPTION

- Blueberry Waffles with Yogurt
- Cranberry Cookie with Yogurt
- Home-Made Granola with Yogurt

SAVORY OPTION

- Beef Pesto Panini
- Chicken Fajita Quesadilla
- Feta Bell Pepper Egg Muffin

SNACKS

- Mixed Bell Pepper Sticks with Hummus
- Green Apple Slices
- Cheese Popcorn

BEVERAGE

- All Juices
- Milk
- Flavored Milk
- Iced Tea
- Smoothies

LUNCH

- Veg: Mixed Vegetable Tikka Masala with Rice & Carrot Slices
- Chicken: Chicken Tikka Masala with Rice & Carrot Slices
- Beef/Fish: Beef Sliders with Tomato, Cucumber & Lettuce

TUESDAY

BREAKFAST (choose 1 from sweet and savory option)

SWEET OPTION

- Oatmeal with Mango
- Nut-free Flapjack With Yogurt

SAVORY OPTION

- Italian Chicken Panini
- Cheesy Beef Tomato Quesadilla
- Hashbrown beans egg tomato

SNACKS

- Cucumber Sticks with Labneh
- Popcorn
- Watermelon Pot

BEVERAGE

- All Juices
- Milk
- Flavored Milk
- Iced Tea
- Smoothies

LUNCH

- Veg: Egg Noodles Tossed in Lo Mein Sauce with Vegetables
- Chicken: Egg Noodles Tossed in Lo Mein Sauce with Chicken & Vegetables
- Beef/Fish: Fish Fingers with Potato Chips & Mushy Peas

WEDNESDAY

BREAKFAST (choose 1 from sweet and savory option)

SWEET OPTION

- Apple Muffin with Cream Cheese
- Mini Blueberry Pancake with Yogurt
- Banana Bread with Yogurt

SAVORY OPTION

- Roast Beef Panini
- Chicken Bechamel Panini
- BBQ Chicken Quesadilla

SNACKS

- Baked Potato Bites
- Apple & Orange Pot
- Popcorn

BEVERAGE

- All Juices
- Milk
- Flavored Milk
- Iced Tea
- Smoothies

LUNCH

- Veg: Margherita Pizza Fingers
- Chicken: Sweet & Sour Chicken

THURSDAY

BREAKFAST (choose 1 from sweet and savory option)

SWEET OPTION

- Vanilla Waffle with Fruits
- Raisin Cookies with Yogurt
- Carrot Cake with Yogurt

SAVORY OPTION

- Cheesy Corn Frittata
- Buffalo Chicken Quesadilla
- Sweet Chilli Chicken Panini

SNACKS

- Steamed Corn Bowl
- Cucumber Melon Pot
- Popcorn

BEVERAGE

- All Juices
- Milk
- Flavored Milk
- Iced Tea
- Smoothies

LUNCH

- Veg: Cheesy Vegetable Lasagne
- Chicken: Chicken Strips with Potato Wedges & Coleslaw or Thyme & Rosemary Chicken Strips with Potato Wedges & Coleslaw
- Beef/Fish: Beef Lasagne with Carrot Sticks

FRIDAY

BREAKFAST (choose 1 from sweet and savory option)

SWEET OPTION

- French Toast with Honey
- Lemon Slice Cake with Yogurt
- Crunchy Mango Yogi Bowl

SAVORY OPTION

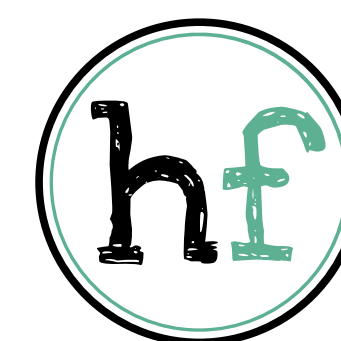
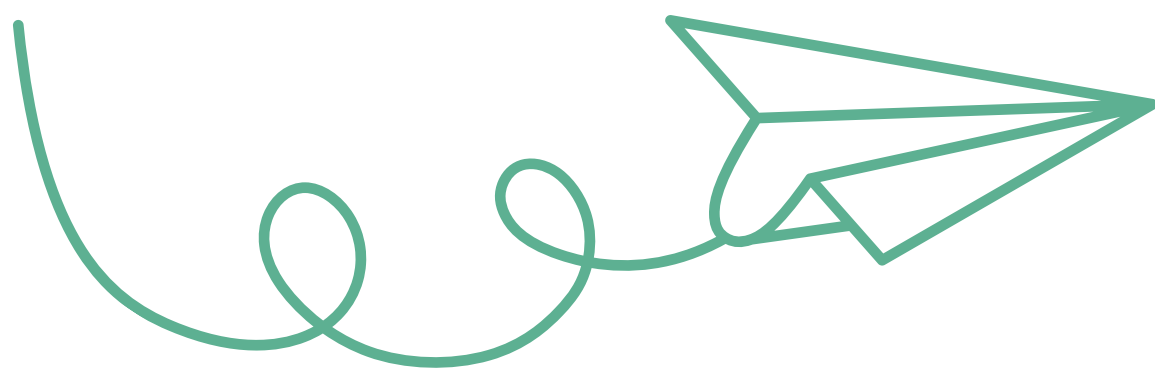
- Chicken Pesto Quesadilla
- Cheddar Egggy Omelette
- Pulled Beef BBQ Panini

SNACKS

- Celery Sticks with Guac
- Popcorn
- Pineapple Square

BEVERAGE

- All Juices
- Milk
- Flavored Milk
- Iced Tea
- Smoothies



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WEEK 3

MONDAY

BREAKFAST (choose 1 from sweet and savory option)

SWEET OPTION

- Blueberry Waffles with Yogurt
- Cranberry Cookie with Yogurt
- Home-Made Granola with Yogurt

SAVORY OPTION

- Beef Pesto Panini
- Chicken Fajita Quesadilla
- Feta Bell Pepper Egg Muffin

SNACKS

- Cucumber Sticks with Hummus
- Watermelon Pot

BEVERAGE

- All Juices
- Milk
- Flavored Milk
- Iced Tea
- Smoothies

LUNCH

- Veg: Vegetable Biryani
- Chicken: Chicken Mandi with Vegetables
- Beef/Fish: Beef Pitta Pocket with Home-made Shawarma Dip (Beef Shawarma)

TUESDAY

BREAKFAST (choose 1 from sweet and savory option)

SWEET OPTION

Hashbrown with Baked Beans, Grilled Tomatoes & Mushrooms
Oatmeal with Apple
Choco - Banana Waffle with Yogurt

SAVORY OPTION

- Italian Chicken Panini
- Cheesy Beef Tomato Quesadilla
- Hashbrown & Eggs

SNACKS

- Carrot Sticks with Pesto Labneh
- Pineapple & Orange Pot

BEVERAGE

- All Juices
- Milk
- Flavored Milk
- Iced Tea
- Smoothies

LUNCH

- Veg: Creamy Tomato Penne Pasta with Beans & Spinach (Veg Tuscan Pasta)
- Chicken: Chicken Potato Bites
- Beef/Fish: Sweet Chilli Beef Noodles

WEDNESDAY

BREAKFAST (choose 1 from sweet and savory option)

SWEET OPTION

- Apple Muffin with Cream Cheese
- Mini Blueberry Pancake with Yogurt
- Banana Bread with Yogurt

SAVORY OPTION

- Roast Beef Panini
- Chicken Bechamel Panini
- BBQ Chicken Quesadilla

SNACKS

- Baked Potato Bites
- Apple & Orange Pot

BEVERAGE

- All Juices
- Milk
- Flavored Milk
- Iced Tea
- Smoothies

LUNCH

- Veg: Margherita Pizza
- Chicken: Thai Red Chicken Noodles

THURSDAY

BREAKFAST (choose 1 from sweet and savory option)

SWEET OPTION

- Savory Pancake with Dip (Zucchini, carrot, corn)
- Raisin Cookies with Yogurt
- Carrot Cake with Yogurt

SAVORY OPTION

- Cheese & Corn Fritters with Yogurt
- Buffalo Chicken Quesadilla
- Sweet Chilli Chicken Panini

SNACKS

- Steamed Corn Bowl
- Cucumber Melon Pot

BEVERAGE

- All Juices
- Milk
- Flavored Milk
- Iced Tea
- Smoothies

LUNCH

- Veg: Vegetable Alfredo Pasta
- Chicken: Chicken Strips with Potato Wedges & Coleslaw
- Beef/Fish: Beef Meatball Pasta

FRIDAY

BREAKFAST (choose 1 from sweet and savory option)

SWEET OPTION

- Vanilla Waffle with Fresh Fruit
- Lemon Slice Cake with Yogurt
- Crunchy Mango Yogi Bowl

SAVORY OPTION

- Chicken Pesto Quesadilla
- Cheddar Egggy Omelette
- Pulled Beef BBQ Panini

SNACKS

- Breadsticks with Beetroot Guac
- Tangy Apple Pot

BEVERAGE

- All Juices
- Milk
- Flavored Milk
- Iced Tea
- Smoothies



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WEEK 4

MONDAY

BREAKFAST (choose 1 from sweet and savory option)

SWEET OPTION

- Blueberry Waffles with Yogurt
- Cranberry Cookie with Yogurt
- Home-Made Granola with Yogurt

SAVORY OPTION

- Beef Pesto Panini
- Chicken Fajita Quesadilla
- Feta Bell Pepper Egg Muffin

SNACKS

- Mixed Bell Pepper Sticks with Hummus
- Green Apple Slices

BEVERAGE

- All Juices
- Milk
- Flavored Milk
- Iced Tea
- Smoothies

LUNCH

- Veg: Coconut Korma Curry with Rice
- Chicken: Coconut Chicken Korma Curry with Rice
- Beef/Fish: Beef Chilli Meatballs with Potato Bites & Tomato Relish

TUESDAY

BREAKFAST (choose 1 from sweet and savory option)

SWEET OPTION

Hashbrown with Baked Beans, Grilled Tomatoes & Mushrooms
Oatmeal with Apple
Choco- Banana Bread with Yogurt

SAVORY OPTION

- Italian Chicken Panini
- Cheesy Beef Tomato Quesadilla
- Hashbrown & Eggs

SNACKS

- Cucumber Sticks with Labneh
- Watermelon Balls

BEVERAGE

- All Juices
- Milk
- Flavored Milk
- Iced Tea
- Smoothies

LUNCH

- Veg: Cheesy Potato Bell Pepper Courgette with Cajun Sauce
- Chicken: Creamy Cajun Chicken Pasta
- Beef/Fish: Thai Rice Noodle Soup with Beef

WEDNESDAY

BREAKFAST (choose 1 from sweet and savory option)

SWEET OPTION

- Sweet Potato Zucchini Nuggets
- Mini Blueberry Pancake with Yogurt
- Banana Bread with Yogurt

SAVORY OPTION

- Roast Beef Panini
- Chicken Bechamel Panini
- BBQ Chicken Quesadilla

SNACKS

- Baked Smashed Potato bites
- Apple & Orange Pot

BEVERAGE

- All Juices
- Milk
- Flavored Milk
- Iced Tea
- Smoothies

LUNCH

- Veg: Margherita Pizza Bites/ Slices/ Fingers
- Chicken: Spaghetti Bolognese

THURSDAY

BREAKFAST (choose 1 from sweet and savory option)

SWEET OPTION

- Pumpkin Pancake with Labneh
- Raisin Cookies with Yogurt
- Carrot Cake with Yogurt

SAVORY OPTION

- Cheese & Corn Fritters with Yogurt
- Buffalo Chicken Quesadilla
- Sweet Chilli Chicken Panini

SNACKS

- Steamed Corn Bowl
- Pineapple & Orange Pot

BEVERAGE

- All Juices
- Milk
- Flavored Milk
- Iced Tea
- Smoothies

LUNCH

- Veg: Vegetable Sliders with Wedges
- Chicken: Chicken Strips with Potato Wedges & Coleslaw
- Beef/Fish: Beef Kharoof

FRIDAY

BREAKFAST (choose 1 from sweet and savory option)

SWEET OPTION

- Apple Crumble with Yogurt
- Lemon Slice Cake with Yogurt
- Crunchy Mango Yogi Bowl

SAVORY OPTION

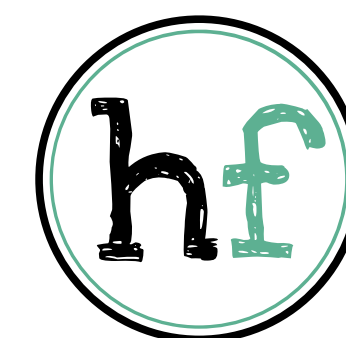
- Chicken Pesto Quesadilla
- Cheddar Egg Omelette
- Pulled Beef BBQ Panini

SNACKS

- Carrot Sticks with Hummus
- Pineapple Square

BEVERAGE

- All Juices
- Milk
- Flavored Milk
- Iced Tea
- Smoothies



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