



*W*elcome to Harness Foods. Your Guide to Nutritious School Meals - Grade 2 to 12

A warm welcome to all students and parents coming back or joining North London Collegiate School.

We are Harness Foods; a family-run catering business on a mission to raise the standard of school food across the UAE. We believe that great school food isn't just about nutrition; it's about building a daily experience students genuinely look forward to. Every menu we serve is crafted by our Executive Chef and reviewed by our in-house Dietitian, ensuring that what students eat is not only delicious but balanced, safe, and aligned with Dubai Municipality standards.

Our menus are built around four product lines, designed to cater for every age group across the school – from our youngest students right through to seniors. Our hot rotational menu changes daily, drawing on a broad range of cuisines and seasonal ingredients to keep variety front and centre across the week. Our Deli offers a build-your-own experience where students choose from open salads, freshly made sandwiches, and daily proteins a flexible, fresh option that works equally well for a quick lunch or something more substantial. Our live cooking stations bring food to life at the counter – from build-your-own wraps and salad bars to pasta stations and breakfast bars, students build meals to their own taste in real time. And our grab-and-go range ensures that students who are short on time never have to compromise on quality, with fresh sandwiches, wraps, salads, and snacks available throughout the day.

Across all of our outlets, menus are thoughtfully adapted to suit different age groups – so whether your child is in Foundation Stage or Upper School, they'll find options that are right for them.

Meal Service by Year Group

- From Grade 2 to Grade 12- students can purchase directly from the canteen using their Harness Card.
 - Purchase meals on-site from the cafeteria using a Harness Card topped up via the Spare App





Introducing the Spare App: Our easy payment system

The Spare App gives you full control and flexibility over your child's school meals. Through the app, you can:

- Instantly topup your child's card anytime through one central parent account.
- View menus and plan ahead.
- Set allergy restrictions to prevent inappropriate meal selections.
- Monitor order history and balances.
- Manage multiple children from one parent account.

To get started click here for the parent guide for NLCS.

Once on the parent guide follow the steps to get started

1. Download the Spare App on the App Store / Google Play.
2. Link your child's account using their Student ID.
3. Preload credit onto your child's account before the first day of school.
4. Your child can collect their Harness Card from the cafeteria on the first day of school.

For any queries or assistance, our team is here to help:

info@harnessfood.com | www.harness-foods.com

"On a mission to create healthier, more sustainable catering experiences by connecting communities through wholesome and nutritious food."

