



*W*elcome to Harness Foods. Your Guide to Nutritious School Meals - Pre-KG to Grade 1

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 different 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. For our youngest customers we have our early years menu which is designed around simple healthy dishes that students will look forward to day in day out.

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

- Pre-KG & KG1: Meals are delivered directly to your child's classroom each day.
- KG2 & Grade 1: Meals will be delivered pre-plated to the cafeteria each day.





Ordering Meals with the Spare App

Moving forward all meal pre-orders are managed via the Spare App, giving you control and flexibility over your child's school meals. Through the app, you can:

- Pre-order meals daily or for the full term
- View menus and plan ahead
- Access discounted pricing through monthly and termly-based plans
- 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 Spare Parent Guide](#) for NLCS.

1. Download the Spare App on the App Store or Google Play and follow the guide to link your child's account.
2. Use your child's school Student ID to register. If you are unsure about your child's Student ID, please contact the school reception.
3. Preload your account with credit to pre-order meals
4. For bundle meal purchases please click Online Store (Meal Plan)
5. If you would like to order per day simply click Online Store

For any queries or assistance, our team is here to help. Please feel free to contact us at info@harnessfood.com.

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

