

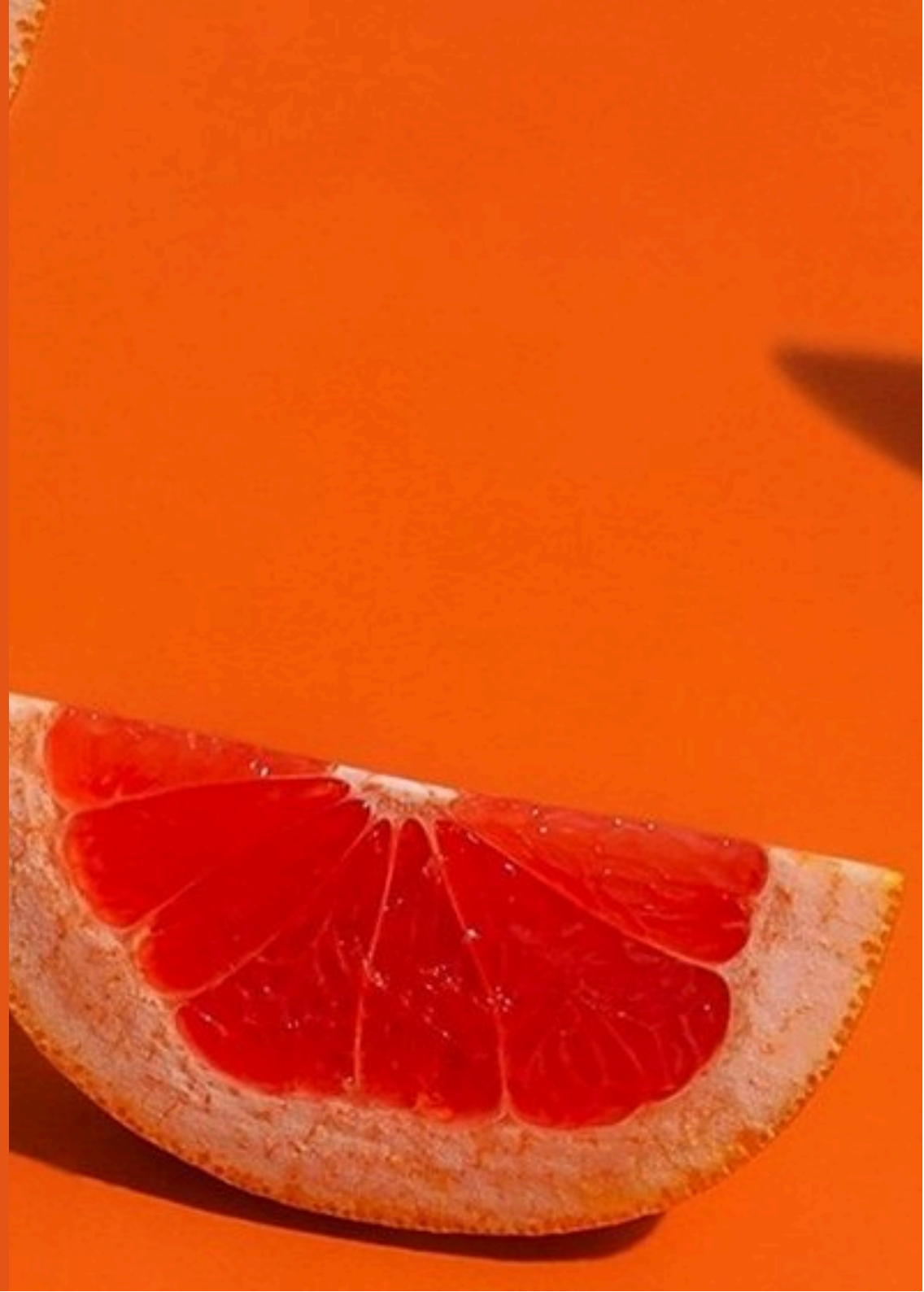


Fuel your day.

TERM ONE MENUS



Good food.
Good
mood.





AGE GROUP 03

Grade 2 – 12

Students purchase directly over the counter with their Harness card. The canteen offers a full range of hot meals on a four week rotation, grab and go options for busy days, and live stations where food is prepared fresh in front of them. Every day brings a real choice, so students build the meal they want.

TERM ONE MENU

WEEK 1

MONDAY

FRUIT POT

Watermelon Pot

LUNCH

Veg: Pumpkin Lentil Pasta

Protein 1: Beef Pumpkin Lentil Pasta

Protein 2: Herb Roast Chicken Supreme

DESSERT OF THE DAY

Banana Bread

TUESDAY

FRUIT POT

Apple Pear Pot

LUNCH

Veg: Tomato Penne Pasta

Protein 1: Chicken Tomato Penne Pasta

Protein 2: Garlic Chicken with Rice

DESSERT OF THE DAY

Blueberry Muffin

WEDNESDAY

FRUIT POT

Banana Blast Pot

LUNCH

Veg: Margherita Pizza

Protein 1: Garlic & Thyme Chicken with Potato Wedges

Protein 2: Beef Fried Rice

DESSERT OF THE DAY

Apple cinnamon muffin

THURSDAY

FRUIT POT

Mixed Melon Pot

LUNCH

Veg: Veg Tortilla Pizza

Enchiladas

Protein 1: Chicken Tortilla

Pizza Enchiladas

Protein 2: Chicken Strips with Potato Wedges

DESSERT OF THE DAY

Oat cookie

WEEK 2

MONDAY

FRUIT POT

Watermelon Pot

LUNCH

Veg: Vegetable Lasagna

Protein 1: Beef Lasagna

Protein 2: Lemon Herb Chicken
Pasta

DESSERT OF THE DAY

Banana Bread

TUESDAY

FRUIT POT

Apple Pear Pot

LUNCH

Veg: Veg Tikka Curry with
Rice & Yogurt

Protein 1: Chicken Tikka
Masala

Protein 2: Slow Cooked Beef
Pasta

DESSERT OF THE DAY

Blueberry Muffin

WEDNESDAY

FRUIT POT

Banana Blast Pot

LUNCH

Veg: Margherita Pizza

Protein 1: Garlic & Thyme
Chicken with Potato Wedges

Protein 2: Beef Egg Noodles

DESSERT OF THE DAY

Apple cinnamon muffin

THURSDAY

FRUIT POT

Mixed Melon Pot

LUNCH

Veg: Vegetable Pesto Pasta

Protein 1: Chicken Strips with
Potato Wedges

Protein 2: Rosemary Chicken
Tenders with Potato Wedges

DESSERT OF THE DAY

Oat cookie

WEEK 3

MONDAY

FRUIT POT

Watermelon Pot

LUNCH

Veg: Vegetable Biryani

Protein 1: Beef Burger

Protein 2: Chicken Biryani

DESSERT OF THE DAY

Banana Bread

TUESDAY

FRUIT POT

Apple Pear Pot

LUNCH

Veg: Vegetable Noodle Pot

Protein 1: Rainbow Fried Rice

Chicken Bowl

Protein 2: Beef Noodle Pot

DESSERT OF THE DAY

Blueberry Muffin

WEDNESDAY

FRUIT POT

Banana Blast Pot

LUNCH

Veg: Margherita Pizza

Protein 1: Chicken Rice

Noodles

Protein 2: Garlic & Thyme
Chicken with Potato Wedges

DESSERT OF THE DAY

Apple cinnamon muffin

THURSDAY

FRUIT POT

Mixed Melon Pot

LUNCH

Veg: Vegetable Rice Noodles

Protein 1: Chicken Strips with
Potato Wedges

Protein 2: Spaghetti
Bolognese

DESSERT OF THE DAY

Oat cookie

WEEK 4

MONDAY

FRUIT POT

Watermelon Pot

LUNCH

Veg: Vegetable Shepherd's Pie

Protein 1: Chicken Katsu with Rice

Protein 2: Beef Shepherd's Pie

DESSERT OF THE DAY

Banana Bread

TUESDAY

FRUIT POT

Apple Pear Pot

LUNCH

Veg: Vegetable Curry with Rice

Protein 1: Butter Chicken Curry with Rice

Protein 2: Macaroni Bolognese

DESSERT OF THE DAY

Blueberry Muffin

WEDNESDAY

FRUIT POT

Banana Blast Pot

LUNCH

Veg: Margherita Pizza

Protein 1: Garlic & Thyme Chicken with Potato Wedges

DESSERT OF THE DAY

Apple cinnamon muffin

THURSDAY

FRUIT POT

Mixed Melon Pot

LUNCH

Veg: Baked Beans Cheese Nachos

Protein 1: Chicken Schnitzel & Potato Cake

Protein 2: Chicken & Cheese Burger

DESSERT OF THE DAY

Oat cookie

harness foods

THE BALANCE BAR

BUILD YOUR OWN

Salad ◦ Wrap ◦ Jacket Potato

Fresh. Balanced. Built your way.



1

**CHOOSE
YOUR BASE**



Salad



Wrap



Jacket Potato

2

**START WITH
GREENS**



Lettuce



Mixed Leaves Salad

3

**ADD YOUR
VEGGIES**



Coleslaw
(S, E, M, D, G, F)



Bell Peppers



Cucumber



Tomato



Onion



Carrot



Jalapeño



Olives

4

**CHOOSE
YOUR
PROTEIN**



Chicken
(C)



Minced Beef



Falafel
(Vegan)



Baked Kidney Beans

5

**ADD
EXTRAS**



Couscous
(G, D, C)



Feta Cheese
(D)



Mixed Cheese
(D)

6

**FINISH WITH
SAUCE**



BBQ
Sauce
(G, S)



Sriracha



Black
Balsamic
Dressing
(SH)



Ketchup



Teriyaki
Sauce



Buffalo
Sauce



Honey
Mustard
Sauce
(M)



Sweet
Chili

ALLERGENS:

Gluten (G), Dairy (D), Fish (F), Egg (E), Seafood (SF), Sesame Seed (SS), Soy (S), Celery (C), Mustard (M), Sulphites (SH).





GRAB & GO

SAVOURY SANDWICHES & TOASTIES

Cheese & Tomato Croissant Sandwich	17
Cheese Toastie	20
Chicken & Cheese Toastie	23
Tomato Caprese	22.5
Egg Salad Sandwich Triangle	17
Chicken, Egg & Cheese Breakfast Bap	23
Harness Sub Club	22.5
Grilled Vegetable Power Bap	19
Spicy Tuna Toastie	23.5
Halloumi Toastie	22.5
Chicken Caprese	22.5

WRAPS

Falafel with Sunflower Wrap	20
Caesar Chicken Wrap	20
Grilled Vegetable Wrap	19
Grilled Vegetable + Chicken Wrap	22.5
Chicken Tikka Wrap	22.5
Beet Burrito Wrap	23.5
Chicken Shawarma Wrap	22.5

BOWLS & HOT MEALS

Thai Chicken Noodles	26
Cottage Pie	26
Cajun Chicken Pasta Salad	23.5
Peri-Peri Chicken with Roasted Vegetables	26
Greek Chicken, Vegetables, Rice & Tzatziki	23.5
Signature Vegetable Salad Bowl	23.5
Cauliflower Burrito Bowl	21
Beef Fajita Fiesta	22.5
Shake-It Salad - Chicken Cobb	23.5
Shake-It Salad - Chicken Caesar	23.5
Greek Salad with Egg	21

FRESH & LIGHT

Apple Crumble Yoghurt	13
Banana Blast Pot	8
Mango Passion Chia Pudding	13
Seasonal Fruit Pot	8
Whole Fruit	5
Yoghurt & Granola	13
Overnight Oats	13

SWEET TREATS

Oats, Coconut & Dark Chocolate Energy Balls	13
Emirati Dates & Sumac Energy Balls	13
Chocolate Brownie	11



HARNESS CAFE

The pages that follow

The coffee menu and cafe offer are available to teachers, parents
and 6th formers.

The image features a central white rectangular area with the text "Made to nourish." in a black serif font. This central area is surrounded by a light pink border. In each of the four corners of the white area, there is a single, fresh raspberry. The raspberries are bright red with visible seeds and small green leaves at their bases. The overall composition is clean and minimalist, emphasizing the natural and nourishing theme of the text.

**Made
to
nourish.**



**Fresh
choices
every day.**