

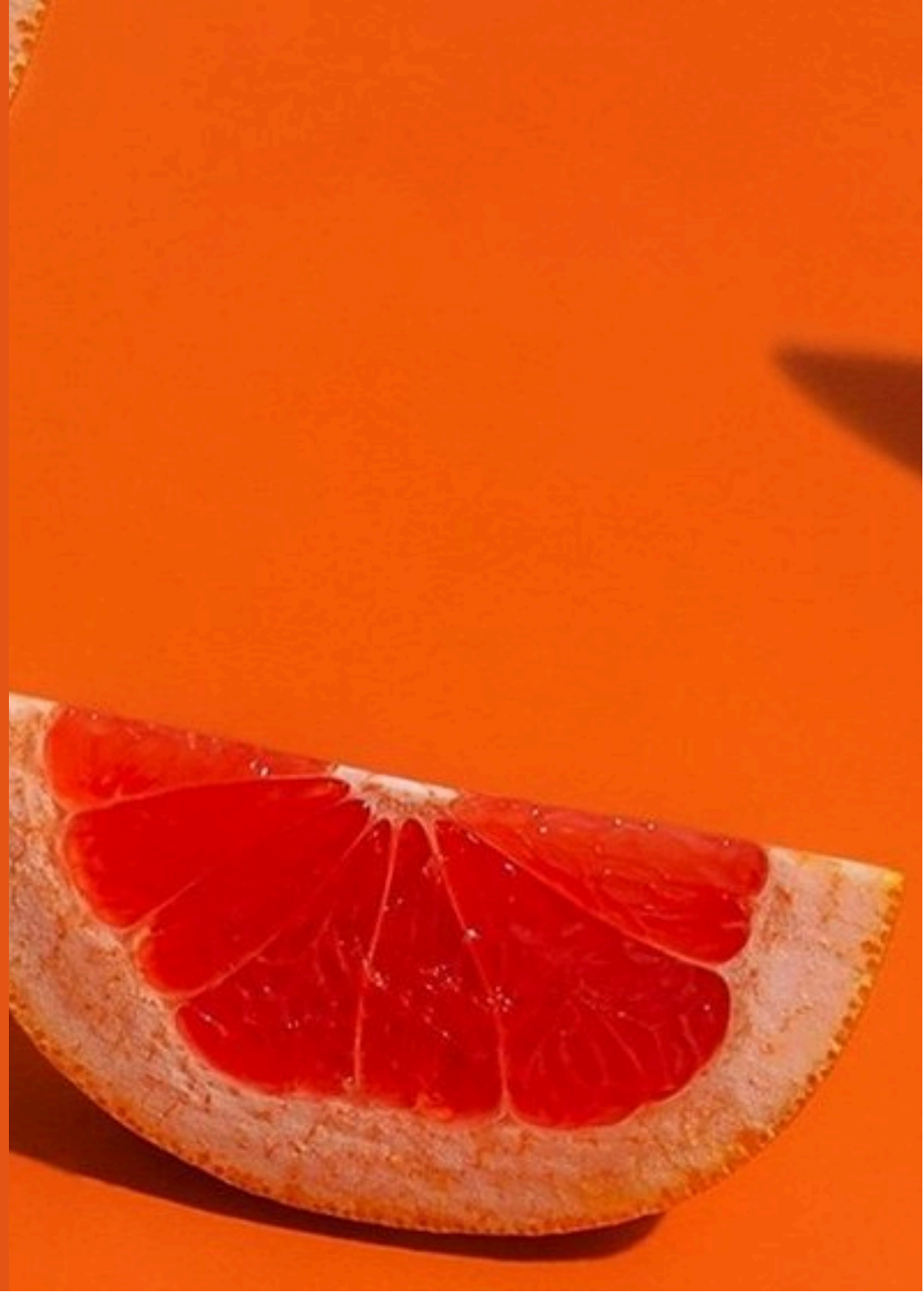


Fuel your day.

TERM ONE MENUS



Good food.
Good
mood.





AGE GROUP 01

Pre-KG – KG1

For our youngest customers meals are pre-ordered as bundles directly through the Spare app. You can choose between daily, weekly, monthly and termly bundles which are delivered to classrooms or pre portioned in the canteen depending on the grade.

TERM ONE MENU

WEEK 1

MONDAY

AM SNACK (choose 1)

Chicken & Corn Panini
Banana pancakes

FRUIT POT

Watermelon Pot

LUNCH (choose 1)

Veg: Pumpkin Lentil
Pasta
Protein: Herb Roast
Chicken Supreme

PM SNACK (choose 1)

Banana Bread
Sesame Free Hummus &
Veg Sticks

TUESDAY

AM SNACK (choose 1)

Scrambled egg with
Sweet Potato Wedges
Beef pesto panini

FRUIT POT

Apple Pear Pot

LUNCH (choose 1)

Veg: Tomato Penne
Pasta
Protein: Garlic
Chicken with Rice

PM SNACK (choose 1)

Blueberry Muffin
Sesame Free
Hummus & Veg Sticks

WEDNESDAY

AM SNACK (choose 1)

Banana Oat
Pancakes
BBQ Chicken
Quesadilla

FRUIT POT

Banana Blast Pot

LUNCH (choose 1)

Veg: Margherita
Pizza
Protein: Beef Fried
Rice

PM SNACK (choose 1)

Apple cinnamon
muffin
Sesame Free
Hummus & Veg Sticks

THURSDAY

AM SNACK (choose 1)

Chicken Taco Pocket
Vanilla Waffle with
Compote

FRUIT POT

Mixed Melon Pot

LUNCH (choose 1)

Veg: Bean & cheese
enchilada with
Steamed Rice
Protein: Chicken
Strips with Potato
Wedges

PM SNACK (choose 1)

Oat cookie
Sesame Free
Hummus & Veg Sticks

FRIDAY

AM SNACK (choose 1)

Potato Corn Fritters
Cheesy Beef
Quesadilla

FRUIT POT

Apple Pot

WEEK 2

MONDAY

AM SNACK (choose 1)

Chicken & Cheese Corn
Panini
Blueberry Pancakes with
Yogurt

FRUIT POT

Watermelon Pot

LUNCH (choose 1)

Veg: Vegetable lasagne
Protein: Lemon Herb
Chicken Pasta

PM SNACK (choose 1)

Banana Bread
Sesame Free Hummus &
Veg Sticks

TUESDAY

AM SNACK (choose 1)

Chicken Teriyaki
Panini
Banana Waffles with
Yogurt

FRUIT POT

Apple Pear Pot

LUNCH (choose 1)

Veg: Home made
Tomato Pasta with
Veggies
Protein: Chicken
Tikka Cubes with
Steamed Rice &
Vegetables

PM SNACK (choose 1)

Blueberry Muffin
Sesame Free
Hummus & Veg Sticks

WEDNESDAY

AM SNACK (choose 1)

Pulled Beef Panini
Vanilla Pancake with
Compote

FRUIT POT

Banana Blast Pot

LUNCH (choose 1)

Veg: Margherita
Pizza
Protein: Beef Egg
Noodles

PM SNACK (choose 1)

Apple cinnamon
muffin
Sesame Free
Hummus & Veg Sticks

THURSDAY

AM SNACK (choose 1)

Chicken tomato melt
Oat pot

FRUIT POT

Mixed Melon Pot

LUNCH (choose 1)

Veg: Vegetable Pesto
Pasta
Protein: Chicken
Strips with Potato
Wedges

PM SNACK (choose 1)

Oat cookie
Sesame Free
Hummus & Veg Sticks

FRIDAY

AM SNACK (choose 1)

French Toast
Savory Quinoa
Muffin

FRUIT POT

Apple Pot

WEEK 3

MONDAY

AM SNACK (choose 1)

Zucchini & cheese scone
Sweet & sour chicken
panini

FRUIT POT

Watermelon Pot

LUNCH (choose 1)

Veg: Vegetable Biryani
Protein: Beef Veggie
Patty with Potato
Wedges

PM SNACK (choose 1)

Banana Bread
Sesame Free Hummus &
Veg Sticks

TUESDAY

AM SNACK (choose 1)

Honey Mustard
Chicken Panini
Baked Vegetable
Nuggets with Tomato
Ketchup

FRUIT POT

Apple Pear Pot

LUNCH (choose 1)

Veg: Vegetable
Noodles
Protein: Rainbow
Fried Rice Chicken
Bowl

PM SNACK (choose 1)

Blueberry Muffin
Sesame Free
Hummus & Veg Sticks

WEDNESDAY

AM SNACK (choose 1)

Mini French Toast
Chicken & Corn Mini
Wrap

FRUIT POT

Banana Blast Pot

LUNCH (choose 1)

Veg: Margherita
Pizza
Protein: Chicken Rice
Noodles

PM SNACK (choose 1)

Apple cinnamon
muffin
Sesame Free
Hummus & Veg Sticks

THURSDAY

AM SNACK (choose 1)

Baked Hashbrown
with Beef Mince
Blueberry Waffle with
Yogurt

FRUIT POT

Mixed Melon Pot

LUNCH (choose 1)

Veg: Vegetable Rice
Noodles
Protein: Spaghetti
Bolognese

PM SNACK (choose 1)

Oat cookie
Sesame Free
Hummus & Veg Sticks

FRIDAY

AM SNACK (choose 1)

Apple Oat Pancakes
Italian Chicken
Panini

FRUIT POT

Apple Pot

WEEK 4

MONDAY

AM SNACK (choose 1)

Blueberry Pancake with
Yogurt
Chicken quinoa muffin

FRUIT POT

Watermelon Pot

LUNCH (choose 1)

Veg: Vegetable
Shepherd's Pie
Protein: Chicken
Meatballs Pasta

PM SNACK (choose 1)

Banana Bread
Sesame Free Hummus &
Veg Sticks

TUESDAY

AM SNACK (choose 1)

BBQ beef panini
Banana Pancakes
with Yogurt

FRUIT POT

Apple Pear Pot

LUNCH (choose 1)

Veg: Vegetable Curry
with Rice
Protein: Macaroni
Bolognese

PM SNACK (choose 1)

Blueberry Muffin
Sesame Free
Hummus & Veg Sticks

WEDNESDAY

AM SNACK (choose 1)

Slow Cooked Chicken
Quesadilla
Vanilla Waffle with
Compote

FRUIT POT

Banana Blast Pot

LUNCH (choose 1)

Veg: Margherita
Pizza
Protein: Garlic &
Thyme Chicken
Tenders

PM SNACK (choose 1)

Apple cinnamon
muffin
Sesame Free
Hummus & Veg Sticks

THURSDAY

AM SNACK (choose 1)

Chicken taco pocket
Apple Crumble
Yogurt

FRUIT POT

Mixed Melon Pot

LUNCH (choose 1)

Veg: Baked bean &
cheese with Potato
Cake
Protein: Chicken
Patty with Potato
Cake

PM SNACK (choose 1)

Oat cookie
Sesame Free
Hummus & Veg Sticks

FRIDAY

AM SNACK (choose 1)

Banana Oat Pancake
with Yogurt
Beef Pesto Panini

FRUIT POT

Apple Pot



AGE GROUP 02

KG2 – Grade 1

Ordering happens through the Spare app, and parents have the flexibility to choose. Purchase individual meals per day, or buy a bundle for the week, month or term ahead and have it taken care of. Portions at this age group are larger than for Pre-KG-KG1.

TERM ONE MENU

WEEK 1

MONDAY

SNACK (choose 1)

Chicken & Corn Panini
Banana Pancakes

FRUIT POT

Watermelon Pot

LUNCH (choose 1)

Veg: Pumpkin Lentil
Pasta
Protein 1: Beef Pumpkin
Lentil Pasta
Protein 2: Herb Roast
Chicken Supreme

PM SNACK (choose 1)

Banana Bread
Sesame Free Hummus &
Veg Sticks

TUESDAY

SNACK (choose 1)

Scrambled egg with
Sweet Potato Wedges
Beef Pesto Panini

FRUIT POT

Apple Pear Pot

LUNCH (choose 1)

Veg: Tomato Penne
Pasta
Protein 1: Chicken
Tomato Penne Pasta
Protein 2: Garlic
Chicken with Rice

PM SNACK (choose 1)

Blueberry Muffin
Sesame Free
Hummus & Veg Sticks

WEDNESDAY

SNACK (choose 1)

Banana Oat Pancake
BBQ Chicken
Quesadilla

FRUIT POT

Banana Blast Pot

LUNCH (choose 1)

Veg: Margherita
Pizza
Protein 1: Garlic &
Thyme Chicken with
Rice & Yogurt
Protein 2: Beef Fried
Rice

PM SNACK (choose 1)

Apple cinnamon
muffin
Sesame Free
Hummus & Veg Sticks

THURSDAY

SNACK (choose 1)

Chicken Taco Pocket
Vanilla Waffle with
Compote

FRUIT POT

Mixed Melon Pot

LUNCH (choose 1)

Veg: Veg Tortilla
Pizza Enchiladas
Protein 1: Chicken
Tortilla Pizza
Enchiladas
Protein 2: Chicken
Strips with Potato
Wedges

PM SNACK (choose 1)

Oat cookie
Sesame Free
Hummus & Veg Sticks

FRIDAY

AM SNACK (choose 1)

Potato Corn Fritters
Cheesy Beef
Quesadilla

FRUIT POT

Apple Pot

WEEK 2

MONDAY

SNACK (choose 1)

Chicken & Cheese Corn
Panini
Blueberry Pancakes with
Yogurt

FRUIT POT

Watermelon Pot

LUNCH (choose 1)

Veg: Vegetable Lasagna
Protein 1: Beef Lasagna
Protein 2: Lemon Herb
Chicken Pasta

PM SNACK (choose 1)

Banana Bread
Sesame Free Hummus &
Veg Sticks

TUESDAY

SNACK (choose 1)

Chicken Teriyaki
Panini
Banana Waffles with
Yogurt

FRUIT POT

Apple Pear Pot

LUNCH (choose 1)

Veg: Home made
Tomato Pasta with
Veggies
Protein 1: Chicken
Tikka Curry
Protein 2: Slow
Cooked Beef Pasta

PM SNACK (choose 1)

Blueberry Muffin
Sesame Free
Hummus & Veg Sticks

WEDNESDAY

SNACK (choose 1)

Pulled Beef Panini
Vanilla Pancake with
Compote

FRUIT POT

Banana Blast Pot

LUNCH (choose 1)

Veg: Margherita
Pizza
Protein 1: Garlic &
Thyme Chicken with
Rice & Yogurt
Protein 2: Beef Egg
Noodles

PM SNACK (choose 1)

Apple cinnamon
muffin
Sesame Free
Hummus & Veg Sticks

THURSDAY

SNACK (choose 1)

Chicken Tomato Melt
Chicken Fajita
Quesadilla

FRUIT POT

Mixed Melon Pot

LUNCH (choose 1)

Veg: Vegetable Pesto
Pasta
Protein 1: Chicken
Strips with Potato
Wedges
Protein 2: Rosemary
Chicken Tenders with
Potato Wedges

PM SNACK (choose 1)

Oat cookie
Sesame Free
Hummus & Veg Sticks

FRIDAY

AM SNACK (choose 1)

BBQ Chicken Panini
Savory Quinoa
Muffin

FRUIT POT

Apple Pot

WEEK 3

MONDAY

SNACK (choose 1)

Zucchini & Cheese
Scones
Sweet & Sour Chicken
Panini

FRUIT POT

Watermelon Pot

LUNCH (choose 1)

Veg: Vegetable Biryani
Protein 1: Beef Burger
Protein 2: Chicken
Biryani

PM SNACK (choose 1)

Banana Bread
Sesame Free Hummus &
Veg Sticks

TUESDAY

SNACK (choose 1)

Honey Mustard
Chicken Panini
Baked Vegetable
Nuggets with Tomato
Ketchup

FRUIT POT

Apple Pear Pot

LUNCH (choose 1)

Veg: Vegetable
Noodle Pot
Protein 1: Rainbow
Fried Rice Chicken
Bowl
Protein 2: Beef
Noodle Pot

PM SNACK (choose 1)

Blueberry Muffin
Sesame Free
Hummus & Veg Sticks

WEDNESDAY

SNACK (choose 1)

Mini French Toast
Chicken & Corn Mini
Wrap

FRUIT POT

Banana Blast Pot

LUNCH (choose 1)

Veg: Margherita
Pizza
Protein 1: Chicken
Rice Noodles
Protein 2: Garlic &
Thyme Chicken with
Rice & Yogurt

PM SNACK (choose 1)

Apple cinnamon
muffin
Sesame Free
Hummus & Veg Sticks

THURSDAY

SNACK (choose 1)

Baked Hashbrown
with Beef Mince
Blueberry Waffle with
Yogurt

FRUIT POT

Mixed Melon Pot

LUNCH (choose 1)

Veg: Vegetable Rice
Noodles
Protein 1: Chicken
Strips with Potato
Wedges
Protein 2: Spaghetti
Bolognese

PM SNACK (choose 1)

Oat cookie
Sesame Free
Hummus & Veg Sticks

FRIDAY

AM SNACK (choose 1)

Apple Oat Pancake
Italian Chicken
Panini

FRUIT POT

Apple Pot

WEEK 4

MONDAY

SNACK (choose 1)

Blueberry Pancake with Yogurt
Chicken Quinoa Muffin

FRUIT POT

Watermelon Pot

LUNCH (choose 1)

Veg: Vegetable Shepherd's Pie
Protein 1: Chicken Meatballs Pasta
Protein 2: Beef Shepherd's Pie

PM SNACK (choose 1)

Banana Bread
Sesame Free Hummus & Veg Sticks

TUESDAY

SNACK (choose 1)

BBQ Beef Panini
Banana Pancakes with Yogurt

FRUIT POT

Apple Pear Pot

LUNCH (choose 1)

Veg: Vegetable Curry with Rice
Protein 1: Butter Chicken Curry with Rice
Protein 2: Macaroni Bolognese

PM SNACK (choose 1)

Blueberry Muffin
Sesame Free Hummus & Veg Sticks

WEDNESDAY

SNACK (choose 1)

Slow Cooked Chicken Quesadilla
Vanilla Waffle with Compote

FRUIT POT

Banana Blast Pot

LUNCH (choose 1)

Veg: Margherita Pizza
Protein 1: Garlic & Thyme Chicken with Rice & Yogurt

PM SNACK (choose 1)

Apple cinnamon muffin
Sesame Free Hummus & Veg Sticks

THURSDAY

SNACK (choose 1)

Chicken Taco Pocket
Apple Crumble Yogurt

FRUIT POT

Mixed Melon Pot

LUNCH (choose 1)

Veg: Baked Beans Cheese Nachos
Protein 1: Chicken Schnitzel & Potato Cake
Protein 2: Chicken & Cheese Burger

PM SNACK (choose 1)

Oat cookie
Sesame Free Hummus & Veg Sticks

FRIDAY

AM SNACK (choose 1)

Banana Oat Pancake with Yogurt
Beef Pesto Panini

FRUIT POT

Apple Pot

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 background. 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.**