

LUNCH
BY
LIBELLE 

Term 1, 2022

NIKAU WEEK

08/02 - 11/02

MONDAY

Happy Waitangi Day

We hope you have a wonderful day this Waitangi.

To learn more, head along to www.waitangi.co.nz.



TUESDAY

BBQ Scroll & Roast Vege Salad

Wholemeal BBQ scroll with BBQ pulled pork, roast veg & brown rice salad.

Dietary Alternatives:
V, VE: Falafel. GF, SF: GF, SF bun.
H, NP, SF: Chicken. DF, EF, VE.

Snack: Cookie
+ Years 9 to 13: Seasonal Fruit

Snack Dietary Alternatives:
GF, VE, EF, SF: Coconut bliss balls

WEDNESDAY

Egg & Bacon Pasta Salad

Wholemeal pasta salad with boiled egg, bacon, cheese, veggies, and creamy ranch dressing.

Dietary Alternatives:
V, VE, H, NP, EF, DF: Chickpeas,
GF: GF chickpea pasta.

Snack: Wholegrain Pikelet & Apple Slices

Snack Dietary Alternatives:
DF, EF, VE: Vegan pikelet, GF, SF: Popcorn

THURSDAY

Ham & Cheese Sandwich

Wholemeal bread with ham, cheese and lettuce, potato salad & carrot sticks.

Dietary Alternatives:
V, VE: Chickpea smash with vegan mayo. H, NP: Chicken. GF: GF bread. SF: SF bread. DF, VE: Vegan cheese. DF, EF, VE: Vegan potato salad.

Snack: Corn Chips
+ Years 9 to 13: Seasonal Fruit

Snack Dietary Alternatives:
None

FRIDAY

Honey Soy Chicken Rice Salad Bowl

Brown rice salad with honey soy chicken, slaw, peas and sesame seeds.

Dietary Alternatives:
V, VE: Tofu, VE: Teriyaki Sauce.
SF: Japanese mayo.

Snack: Popcorn & Fruit

Snack Dietary Alternatives:
None

Key: (V) Vegetarian. (GF) Gluten Free. (DF) Dairy Free. (EF) Egg Free. (H) Halal. (NB) No Beef. (NP) No Pork. *Senior students additional item, ^Junior students only.

Meals will be prepared to cater for children with specific allergies or cultural requirements. If you need these options please make the school aware two weeks in advance. Meals are prepared in a non-allergen controlled environment. If you have low tolerance towards certain allergens please notify the school immediately. Items may vary subject to supply.

lunchbylibelle@libelle.co.nz

facebook.com/lunchbylibelle

www.lunchbylibelle.co.nz