


LUNCH
BY
LIBELLE 

Term 1, 2022

PURIRI WEEK

21/02 - 25/02

MONDAY

Vegemite Scroll with Chicken & Rice Salad

Vegemite scroll served with shredded roast chicken and vege packed brown rice salad.

Dietary Alternatives:
V, VE GF, DF, EF, SF: Falafel. GF, DF, EF, VE, SF: Roast veggies.

Snack: Fruit Yoghurt
+ Years 9 to 13: Seasonal Fruit

Snack Dietary Alternatives:
DF, VE: Trail mix

TUESDAY

Pork Taco Wrap

Wholemeal wrap with pulled pork, cheese, chilli beans and mixed salad.

Dietary Alternatives:
V, VE: Mexican corn magic mince. GF: GF wrap. H, NP: Chicken. DF, VE: Vegan cheese. SF: Plain mixed beans.

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

Snack Dietary Alternatives:
None

WEDNESDAY

Pasta Salad with Ham

Wholemeal pasta salad with ham, cheese, mixed veggies & carrot batons.

Dietary Alternatives:
V, VE: Mixed beans. GF: GF chickpea pasta. DF, VE: Vegan cheese. H, NP, SF: Chicken.

**Snack: Hidden Vege
Raspberry Mud Muffin**
+ Years 9 to 13: Seasonal Fruit

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

THURSDAY

Chicken Mayo Sandwich

Wholemeal bread with chicken mayo, potato salad & corn.

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

Snack: Popcorn
+ Years 9 to 13: Seasonal Fruit

Snack Dietary Alternatives:
None



FRIDAY

Teriyaki Beef Rice Salad Bowl

Brown rice with beef, teriyaki sauce, slaw, peas, Japanese mayo, & sesame seeds.

Dietary Alternatives:
V, VE: Tofu. SF: Japanese mayo. NB, SF: Chicken.

Snack: Cookie
+ Years 9 to 13: Seasonal Fruit

Snack Dietary Alternatives:
GF, SF: Wholegrain rice cracker

Key: (V) Vegetarian. (GF) Gluten Free. (DF) Dairy Free. (EF) Egg Free. (H) Halal. (NB) No Beef. (NP) No Pork. 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.

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