

LUNCH
BY
LIBELLE 

Term 1, 2022

TOTARA WEEK

14/02 - 18/02

MONDAY

Nacho Salad with Chicken & Cheese

Corn chips with cheese salad, kidney beans, chicken, salsa and sour cream/yoghurt topping, and a corn cob.

Dietary Alternatives:
V, VE: Kidney beans. DF, VE: Vegan cheese, coconut yoghurt.

Snack: Trail Mix
+ Years 9 to 13: Seasonal Fruit

Snack Dietary Alternatives:
None

TUESDAY

Classic Baked Cheese Roll, Boiled Egg

Wholemeal tortilla, cheese & cottage cheese baked, served with mixed salad & boiled egg.

Dietary Alternatives:
VE, EF: Falafel. GF: GF wrap. DF, VE: Vegan cheese.

Snack: Hidden Vege Pumpkin Pie Muffin
+ Years 9 to 13: Seasonal Fruit

Snack Dietary Alternatives:
GF, DF, EF, VE: Trail mix or coconut blissballs

WEDNESDAY

Hawaiian Pizza & Pasta Salad

Wholemeal mini pizza base with pizza sauce, ham, cheese & pineapple with pasta salad.

Dietary Alternatives:
V, VE: Mushroom chickpea super sausage. GF: GF pizza base. DF, VE: Vegan cheese. H, NP, SF: Chicken.

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

Snack Dietary Alternatives:
DF, VE: Trail mix

THURSDAY

Ham & Cheese Sandwich

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

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

Snack: Wholegrain Rice Cracker
+ Years 9 to 13: Seasonal Fruit

Snack Dietary Alternatives:
None

FRIDAY

Chicken & Slaw Burger

Burger bun with chicken patty, cheese and mixed salad.

Dietary Alternatives:
V, VE, GF, H, SF: Black bean burger patty. GF, SF: GF SF burger bun. DF, VE: Vegan cheese.

Snack: Seasonal 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. 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

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