

LUNCH
BY
LIBELLE



Term 1, 2022

NIKAU WEEK

07/03 - 11/03

MONDAY

BBQ Pork Scroll & Roast Veg 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,
SF: Bread.

Snack: Cookie
+ Years 9 to 13: Seasonal Fruit

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

TUESDAY

Pizza Roll-Ups

Baked wholemeal tortilla with
pizza sauce, ham, and cheese,
served with coleslaw salad.

Dietary Alternatives:
V, VE: Mushroom magic mince.
H, NP: Chicken. GF: GF wrap. DF,
VE: Vegan cheese.

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

Snack Dietary Alternatives:
DF, VE: Trail mix



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.