


LUNCH  
BY  
LIBELLE 

Term 1, 2022

# PURIRI WEEK

21/03 - 25/03

## 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.