


LUNCH
BY
LIBELLE 

Term 1, 2022

KAURI WEEK

28/03 - 01/04

MONDAY

Bean & Pulled Pork Nachos

Corn chips with chilli bean, capsicum and corn salad with BBQ pulled pork, carrot and cheese and sour cream/yoghurt dressing.

Dietary Alternatives:
V, VE: Chilli bean nachos. DF, VE: Vegan cheese & coconut yoghurt dressing. H, NP, SF: Bean & chicken nachos.

Snack: Cookie
+ Years 9 to 13: Seasonal Fruit

Snack Dietary Alternatives:
GF, SF: Cracker

TUESDAY

Chicken & Cheese Salad Wrap

Wholemeal wrap with chicken, cheese & mixed salad.

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

Snack: BBQ Chickpeas
+ Years 9 to 13: Seasonal Fruit

Snack Dietary Alternatives:
None

WEDNESDAY

Ham Pizza

Wholemeal mini pizza with ham & cheese, veg sticks, and corn chips with hummus.

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 & Salad Roll

Wholemeal long roll with shaved ham, cheese & spinach, with coleslaw & a corn cob.

Dietary Alternatives:
V, VE: Falafel. H, NP: Chicken. GF: GF roll. DF, VE: Vegan cheese, falafel.

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

Snack Dietary Alternatives:
EF, VE: Anzac cookie
GF: Rice cracker

FRIDAY

Cheeseburger

Wholemeal bun, beef burger patty, cheese, lettuce, tomato sauce, and mixed salad.

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

Snack: Seasonal Fruit
+ Years 9 to 13: Cookie

Snack Dietary Alternatives:
GF, VE: Coconut blissballs

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

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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