

## WEEK 10 SEPTEMBER 27<sup>th</sup>- 1<sup>st</sup> October

### MONDAY SEPTEMBER 27<sup>th</sup>:

#### Standard Lunch: Meatloaf & Mash (Savoury Mince with veggies and mashed potato)

V, NB – Vegetable Cottage Pie

DF- Meatloaf & Potato Wedges

VE – Savoury lentils and Potato Wedges

#### Snack: Cookie

GF – Bliss bites

LUNCH CONTAINS GLUTEN, DAIRY, SOY

**Vegetarian Lunch:** *Vegetable Cottage Pie* **Snack:** Cookie

**Gluten Free Lunch:** Meatloaf & mash (Savoury Mince with veggies and mashed potato) **Snack:** *Bliss bites*

**Dairy Free Lunch:** Meatloaf & Potato Wedges (Savoury Mince with veggies and *potato wedges*) **Snack:** Cookie

**No Beef Lunch:** *Vegetable Cottage Pie* **Snack:** Cookie

**Vegan Lunch:** *Savoury Lentils with Potato wedges* **Snack:** *Cookie*

#### Savoury Mince 4HSR

**Ingredients:** Boneless Beef Trim (77%), Seasoning (23%) - sugar, salt, maltodextrin, potato starch, rice flour, dehydrated onion, tomato powder, spices, hydrolysed vegetable protein (soy), dehydrated garlic, herbs, colour (160c), flavour, burnt sugar. **Contains:** Soy

#### Maggi Mashed Potato

**Ingredients:** potato (36%), preservative (220), whey, skimmed milk powder (3.6%), iodised salt, palm oil, emulsifier (471), stabiliser (450), flavour, antioxidant (304), colour (tumeric). **Contains:** Milk

#### Nutrifare Vegetarian Cottage Pie

**Ingredients:** Vege Cottage Pie Base 63.6 % (Mixed Vegetables (Carrot, Green Beans, Peas), Red Lentils, Adzuki Beans, Chick Peas, Onion, Kumara, Pumpkin, Tomato Paste, Thickener (Tapioca Starch), Dates, Yeast Extract, Salt, Mustard Dijon, Pepper), Potato Mash 45.4% (Water, Potato ((Potato 99%, Emulsifier (471), Stabiliser (450), Flavours)), Grated Cheese 9.1% (Milk, Salt, Starter Cultures, Coagulating Enzyme, Starch, Cellulose, Preservative (200)) **Contains:** Dairy

#### Anzac Cookies (Mrs Higgins)

**Ingredients:** Wheat & Wholemeal Flour, Sugar, Oats, Margarine (vegetable oil, water, salt, emulsifiers (soy lecithin, mono- and di-glycerides), flavouring, antioxidant (alpha tocopherol), colour (carotenes), citric acid), Desiccated Coconut, Golden Syrup, Water, Treacle, Raising Agent (sodium bicarbonate). **Contains:** gluten/wheat

#### Cranberry Coconut Blissbites (Mrs Higgins)

**Ingredients:** Dates, Desiccated Coconut (37%), Water, Dried Cranberries (4.5%), Cocoa Powder, Natural Cranberry Flavour May be present: Tree Nuts

### TUESDAY SEPTEMBER 28<sup>th</sup>:

#### Standard Lunch: Pizza Roll Up w/ Libelle Coleslaw Salad (Wholemeal Wrap, pizza sauce, cheese and pizza ham with salad (lettuce, carrot, coleslaw and corn)

V, VE- FN Mushroom & Chickpea Magic Mince

GF – Gf wrap

DF, VE– vegan cheese

H, NB – roast chicken

#### Snack: Fruit Yoghurt (Cookie <sup>HS</sup>)

DF, VE – soy yoghurt

<sup>HS</sup>GF – Bliss Bites

LUNCH CONTAINS GLUTEN, DAIRY

**Vegetarian Lunch:** Pizza Roll Up w/ Libelle coleslaw salad (Wholemeal Wrap, pizza sauce, cheese and *mushroom chickpea magic mince* with salad (lettuce, carrot, coleslaw and corn) **Snack:** Fruit Yoghurt (Cookie <sup>HS</sup>)

**Gluten Free Lunch:** Pizza Roll Up w/ Libelle coleslaw salad (*GF Wrap*, pizza sauce, cheese and pizza ham with salad (lettuce, carrot, coleslaw and corn) **Snack:** Fruit Yoghurt (*Bliss bites* <sup>HS</sup>)

**Dairy Free Lunch:** Pizza Roll Up w/ Libelle coleslaw salad (Wholemeal Wrap, pizza sauce, *vegan cheese* and pizza ham with salad (lettuce, carrot, coleslaw and corn) **Snack:** *Soy yoghurt* (Cookie <sup>HS</sup>)

**Halal, No Pork Lunch:** Pizza Roll Up w/ Libelle coleslaw salad (Wholemeal Wrap, pizza sauce, cheese and *chicken* with salad (lettuce, carrot, coleslaw and corn) **Snack:** Fruit Yoghurt (Cookie <sup>H5</sup>)

**Vegan Lunch:** Pizza Roll Up w/ Libelle coleslaw salad (Wholemeal Wrap, pizza sauce, *vegan cheese* and *mushroom chickpea magic mince* with salad (lettuce, carrot, coleslaw and corn)) **Snack:** Fruit Salad (Cookie <sup>H5</sup>)

**Farrahs Wraps Ingredients:** Wholemeal Wheat Flour (27%) (Wheat Flour, Wheat Bran, Wheat Germ), Wheat Flour, Water, Vegetable Oil (Antioxidant (307)), Rice Flour, Salt, Emulsifier (471), Raising Agents (500, 450, 341), Preservatives (282, 200), Acidity Regulator (297), Dextrose, Stabilisers (466, 415), Enzymes This product is manufactured on equipment that also produces products containing Soy and Sesame Seeds **Contains: Gluten**

**Cottage Lane GF Wraps** Ingredients: Tortilla premix [modified tapioca starch (1442), starches (tapioca, potato), soy protein concentrate, rice flour, vegetable gums (464, 466, 415), soy flour, dextrose, emulsifier (471), salt, mineral salt (170), sea salt, canola oil, acidity regulator (263), enzyme], water, canola oil, glutinous rice flour, baking powder [raising agents (501, 450), free flow agent (170, 551, 470)], white vinegar, pea protein, preservative (282). **Contains: soy**

**Hellers Pizza Ham** Ingredients: Pork (51%), Water, Potato Starch, Salt, Sugar, Thickeners (1442,407a, 415), Soy Protein, Mineral Salt (451), Antioxidant (316), Preservative (250), Rice Flour, Flavouring, (Soy, Smoke), Maple Syrup **Contains: Soy**

**Tegel Shredded Chicken Classic Roast** Ingredients Chicken (95%), salt, sugar, acidity regulators (326,262), maltodextrin, dehydrated vegetables, maize starch, herbs, preservative (223), spices, colour (150d), spice extracts **Contains: Sulphites**

**Loft Ranch Dressing** Ingredients: Water, Cold Pressed Rapeseed Oil, Coconut Cream (7%), Vinegar, Salt, Corn Starch, Thickener (Modified Corn Starch, Xanthan Gum), Acidity Regulator (Lactic Acid), Chives, Raw Sugar, Garlic, Onion, Mustard, Vinegar Powder, Parsley, Dill, Spices, Natural Colour (Beta Carotene). Dietary Suitability | Vegetarian | Dairy Free | Gluten Free | Refined Sugar Free | Vegan

**Veesey Pizza Blend Cheese Dairy Free Cheese Alternative** Ingredients: Water, Coconut oil (24%), Modified starch (1422), Salt, Flavours, Colour (Beta-Carotene), Preservative (Sorbic acid) **Product claims Dairy Free, Gluten Free, Soy Free, Lactose Free**

#### Yoghurt (Fresh n Fruity)

**Ingredients:** Skim milk, sugar, berries (4.0%) (boysenberry (1.5%), strawberry (1.0%), blackberry (1.0%), raspberry (reconstituted)(0.5%)), cream, thickener (1442), gelatine, natural flavour, acidity regulator (330), live cultures (including *acidophilus* and *bifidus*), preservative (202). **Contains: Milk.**

#### Anzac Cookies (Mrs Higgins)

**Ingredients:** Wheat & Wholemeal Flour, Sugar, Oats, Margarine (vegetable oil, water, salt, emulsifiers (soy lecithin, mono- and di-glycerides), flavouring, antioxidant (alpha tocopherol), colour (carotenes), citric acid), Desiccated Coconut, Golden Syrup, Water, Treacle, Raising Agent (sodium bicarbonate). **Contains: gluten/wheat**

#### Cranberry Coconut Blissbites (Mrs Higgins)

**Ingredients:** Dates, Desiccated Coconut (37%), Water, Dried Cranberries (4.5%), Cocoa Powder, Natural Cranberry Flavour May be present: Tree Nuts

## WEDNESDAY SEPTEMBER 29<sup>th</sup>:

**Standard Lunch: Chicken Stew with Potato Wedges (chicken, seasonal vegetables, and corn with Potato Wedges)**

DF – DF soup base

V, VE – white beans and vegetable soup base

**Snack:** Pikelet

GF, DF, EF, VE – Blissbites or Cassava Chips

**LUNCH CONTAINS DAIRY, EGG, GLUTEN**

**Vegetarian Lunch:** *White Bean and Corn Hotpot* with mini bun (*white beans*, seasonal vegetables and corn in a kumara & vegetable broth base) **Snack:** Pikelet

**Gluten Free Lunch:** Chicken Stew with Potato Wedges (chicken, seasonal vegetables, and corn with Potato Wedges) **Snack:** Blissbites or Cassava Chips

**Dairy Free Lunch:** Chicken Stew with Potato Wedges (chicken, seasonal vegetables, and corn with Potato Wedges) **Snack:** Blissbites or Cassava Chips

**Egg Free Lunch:** Chicken Stew with Potato Wedges (chicken, seasonal vegetables, and corn with Potato Wedges) **Snack:** Blissbites or Cassava Chips

**Vegan Lunch:** *White Bean and Corn Hotpot* with potato wedges (*white beans*, seasonal vegetables and corn stew with potato wedges) **Snack:** Blissbites or Cassava Chips

**Watties Kumara & Vegetable Soup**

**Ingredients:**

Water, Kumara (24%) (Acidity Regulator (450)), Pumpkin (19%), Onions (1.9%), Cream, Brown Sugar, Maize Thickener (1422), Salt, Spices, Garlic, Yeast Extract

**Contains: Dairy**

**Tegel Shredded Chicken Classic Roast**

**Ingredients** Chicken (95%), salt, sugar, acidity regulators (326,262), maltodextrin, dehydrated vegetables, maize starch, herbs, preservative (223), spices, colour (150d) , spice extracts

**Contains: Sulphites**

**Veesey Pizza Blend Cheese Dairy Free Cheese Alternative**

**Ingredients:** Water, Coconut oil (24%), Modified starch (1422), Salt, Flavours, Colour (Beta-Carotene), Preservative (Sorbic acid) **Product claims** Dairy Free, Gluten Free, Soy Free, Lactose Free

**Pikelets (Marcels)**

**Ingredients:** Water, Wheat Flour, Buttermilk Powder, Dextrin, Canola Oil, Raising Agents (500, 541), Whole Egg Powder, Emulsifiers (322 (Soy), 471), Salt, Preservatives (202, 234), Vanilla Flavour

Claims Vegetarian, Made with Buttermilk, Source of Fibre, No Added Sugar **Contains: cereals containing gluten (wheat), soy, egg and milk**

**THURSDAY SEPTEMBER 30<sup>th</sup>:**

**Standard Lunch:** Bacon Lettuce Sandwich (wholemeal bread, bacon, cheese, tomato relish, mayo, lettuce, potato salad)

GF – GF bread or roll

H, NP – Chicken rashers

DF, VE –corn bean salad

EF, VE – vegan mayo

V, VE – black bean patty

**Snack:** Cookie, Seasonal Fruit<sup>H5</sup>

GF, EF, VE – corn chips

**LUNCH CONTAINS GLUTEN, SOY, DAIRY, EGG**

**Vegetarian Lunch:** *Black Bean Patty Salad Sandwich* (wholemeal bread, *black bean patty*, tomato relish, mayo, lettuce, potato salad) **Snack:** Cookie, Seasonal Fruit<sup>H5</sup>

**Gluten Free Lunch:** Bacon Lettuce Sandwich (*GF bread*, bacon, tomato relish, mayo, lettuce, potato salad) **Snack:** *Corn Chips* Seasonal Fruit<sup>H5</sup>

**Dairy Free Lunch:** Bacon Lettuce Sandwich (Wholemeal bread, bacon, tomato relish, mayo, lettuce, *corn bean salad*) **Snack:** *Corn Chips*, Seasonal Fruit<sup>H5</sup>

**Egg Free Lunch:** Bacon Lettuce Sandwich (Wholemeal bread, bacon, tomato relish, vegan mayo, lettuce, potato salad) **Snack:** *Corn Chips*, Seasonal Fruit<sup>H5</sup>

**Halal, No Pork Lunch:** *Chicken ‘bacon’ Lettuce Sandwich* (Wholemeal bread, *chicken ‘bacon’*, cheese, tomato relish, mayo, lettuce, potato salad) **Snack:** Cookie, Seasonal Fruit<sup>H5</sup>

**Vegan Lunch:** *Black Bean Patty Salad Sandwich* (wholemeal bread, *black bean patty*, tomato relish, *vegan mayo*, lettuce, *corn bean salad*) **Snack:** *Corn Chips* Seasonal Fruit<sup>H5</sup>

**Hellmanns Deli Mayo**

**Ingredients:** Water, soybean oil, sugar, thickener (1442), vinegar, iodised salt, egg yolk, acidity regulator (270), preservatives (02, 415), natural mustard flavour, stabiliser (415), colour (160a)

**Contains soybean and egg**

**Gilmours Mayo 51**

**Ingredients:** Water, soybean oil, sugar, malt vinegar (from barley), thickener (1442), salt, egg, mustard, acidity regulator (330), preservatives (202, 211), emulsifier (433), spice, antioxidant (385), carrot extract, flavour.

**Contains: gluten, egg, soy**

**Hellmann’s Vegan Mayonnaise**

**Ingredients:** Canola oil (71%), water, sugar, vinegar, salt, emulsifier (1450), thickener (1442), lemon juice concentrate, natural mustard flavour, antioxidant (385), colour (160c), natural flavour.

**Hellers Middle Eye Bacon**

**Ingredients:** Pork, (75%), Water, Salt, Thickener (1442, 407a, 415), Dextrose, Sugar, Mineral Salts (451, 452, 450, 500), Antioxidant (316), Preservative (250), Yeast Extract

## Tegel Shredded Chicken Classic Roast

**Ingredients** Chicken (95%), salt, sugar, acidity regulators (326,262), maltodextrin, dehydrated vegetables, maize starch, herbs, preservative (223), spices, colour (150d) , spice extracts

**Contains:** Sulphites

## FTOGO Potato salad

**Ingredients:** Potato (70%), Potato Dressing (20%) [Water, Canola (Antioxidant (319)), **Sour Cream** [**Cream, Milk Solids**, Halal Gelatine, Modified Starch (1422), Emulsifier (339), Cultures], Sugar, Salt, **Egg Yolk**, Modified Starch (1442), Acidity Regulator (260), Spices, Thickener (415, 412)], Onion, Celery, Parsley

**Contains:** Milk, Egg

## Gingernut Cookies (Mrs Higgins)

**Ingredients:** Wheat Flour, Sugar, Margarine (vegetable oil, water, salt, emulsifiers (soy lecithin, mono and di glycerides), flavouring, antioxidant (alpha tocopherol), colour (carotenes), citric acid), Egg, Golden Syrup, Glucose Syrup, Spice (ginger powder, cinnamon), Raising Agent (Sodium Bicarbonate), Salt

**Contains:** gluten/wheat, soy, egg

## FRIDAY October 1<sup>st</sup>:

**Standard Lunch:** Pasta & Meatballs (White and Wholegrain Pasta, Vegful Tomato Sauce, Meatballs, Cheese, Peas)

V, VE – FN Amazeballs

GF – GF pasta

GF, H, NB, DF - FN Amazeballs

**Snack:** Seasonal Fruit

LUNCH CONTAINS GLUTEN, DAIRY, SOY

**Vegetarian Lunch:** Pasta & Amazeballs (White and Wholegrain Pasta, Vegful Tomato Sauce, FN Amazeballs, Cheese, Peas)

**Snack:** Seasonal Fruit

**Gluten Free Lunch:** Pasta & Amazeballs (GF Pasta, Vegful Tomato Sauce, FN Amazeballs, Cheese, Peas) **Snack:** Seasonal Fruit

**Dairy Free Lunch:** Pasta & Amazeballs (White and Wholegrain Pasta, Vegful Tomato Sauce, FN Amazeballs, Vegan Cheese, Peas) **Snack:** Seasonal Fruit

**Halal, No Beef Lunch:** Pasta & Lamb Meatballs (White and Wholegrain Pasta, Vegful Tomato Sauce, Lamb Meatballs, Cheese, Peas) **Snack:** Seasonal Fruit (or Amazeballs, site dependant)

**Vegan Lunch:** Pasta & Amazeballs (White and Wholegrain Pasta Vegful Tomato Sauce, FN Amazeballs, Vegan Cheese Peas) **Snack:** Seasonal Fruit

## Knorr Pronto Napoli

**Ingredients:** Italian tomatoes^ (95%) (diced, paste), sunflower oil, sugar, water, salt, citric acid, onions.

## Leader Meatballs (Premium School)

**Ingredients:** Beef (48%), Water, Breadcrumbs [**Wheat** Flour, Water, Yeast, Salt, Black Pepper, Canola Oil, Vegetable Fibre, **Rye** Flour, **Gluten (Wheat)**, Acidity Regulator (263), Mixed Grains (**Rye, Wheat, Oats**), **Soy** Flour, Vinegar, Emulsifiers (481, 472e), **Barley Malt** (Extract, Roasted Flour), Sugar, Thickener (412), Mineral (Iron), **Wheat** (Starch), Vitamins (B3, B1, B2, Folic Acid)], Textured **Soy** Protein, **Soy** Protein Isolate, Thickener (1412), Seasoning (2.5%) [Dehydrated Vegetables, Salt, Herb, Spice, Canola Oil], Parmesan Cheese 0.5% (**Milk**), Colour (150c), Emulsifiers (450, 451)

**Contains:** Gluten (Wheat, Rye, Oats, Barley Malt), Milk and Soy

## Food Nation Amazeballs

DF - Dairy Free GF - Gluten free SF - Soy Free V - Vegan

**Ingredients:** Vegetables (60%) (Mushrooms, Chickpeas, Beetroot (12%), Kumara (9%), Spring Onion, Garlic), Water, Kiwi Quinoa (5%), Canola Oil , Vegetable Gums (Methylcellulose, Locust Bean, Xanthan, Guar), Rice Flour, Herbs, Pea Protein, Modified Starch (1412), Pea Fibre, Salt, Molasses, Spices

## Angel Bay Lamb Bites

**Ingredients:** Lamb (76%), rehydrated onion, breadcrumb (wheat flour, water, yeast, sugar, gluten, vegetable oil, salt, emulsifier (472E), Acidity regulator (262)), egg, whey protein concentrate, salt, spices, hydrolysed maize protein, mineral salt (451)

**Contains:** Gluten , Milk, Egg

## GKCC Bakery Blend Cheese

**Ingredients:** Pasteurised Milk, Salt, Cultures, Enzymes (Non-Animal Rennet), Anticaking Agent (460), Preservative (200, 235).

**Contains:** dairy

## Veesey Pizza Blend Cheese Dairy Free Cheese Alternative



**Ingredients:** Water, Coconut oil (24%), Modified starch (1422), Salt, Flavours, Colour (Beta-Carotene), Preservative (Sorbic acid) **Product claims** Dairy Free, Gluten Free, Soy Free, Lactose Free