

LUNCH
BY
LIBELLE



Term 4, 2021

TOTARA WEEK

25/10-29/10

MONDAY

Happy Labour Day

Enjoy your long weekend.



TUESDAY

Pizza Roll Up & Salad

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: Seasonal Fruit, Popcorn/Cassava Chips

Snack Dietary Alternatives:
None

WEDNESDAY

Meatball Sub Roll

Meatballs and parmigiana sauce on high fibre long roll with cheese & corn cob.

Dietary Alternatives:
V, GF, DF, VE, H, SF: Kumara quinoa amazeballs
GF: GF roll
DF, VE: Vegan cheese
DF, VE: Vegan tomato sauce

Snack: ^Carrot battons or *Seasonal Fruit

Snack Dietary Alternatives:
None

THURSDAY

Butter Chicken Wrap

Butter chicken sauce and brown rice tucked into a wholemeal wrap.

Dietary Alternatives:
V, VE: Tofu

Snack: Pikelet
*Seasonal Fruit

Snack Dietary Alternatives:
DF, EF, VE, SF: Vegan pikelet

FRIDAY

Egg & Bacon Pasta Salad

Pasta salad with bacon and egg, and seasonal veg.

Dietary Alternatives:
V, H, NP: Chickpeas and egg pasta salad
VE: Mushroom and chickpea pasta salad

Snack: Fruit Yoghurt
^Cookie, *Seasonal Fruit

Snack Dietary Alternatives:
GF, DF, VE: Trail mix

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.