

LUNCH
BY
LIBELLE



Term 4, 2021

NIKAU WEEK

08/11-12/11

MONDAY

Cheeseburger

Beef burger, cheese, lettuce, and sauce in a wholemeal bun with carrot sticks, *potato salad.

Dietary Alternatives:

V, GF, VE, SF: Black bean burger patty
GF: GF burger bun
DF, VE: Vegan cheese
H, NB: Chicken patty

Snack: Seasonal Fruit

Snack Dietary Alternatives:
None

TUESDAY

Taco Cheese Wrap

Baked wholemeal wrap with taco cheese filling (made up of cheese, capsicum, corn and chicken).

Dietary Alternatives:

V, VE: Mushroom magic mince
GF: GF wrap
DF, VE: Vegan cheese

Snack: Seasonal Fruit

Snack Dietary Alternatives:
None

WEDNESDAY

Chicken Ranch Pasta Salad

Pasta salad with chicken, seasonal veg (broccoli, peas, fresh spinach) with creamy ranch dressing and vegemite cheese scroll.

Dietary Alternatives:

V: Boiled egg
GF: Pulse pasta
VE: Mixed beans
GF, Df, EF, VE: Falafel

Snack: Seasonal Fruit

Snack Dietary Alternatives:
None

THURSDAY

Pork Hangi Roll

Filled long roll with pork, leafy greens and roast veggies served with corn cob.

Dietary Alternatives:

V, VE: Kumara quinoa amazeballs
GF: GF roll
H, NP, SF: Chicken

Snack: *Seasonal Fruit

Snack Dietary Alternatives:
None

FRIDAY

Beef 'n Bean Burrito Wrap

Beef and beans, brown rice, cheese and grated carrot tucked in a wholemeal tortilla wrap.

Dietary Alternatives:

V, VE: Mex beans
DF, VE: Vegan cheese

Snack: Seasonal Fruit *Muffin

Snack Dietary Alternatives:
DF, EF, GF, 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.

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